

SEPTEMBER

MUMFORD

Milk will be offered with every meal.

AFTER SCHOOL SNACK!



Ingredients:

- 1 cup of cheerios
- 1/2 ounce of pretzels
- 1 tablespoon of a dried fruit
- 1 tablespoon of peanuts
- 1 tablespoon of golden raisins

Instructions:

- Put all ingredients in a bowl together
- Mix

ENJOY!

Monday	Tuesday	Wednesday	Thursday	Friday
2 ENJOY YOUR DAY OFF!	3 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple	4 Loaded Mac & Cheese Bowl Garlic Knot Carrot Dippers Sauteed Squash Fluffy Fruit Salad	5 Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apples	6 Chicken Sandwich or Chili Dog Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
9 Spaghetti w/ Meat Sauce & Garlic Toast or Choice of Pizza Seasoned Corn Side Salad Fruit Salad	10 Enchiladas or Crisпитos Pinto Beans Shredded Lettuce Chopped Tomatoes Spanish Rice Homemade Salsa Fruit Cup	11 Asian Bowl with Fried Rice or Popcorn Chicken Broccoli Normandy Steamed Baby Carrots Fruit Salad	12 Crispy Chicken Drumstick or Chicken Strips Hot Roll Mashed Potatoes Green Beans Orange Smiles	13 Cheese Burger or Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
16 Chicken Alfredo with Garlic Bread or Choice of Pizza Garden Fresh Salad Seasoned Vegetables Diced Peaches	17 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples	18 Crispy Chicken Wrap or Corn Dog Chips & Salsa Pasta Salad Carrot Dippers Fruit Cup	19 Country Bowl or Country Bucket Hot Roll Carrot Dippers Fruit Cup	20 Pizza Burger or Chicken Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
23 Spaghetti w/ Meat Sauce & Garlic Toast or Choice of Pizza Seasoned Corn Side Salad Fruit Salad	24 Tacos Pinto Beans Spanish Rice Homemade Salsa Lettuce & Tomato Orange Smiles	25 Turkey Sandwich or Cattfish Seasoned Vegetables Tropical Trio Slush Berries & Cream	26 Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	27 Chili Dog or Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

BREAKFAST

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 9/2 & 9/16	Breakfast on Bun	Pancakes	Breakfast Taco	Biscuits & Gravy	Donut Holes
Week of 9/9 & 9/23	Pancake Wrap	Breakfast Pizza	Breakfast Bowl	Ham & Cheese Croissant	Yogurt Parfait & Muffin