

September 2021



Monday	Tuesday	Wednesday	Thursday	Friday
		1. AM Cheez it/ milk PM Apple sauce/ milk LPU Cheese sticks/ apple juice	2. AM Nilla wafers/ milk PM Pears/ milk LPU Cheerios/ milk	No school
No school	7. AM Gold fish/ milk PM Oranges/ milk LPU Pretzels/ apple juice	8. AM Graham crackers/ milk PM Cheese sticks/cheerios LPU Snap peas/ apple juice	9. AM Bananas/milk PM Salami/ Ritz LP Chex mix/ apple juice	10. AM Pita chips/ humus PM Grapes/ milk LPU Apple sauce/ milk
13 AM Turkey/Tortillas PM Pretzels/ milk LPU Goldfish/ apple juice	14. AM Pepperoni/ cheese cubes PM Carrots/ranch/ milk LPU Apple sauce/ milk	15 AM Pears/ milk PM Ritz/ milk LPU Peaches/ milk	16. AM Nilla wafers/ milk PM Cucumbers/milk LPU Raisins/ milk	17. AM Cheez its/ milk PM Celery/ raisins LPU Graham crackers/apple juice
20. AM Apple sauce/ milk PM Chex mix/ milk LPU Pretzels/ milk	21. AM Gold fish/ milk PM Cheez its/ salami LPU Nilla Wafers/ apple juice	22. AM Bananas/ milk PM Snap peas/ milk LPU Salami/ apple juice	23. AM Cheerios/ milk PM Carrots/ milk LPU Cheez its/ milk	24. AM Sliced Turkey/ Tortillas PM Club crackers/ milk LPU Cheese sticks/ apple juice
27. AM Club crackers/ pepperoni PM Cucumbers/ ranch/ milk LPU Nilla Crackers/ apple juice	28. AM Apple sauce/ Ritz PM Peaches/ graham crackers LPU Pretzels/ milk	29. AM Pita chips/ humus PM Cheese cubes/ club crackers LPU Cheerios/ apple juice	30. AM Chex mix/ milk PM Humus/ celery LPU Snap peas/ apple juice	*1% Milk is served* *100% Apple Juice is served*

Items containing **Wheat** Ritz, Nilla Wafers, Goldfish, Graham Crackers, Pita, Cheez Its and Club Crackers, Chex mix

Items containing **Dairy** Cheese Cubes, Cheese Stick, Milk, Cheez Its, Nilla Wafers and Goldfish

Items containing **Eggs** Nilla Wafers

Items containing **High Fructose Corn Syrup** Club Crackers, Nilla Wafers, Ritz and Pears

Items containing **Soy** Cheez its, Ritz, Chex mix, Club Crackers, Nilla Wafers and Graham Crackers

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Items containing **Dairy** Cheese Cubes, Cheese Stick, Milk, Cheez Its, Nilla Wafers and Goldfish

Items containing **Eggs** Nilla Wafers

Items containing **High Fructose Corn Syrup** Club Crackers, Nilla Wafers, Ritz and Pears

Items containing **Soy** Cheez its, Ritz, Chex mix, Club Crackers, Nilla Wafers and Graham Crackers