**SEPTEMBER 2021 MENU**

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|  |  | 1  **BREAKFAST**  Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  BBQ Chicken Sandwich  BBQ Baked Beans  Crisp Garden Salad  Fresh Apple Slices  (1 for Elem/2 for secondary)  Assorted Low Fat Milk | 2  **BREAKFAST**  Yogurt Smoothie w/graham  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Chicken Alfredo  Steamed broccoli  Carrots w/ranch  Applesauce Cup  (1 for Elem/2 for Secondary)  Assorted low Fat Milk | 3  **BREAKFAST**  Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tasty Brands Turkey, Turkey Pepperoni, & Cheese Croissant  Cucumbers with Ranch-2 pks each  Fresh Orange Smiles  (1 for Elem/2 for Secondary)  Assorted Low Fat Milk |
| 6  **NO SCHOOL**  **LABOR DAY** | 7  **BREAKFAST**  Celebration Benefit Bar  Raisins  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Southern Style Chicken Bites with Cheez its®  Seasoned Black Beans  Celery w/Ranch  Applesauce Cup  (1 for Elem/2 for Secondary)  Assorted Low Fat Milk | 8  **BREAKFAST**  Eggo® Mini Cinnamon Waffles  Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Teriyaki Chicken w/ Fried Rice  Crisp Garden Salad  Herbed Green Beans  Peach Cup  ( 1 for Elem/2 for Secondary)  Assorted Low Fat Milk | 9 BREAKFAST Blueberry Belgian Waffle  Raisins  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Turkey & Cheese Sliders (2)  Peas & Carrots  Carrots with Ranch  Fresh Apple Slices  (1 for Elem/2 for Secondary)  Assorted Low Fat Milk | 10 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Macaroni and Cheese  Herbed Cauliflower  Crisp Garden Salad  Applesauce Cup  1 for Elem/2 for Secondary)  Assorted Low Fat Milk |
| 13  **BREAKFAST**  Yogurt Smoothie w/Strawberry Graham  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tasty Brands Turkey, Turkey Pepperoni& Cheese Croissant Sandwich  Sweet Kernel Corn  Cucumbers with Ranch  100% Fruit Juice  (Elem&Secondary)  Applesauce Cup  (Secondary only)  Assorted Low Fat Milk | 14  **BREAKFAST**  Celebration Benefit Bar  Raisins  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Popcorn Chicken  Cheez its  Creamed Spinach  Grape Tomatoes with Ranch  Peach Fruit Cup  (1 for Elem/2 for Secondary)  Assorted low Fat Milk | 15 BREAKFAST Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Chicken & Yellow Rice  Seasoned Black beans  Herbed Green Beans  Berry Blue Applesauce  (1 for Elem/2 for Secondary)  Assorted Low Fat Milk | 16 BREAKFAST Blueberry Belgian Waffle  Raisins  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Rotini w/ Meat Sauce  Herbed Cauliflower  Celery with Ranch  Applesauce Cup  (Elem & Secondary)  100% Fruit Juice  (Secondary only)  Assorted Low Fat Milk | 17 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Meatball & Marinara Sub  Steamed Broccoli  Carrots with Ranch  Strawberry Fruit Cup  (1 for Elem/2 for Secondary)  Assorted Low Fat Milk |
| 20  **BREAKFAST**  Mini Loaf & Cheese Stick  Buddy Fruit Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Sweet & Sour Chicken w/ Yellow Rice  Seasoned Peas & Carrots  Carrots with Ranch  Peach Cup  (1 for Elem/2 for Secondary)  Assorted Low Fat Milk | 21  **BREAKFAST**  Celebration Benefit Bar  Raisins  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Chicken Alfredo  Sweet Kernel Corn  Celery with Ranch  100% Fruit Juice  (Elem and Secondary)  Strawberry Apple Crisps  (Secondary only)  Assorted Low Fat Milk | 22  **BREAKFAST**  Eggo® Mini Cinnamon Waffles  Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  BBQ Chicken Sandwich  BBQ Baked Beans  Crisp Garden Salad  Fresh Apple Slices  (1 for Elem/2 for Secondary)  Assorted Low Fat Milk | 23 BREAKFAST Yogurt Smoothie w/ Graham  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Macaroni & Cheese  Steamed Broccoli  Grape Tomatoes with Ranch  Applesauce Cup  (1 for Elem/2 for Secondary)  Assorted Low Fat Milk | 24 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tasty Brands Turkey, Turkey Pepperoni, & Cheese Croissant  Veggie Juice Box  Cucumbers with Ranch  Fresh Orange Smiles  (1 for Elem/2 for Secondary)  Assorted Low Fat Milk |
| 27 Breakfast  Yogurt Smoothie w/Strawberry Graham  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Rotini & Meatballs  Steamed Broccoli  Celery with Ranch  Applesauce Cup  (1 for Elem/2 for Secondary)  Assorted Low Fat Milk | 28  Breakfast  Celebration Benefit Bar  Raisins  100% Juice  White Milk(Low Fat or Skim)  **LUNCH**  Cuban Sandwich  Seasoned Black Beans  Cucumbers with Ranch  100% Fruit Juice  (Elem and Secondary)  Apple Crisps  (Secondary only)  Assorted Low Fat Milk | 29 Breakfast  Mini Blueberry Pancakes  Buddy Fruit Cinnamon Applesauce  100% Juice  White Milk(Low Fat or Skim)  LUNCH  Teriyaki Chicken w/Fried Rice  Veggie Juice Box  Herbed Green Beans  Peach Cup  (1 for Elem/2 for Secondary)  Assorted Low Fat Milk | 30 BREAKFAST Blueberry Belgian Waffle  Raisins  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Turkey & Cheese Sliders (2)  Peas & Carrots  Carrots with Ranch  Fresh Apple Slices  (1 for Elem/2 for Secondary)  Assorted Low Fat Milk | 1 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Macaroni & Cheese  Herbed Cauliflower  Crisp Garden Salad  Applesauce Cup  (1 for Elem/2 for Secondary)  Assorted Low Fat Milk |
| **Secondary sites MUST serve an additional 1/2c serving of fruit daily.**  8/26/2021 | | | | |