

Snack and Lunch Menu – September 2016 (Decatur, Aurora & Roanoke)



Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 5 	6 Strawberry Cheerios, banana slices & milk Baked beans & weenies, mixed veggies, fresh fruit, milk Pretzels (3s and older)/baked chips (2s and younger), cheese stick/slice, water	7 Fruit muffin & milk White meat chicken nuggets, green beans, cinnamon applesauce, milk Ritz Bitz cheese crackers, water	8 Graham crackers, apple slices & milk Beef corn dogs, sweet corn, fruit cocktail, milk Oatmeal cookies, fresh fruit, water	9 Cinnamon Toast Crunch cereal, seasonal fruit & milk Turkey and cheddar cheese rolls, salad w/ carrot slivers & ranch dressing, peaches, milk Chef's Choice, mixed fruit (from week), water
12 Cheerios variety, banana slices & milk Pig in a blanket (lil' frank in a yummy croissant), mixed veggies, fruit cocktail, milk Baked Goldfish, water	13 Cinnamon raisin bread/bagels (cream cheese offered) & milk Beef ravioli, steamed broccoli w/ cheese, pineapple, milk Wheat Thins, apple slices, water	14 Waffles w/ fresh, seasonal fruit & milk Tater tot casserole, green beans, grapes, Ritz crackers, milk Club crackers, raisins & water	15 Nutri-Grain bar & milk Baked fish sticks, baked beans, steamed peas, peaches, milk Nilla wafers, Mott's Medleys fruit snacks (made with real fruit & veggie juice), water	16 Kix cereal, seasonal fruit, milk Hot dogs, carrots w/ ranch dressing, applesauce, baked chips, milk Chef's Choice, mixed fruit (from week), water
19 Fruity Cheerios, strawberries & milk White meat chicken nuggets, mashed sweet potatoes, fruit cocktail, milk Austin cheese crackers w/ cheddar cheese, water	20 Biscuits w/ fruit jelly & milk Sloppy joe sandwiches (on 100% whole wheat bread), steamed carrots, grapes & milk Pretzels (3s and older)/baked chips (2s and younger), cheese stick/slice, water	21 Fruit muffin & milk Macaroni and cheese w/ turkey franks, green beans, applesauce, milk Chewy granola bar, water	22 Graham crackers, yogurt (w/ no high fructose corn syrup) & milk Chicken taquitos, ranch-style beans, mixed veggies, fresh strawberries, milk Oatmeal cookies, fresh fruit, water	23 Cinnamon Life cereal, seasonal fruit & milk Turkey & cheese w/ mayo on 100% whole wheat bread, tater tots, orange smiles, milk Chef's Choice, mixed fruit (from week), water
26 Cheerios variety, banana slices, milk Elbow noodles w/ tomato sauce & meatballs, sweet peas & carrots, fruit cocktail Animal crackers, raisins, water	27 Cinnamon raisin bread/bagels (cream cheese offered) & milk Cheesy egg bake, steamed okra, fresh berries, 100% whole wheat bread slice, milk Teddy Grahams, vanilla yogurt, water	28 Waffles, mango & milk English muffin cheese & pepperoni pizza, mixed veggies, orange smiles, milk Ritz crackers, cheese stick/slice & water	29 Nutri-Grain bar & milk Frito pie, sweet potato fries, peaches, milk Wheat Thins, apple slices, water	30 Honeycombs cereal, seasonal fruit & milk Yummy hot dogs, carrots w/ ranch dressing, pineapple tidbits, baked chips Chef's Choice, mixed fruit (from week), water

*Milk is offered with A.M. snack & served at lunch. Whole milk is served to children 2 years and younger; 1% milk is served to children 3 years and older.

**Fresh, seasonal fruit can be: fresh pineapple, fresh berries, watermelon, kiwi, peaches, mango, etc.

***In order to be less wasteful, "Chef's choice!" on Fridays is defined as "left over" A.M. or P.M. snacks from the current week (defined on posted menu)