

# September 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Raisin Bagel 1 Mt&Cheese San Chips Strawberries Grahams	Waffles/Strawberr 2 Chicken Pot Pie Mix Veggies Peaches Ritz Crackers	Ch Toast/Orange 3 Tuna Noodle Peas Mix Fruit Rice Cakes P/B	Life Cereal/MixFruit 4 Corn Dogs Green Beans Apples Watermelon	5
6	<b>Labor Day 7</b> <b>Shining Stars Academy Closed</b>	Cereal/Banana 8 Chicken Nuggets Broccoli Peaches Chips Salsa	Yogurt w/mix fruit 9 Gr Cheese Sand Tomato Soup Raisins Apples w/PB	Raisin Eng Muffin10 Beans&Franks Peas Banana Cucumber/Ranch	Blueberry Muffin 11 Turkey Rollups Lettuce/Tomato Cucumber Brownies/Milk	12
13	Cereal/Raisins 14 Fish Sticks Mix Veggies Pineapple Rice Cakes wPB	Toast/ Blueberrie 15 Spaghetti Salad Cantaloupe Nachos	Banana Bread 16 Sub Sandwich Lettuce Tomato Bananas Yogurt w/Berries	Raisin Bagel 17 Burritos Broccoli Apples Bagel Cream Cheese	Oat Yogurt w/berr 18 Pizza Green Beans Strawberries Goldfish	19
20	Cereal/Fruit 21 Taquitos Mix Veggie Blueberries PB Crackers	Ch Taco/Orange 22 Sloppy Joes Cucumber Salad Mix Fruit Jello w/Fruit	Raisin Bread 23 Chicken Quesadilla Peas&Corn Oranges StringCheesew/Cucumbers	BlueberPancake24 Ranch Casserole Tator Tots Peaches Carrot Sticks w/Ranch	Fr Toast/Oranges 25 Brown Bag Day Ice Cream	26
27	Cereal/Fruit 28 Chicken Polka Dot Pasta Mix Veggies Oranges Smoothies	Cin Biscuits/Berri 29 Hamb Mac&Ch Peas Applesauce Trail Mix	Fr Mini Whea/ 30 Soff Tacos Lettuce/Tomato Mix Fruit Grahams			

Milk served at  
Breakfast and  
Lunch

Water Served with  
all meals and  
throughout the  
day

All Food is sliced to small  
pieces, steamed/cooked  
or mashed appropriately  
before serving to any  
child under the age of 5.