

# September Vegetarian 2023

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

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Infant/T1- receive Whole Milk  
T2/GA Pre-K receive 2% Milk

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