




September 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	 		Toasted WG English muffin, tropical fruit, milk	WG cereal, pears, milk
			Chicken tortilla soup, corn, fruit cocktail, crackers, milk	Salisbury steak, mashed potatoes, peas, roll, milk
			Cheddar cheese cubes, strawberry applesauce	Blueberry-lemon bites, milk
5	6	7	8	9
	WG waffles, fruit cocktail, milk	WG raisin bread, fresh banana, milk	WG chicken biscuit, fresh strawberries, milk	WG cereal, pineapple, milk
	Meatloaf, sweet potato barrels, green beans, WG roll, milk	WG macaroni & cheese w/ham, peas, oranges, bread and butter, milk	WG grilled cheese sandwich, tomato soup, fresh carrots, milk	Fish sticks, coleslaw, baked beans, roll, milk
	Tortilla chips & cheese sauce, 100% juice	Graham crackers, milk	Cheese crackers, 100% juice	String cheese, trail mix
12	13	14	15	16
WG cereal, pineapple tidbits, milk	WG French toast, diced pears, milk	WG waffles, blueberries, milk	WG bagel, applesauce, milk	WG cereal, diced peaches, milk
Tasty taquitos, black beans & corn, mangos, milk	Steak fingers, sweet potato fries, fruit cocktail, roll, milk	WG pepperoni sticks, green beans, sliced oranges, milk	Squash soup, turkey melt, tropical fruit, crackers, milk	Chicken strips, mixed veggies, mashed potatoes, roll, milk
Graham crackers, applesauce cup	Cheese Itz, 100% juice	Pineapple cup, cottage cheese	Baby carrots, yogurt	WG soft pretzel w/cheese, 100% juice
19	20	21	22	23
WG cereal, fruit cocktail, milk	Toasted WG English muffin, diced mango, milk	WG biscuit, diced peaches, milk	WG bagel, banana, milk	WG cereal, tropical fruit, milk
Sloppy joes, baked beans, oven fries, milk	WG ravioli, green beans, mandarin oranges, garlic breadstick, milk	Fish sticks, oven fries, mixed veggies, roll, milk	Potato soup, turkey sandwich, fresh carrots & celery, milk	WG beef & cheese burrito, corn, green beans, milk
Graham crackers, yogurt	Homemade applesauce, WG biscuit	Cheese crackers, fruit cup	Bread stick & marinara, 100% juice	Tortilla chips w/guacamole, 100% juice
26	27	28	29	30
WG cereal, diced peaches, milk	WG raisin bread, strawberries, milk	WG biscuit, mixed berries, milk	French toast sticks, tropical fruit, milk	WG cereal, fruit cocktail, milk
WG breakfast sandwich, potato cake, mandarin oranges, milk	WG cheese pizza, peas, tropical fruit, milk	WG hamburger, tator tots, tossed salad, milk	Broccoli cheddar soup, turkey sandwich, apricots, crackers, milk	Chicken patty, mashed potatoes, broccoli, roll, milk
Yogurt, graham crackers	WG soft pretzel, fruit cup	WG animal crackers, milk	Cheese roll up w/salsa, 100% juice	Breadstick & marinara, 100% juice

* Some foods may be substituted for toddlers *WG-Whole Grain Food Experience * Homemade Applesauce

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