

September 2022



Monday	Tuesday	Wednesday	Thursday	Friday
5. Labor Day	6. AM Ritz*/ Pepperoni PM Bananas/ Milk LPU Graham Cracker/ Apple Juice	7. AM Nilla Wafers/ Milk PM Triscuits*/ Pepperoni LPU Goldfish/ Apple Juice	8. AM Tortilla*/ Turkey PM Applesauce/ Graham Cracker LPU Cereal*/ Apple Juice	9. AM Graham Cracker/ Milk PM Saltines*/ Milk LPU Cheese Stick / Apple Juice
12. AM Goldfish/ Milk PM Pretzels/ Cheese Stick LPU Saltines*/ Apple Juice	13. AM Wheat Thins*/ Cheese Stick PM Carrots/ Hummus LPU Pretzels/ Apple Juice	14. AM Ritz*/ Pepperoni PM Bananas/ Milk LPU Graham Cracker/ Apple Juice	15. AM Nilla Wafers/ Milk PM Triscuits*/ Pepperoni LPU Goldfish/ Apple Juice	16. AM Tortilla*/ Turkey PM Applesauce/ Graham Cracker LPU Cereal*/ Apple Juice
19. AM Graham Cracker/ Milk PM Saltines*/ Milk LPU Cereal*/ Apple Juice	20. AM Goldfish/ Milk PM Pretzels/ Cheese Stick LPU Saltines*/ Apple Juice	21. AM Wheat Thins*/ Cheese Stick PM Carrots/ Hummus LPU Pretzels/ Apple Juice	22. AM Ritz*/ Pepperoni PM Bananas/ Milk LPU Graham Cracker/ Apple Juice	23. AM Nilla Wafers/ Milk PM Triscuits*/ Pepperoni LPU Goldfish/ Apple Juice
26. AM Tortilla*/ Turkey PM Applesauce/ Graham Cracker LPU Cereal*/ Apple Juice	27. AM Nilla Wafers/ Milk PM Triscuits*/ Pepperoni LPU Goldfish/ Apple Juice	28. AM Goldfish/ Milk PM Pretzels/ Cheese Stick LPU Saltines*/ Apple Juice	29. AM Wheat Thins*/ Cheese Stick PM Carrots/ Hummus LPU Pretzels/ Apple Juice	30. AM Ritz*/ Pepperoni PM Bananas/ Milk LPU Graham Cracker/ Apple Juice
				*Whole grain Cereal Options: Cheerios & Multi Grain Cheerios 1% Milk is served 100% Apple Juice is served

Items containing **Wheat** Whole Wheat Ritz*, Whole Grain Saltines*, Nilla Wafers, Goldfish, Graham Crackers, Whole Wheat Tortilla*, Triscuit*, & Wheat Thins*

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

Items containing **Eggs** Nilla Wafers

Items containing **High Fructose Corn Syrup** Nilla Wafers & Whole Wheat Ritz

Items containing **Soy** Whole Wheat Ritz, Nilla Wafers and Graham Crackers