	Mon	Tue	Wed	Thu	Fri	Sat
September Menu 2023						
					1. B: Cinnamon Chex Cereal, Fresh Blackberries, Milk L: BBQ Turkey Meatballs, WW Dinner Rolls, Peas and Carrots, Sliced Peaches, and Milk S: Raisin Bread, Bananas, and Water	
	4. 11. B: WW French Toast Sticks, Fresh Blueberries, and Milk L:Penne Pasta with	 5. B: Cheerios Cereal, Fresh Blueberries, and Milk L: Chicken Fried Brown Rice, Mixed Vegetables, Mandarin Oranges, and Milk S: Diced Apples, WW Crackers, and Water 12. B: Rice Chex Cereal, Diced Apples, and Milk L: Breaded Fish Sticks. 	 6. B: WW Pancakes, Sliced Peaches, and Milk L: Chicken Alfredo Pasta, Fresh Salad, Fresh Raspberries, and Milk S: Graham Crackers and Milk 13. B: Boiled Eggs with WW Tortillas, Applesauce, and Milk 	7. B: WW Blueberry Bagels, Applesauce, and Milk L: Turkey Tacos on WW Tortillas, Corn Mix, Diced Pineapples, and Milk S: Sliced Cheese, Wheat Thin Crackers, and Water 14. B: Buttered Grits, Diced Strawberries, and Milk	8. B: Corn Flakes Cereal, Bananas, and Milk L: Turkey and Cheese Wrap, Steamed Carrots, Tropical Fruit, and Milk S: WW Pita Bread, Diced Pears, and Water 15. B: Kix Cereal, Diced Pears, and Milk L: Salmon Burgers on	
	Marinara Sauce, Shredded Mozzarella, Steamed Cauliflower, Fresh Cantaloupe, and Milk S: Animal Crackers and Milk	Steamed Green Beans, Fresh Watermelon, and Milk S: WW Tortilla Strips, Salsa, and Water	L: Curry Diced Chicken, Mixed Vegetables, WW Dinner Rolls, Sliced Pears, and Milk S: Bagels, Diced Peaches, and Water	L: Macaroni and Cheese, Steamed Cabbage, Fresh Raspberries, and Milk S: WW Pita Bread, Bananas, and Water	WW Bun, Coleslaw, Tropical Fruit, and Milk S: Raisin Bread and Milk	
	18. B: Oatmeal, Fresh Blackberries, and Milk L: Black Bean with Fajita Peppers on WW Tortillas, Shredded Cheese, Fresh Salad, Diced Pineapples, and Milk S: WW Goldfish, Applesauce, and Water	19. B: Cheerios Cereal, Fresh Blueberries, and, Milk L: Chicken Nuggets, Steamed Cauliflower, Diced Strawberries, and Milk S: Animal Crackers, Bananas, and Water	20. B: WW English Muffin, Sliced Peaches, and Milk L: Chicken Lo Mein with Teriyaki Sauce, Steamed Broccoli, Bananas, and Milk S: WW Tortilla Strips, Guacamole, and Water	21. B: WW Pancakes, Mandarin Oranges, and Milk L: Turkey and Cheese on Tomato Basil Wrap, Steamed Carrots, Tropical Fruit, and Milk S: Bagels, Fresh Raspberries, and Water	22. B: Rice Chex Cereal, Bananas, and, Milk L: Breaded Fish Sticks, Steamed Peas, Fresh Blueberries and Milk S: Graham Crackers and Milk	
	25. B: Cream of Wheat, Fresh Cantaloupe, and Milk L: Cheese Tortellini, Steamed Cabbage, Fresh Raspberries, and Milk	26. B: Kix Cereal, Fresh Blackberries, and Milk L: Homemade Turkey Tacos on WW, Tortillas, Corn Mix, Mandarin Oranges, and Milk	 27. B: WW Blueberry Bagels, Applesauce, and Milk L: Homemade Chicken Pot Pie, Brown Rice, Bananas, and Milk 	28. B: WW Waffles, Diced Strawberries, and Milk L: Turkey Pasta with Marinara Sauce, Steamed Green Beans, Sliced Pears, and Milk	29. B: Cinnamon Chex Cereal, Diced Apples, and Milk L: Beyond Burgers on WW Buns, Coleslaw, Fresh Blueberries, and Milk	
	S: Animal Crackers and Milk	S: WW Pita Bread, Diced Peaches, and Water	S: WW Crackers, Salsa, and Water	S: Raisin Bread and Milk	S: Teddy Grahams and Milk	

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