



This institution is an equal opportunity provider.



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Monday



7) Vacation

14) WG Donut, String Cheese, Juice, Low fat milk

Take Home (A) Pancake Wrap, Frudel

21) WG Donut, String Cheese, Juice, Low fat milk

Take Home (A) Pancake Wrap, Frudel

28) WG Donut, String Cheese, Juice, Low fat milk

Take Home (A) Pancake Wrap, Frudel

Tuesday

1) Pancake/ Turkey Sausage on a Stick, Juice, Low fat milk

Take Home (A) Apple Frudel, Cereal, String Cheese

8) Pancake/ Turkey Sausage on a Stick, Juice, Low fat milk

Take Home (B) Cherry Frudel, Cereal, String Cheese

15) Pancake/ Turkey Sausage on a Stick, Juice, Low fat milk

Take Home (B) Apple Frudel, Cereal, String Cheese

22) Pancake/ Turkey Sausage on a Stick, Juice, Low fat milk

Take Home (B) Cherry Frudel, Cereal, String Cheese

29) Pancake/ Turkey Sausage on a Stick, Juice, Low fat milk

Take Home (B) Apple Frudel, Cereal, String Cheese

Wednesday

2)

9)

16)

23)

30)

Thursday

3) Egg and Turkey Sausage Sandwich, Juice, Low fat Milk

Take Home (B) Muffin, Yogurt

10) Egg and Turkey Sausage Sandwich, Juice, Low fat Milk

Take Home (A) Muffin, Yogurt

17) Egg and Turkey Sausage Sandwich, Juice, Low fat Milk

Take Home (A) Muffin, Yogurt

24) Egg and Turkey Sausage Sandwich, Juice, Low fat Milk

Take Home (A) Muffin, Yogurt

Friday

4) Banana/ Chocolate Chip Muffin, Yogurt, Juice, Milk

Take Home (A) Pancake Wrap, Frudel

11) Apple Muffin , Yogurt, Juice, Low fat milk

Take Home (B) Donut, String Cheese

18) Banana/ Chocolate Chip Muffin, Yogurt, Juice, Low fat milk

Take Home (B) Donut, String Cheese

25) Blueberry Muffin, Yogurt Juice, Low fat milk

Take Home (B) Donut, String Cheese

