

# SEPTEMBER

Pre-Kinder

Milk will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>ENJOY YOUR DAY OFF!</b>	3 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Pineapple	4 Loaded Mac & Cheese Bowl Garlic Knot Carrot Dippers Fluffy Fruit Salad	5 Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apples	6 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Fruit Fresh Baked Cookie Fresh Fruit
9 Spaghetti w/ Meat Sauce & Garlic Toast Seasoned Corn Side Salad Fruit Salad	10 Crispitos Spanish Rice Pinto Beans Shredded Lettuce Chopped Tomatoes Fruit Cup	11 Popcorn Chicken Fried Rice Seasoned Vegetables Fruit Salad	12 Crispy Chicken Drumstick Hot Roll Mashed Potatoes Green Beans Orange Smiles	13 Cheese Burger Basket with Fries Lettuce & Pickles Fresh Fruit Fresh Baked Cookie
16 Pizza Seasoned Vegetables Fruit Dessert	17 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples	18 Corn Dog Pasta Salad Carrot Dippers Tortilla Chips Fruit Cup	19 Popcorn Chicken Mashed Potatoes Seasoned Corn Hot Roll Fruit Cup	20 Chicken Sandwich Basket with Fries Lettuce and Pickles Fresh Baked Cookie Fresh Fruit
23 Spaghetti w/ Meat Sauce & Garlic Toast Seasoned Corn Side Salad Fruit Salad	24 Tacos Pinto Beans Spanish Rice Lettuce & Tomato Oranges Smiles	25 Turkey Sandwich or Catfish Seasoned Vegetables Tropical Trio Slush Berries & Cream	26 Steak Fingers with Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	27 Cheese Burger Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit

## 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!**

## BREAKFAST

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

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