

September 2021 Breakfast

Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13 Corn Cereal 1/3 cup Blueberries 1/2 cup Milk 3/4 cup	14 Scrambled Eggs 1/2 oz. Hash browns 1/2 cup Milk 3/4 cup	15 Rice Cereal 1/3 cup Bananas 1/3 Milk	16 Wheat Cereal 1/3 cup Canned Pears 1/2 cup Milk 3/4 cup	17 Waffles 1/2 Applesauce 1/2 cup Milk 3/4 cup
20 Wholegrain Pancakes 1/2 Applesauce 1/2 cup Milk 3/4 cup	21 Rice Cereal 1/3 cup Orange wedges 1/2 cup Milk 3/4 cup	22 Scrambled Eggs 1/2 oz. Potatoes O'Brien 1/2 cup Milk 3/4 cup	23 Wheat Cereal 1/3 cup Blueberries 1/2 cup Milk 3/4 cup	24 Ham, Egg, & Cheese on WG English Muffin 1/2 Hash browns 1/2 cup Milk 3/4 cup
27 Wholegrain French Toast 1/2 Strawberries 1/2 cup Milk 3/4 cup	28 Oat Cereal 1/3 cup Bananas 1/3 Milk 3/4 cup	29 Banana Muffins 1/2 Orange Wedges 1/2 cup Milk 3/4 cup	30 Breakfast Burritos with Egg, Turkey Sausage & Cheese Oven baked Potatoes 1/2 cup Milk 3/4 cup	

September 2021 Lunch

Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13 Turkey Goulash with pasta Noodles 1/2 cup Romaine Salad with tomato and cucumber 1/4 cup Steamed Car- rots 1/4 cup, Milk 3/4 cup	14 Sweet and Sour Chicken 1 1/2 oz. Jasmine Rice 1/2 cup Green Beans 1/4 cup Fresh Pineapple 1/4 cup Milk 3/4 cup	15 Chicken Tenders 3 Oven baked fries 1/4 cup Peas and Carrots 1/4 cup Garlic Bread 1/2 Milk 3/4 cup	16 Homemade Cheese Pizza 1/2 Steamed Broccoli 1/4 cup Apple Slices 1/2 cup Milk 3/4 cup	17 Roasted Pork Loin 1 1/2 oz. Oven Baked Red Potatoes 1/4 cup, Steamed Carrots 1/4 cup Wholegrain Roll 1/2 Milk 3/4 cup
20 Turkey Meat Sauce 1 1/2 oz. Spaghetti noodles 1/2 cup Romaine, Tomato and Cucumber Salad 1/4 cup, Cantaloupe 1/4 cup, Milk 3/4 cup	21 Orange Chicken 1 1/2 oz. Brown Rice 1/2 cup Edamame 1/4 cup Mandarin Oranges 1/4 cup Milk 3/4 cup	22 Chicken "Philly" Sandwiches on Hoagie Buns 1/2 Sweet Potato Fries 1/4 cup Green Beans 1/4 cup Milk 3/4 cup	23 Mini Chicken Pot Pies 1 Steamed Carrots 1/4 cup Honeydew 1/4 cup Milk 3/4 cup	24 Mango Chicken 1 1/2 oz. Couscous 1/2 cup Steamed Broccoli 1/4 cup Fresh Pineapple 1/4 cup Milk 3/4 cup
27 Beef Tacos 1/2 Romaine, Tomato and Avocado Salad 1/4 cup Black beans and Corn 1/4 cup Milk 3/4 cup	28 Wholegrain Chicken Nuggets 4 Brown Rice 1/2 cup Steamed Carrots 1/4 cup Honeydew 1/4 cup Milk 3/4 cup	29 BBQ Chicken 1 1/2 oz. Baked Beans 1/4 cup Watermelon 1/4 cup Cornbread 1/2 Milk 3.4 cup	30 Turkey Sloppy Joes on WW Bun 1/2 Sweet Potato Fries 1/4 cup Cantaloupe 1/4 cup Milk 3/4 cup	

September 2021 Snack

Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13 Animal Crackers 6 Strawberries 1/2 cup Water	14 Cheddar Crackers 2 oz. Apple Slices 1/2 cup Water	15 WW Bagels 1/2 Broccoli and Pepper Sticks 1/2 cup Water	16 Graham Crackers 4 Mango Smoothies 1/2 cup Water	17 Crackers 4 String Cheese 1/2 Apple Slices 1/2 cup Water
20 Strawberry Banana Smoothies 1/2 cup Blueberry Muffins 1/2 Water	21 Wholegrain Bagels 1/2 Broccoli and Red Pepper Sticks 1/2 cup Hummus 2 oz. Water	22 String Cheese 1/2 Strawberries 1/2 cup Water	23 Wholegrain Animal Crackers 6 Blueberries 1/2 cup Water	24 Cheddar Crackers 2 oz. Cucumber and Carrot Sticks 1/2 cup Water
27 Vanilla Yogurt 2 oz. Mangoes 1/2 cup Water	28 Wholegrain Soft Pretzels 1/2 Cucumber and Red Peppers 1/2 cup Spinach Dip 2 oz. Water	29 Whole wheat Bagel with Turkey and Cream Cheese 1/2 Broccoli and Carrots 1/2 cup Water	30 Pumpkin Bread 1/2 Canned Peaches 1/2 cup Water	