

Week 1	31	1	2	3	4
Breakfast		Yogurt Bowl, Fresh Fruit National Yogurt Day!	Homemade Maple Sugar Oatmeal, Fresh Fruit		
Lunch		Savory Oven Baked Chicken, Brown Rice, Seasonal Veggies, Milk/Water	Protein Tex Mex Cheese Quesadillas, Beans, Roasted Veggies, Milk/Water	Closed! Annual Teacher Training Day One!	Closed! Annual Teacher Training Day Two!
<i>Vegetarian</i>		<i>Savory Baked Veggies, Beans, Brown Rice, Milk/Water</i>			
Snack PM		Homemade Apple Spice Cake	Fresh Fruit, Crackers		
Week 2	7	8	9	10	11
Breakfast		Whole Grain Cheezy Toast, Fresh Fruit	Scrambled Eggs, Fresh Fruit	Homemade Fluffy Pancakes, Fresh Fruit	Homemade Cinnamon Apple Spice Muffins
Lunch	CLOSED LABOR DAY!	Baked BBQ Chicken, Seasonal Veggies, Brown Rice, Milk/Water	Oven Baked Protein Ziti Seasonal Veggies, Beans Milk/Water	Baked Crusted Chicken Romano, Pasta, Seasonal Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
<i>Vegetarian</i>		<i>Baked BBQ Veggies, Brown Rice, Beans, Milk/Water</i>		<i>Baked Pasta Romano, Seasonal Veggies, Beans, Milk/Water</i>	
Snack PM		Black Bean Chocolate Chip Cake	Cheese Cubes, Crackers	Homemade White Bean Banana Cake	Chef's Choice
Week 3	14	15	16	17	18
Breakfast	Whole Grain Cereal, Fresh Fruit	Yogurt Bowl, Fresh Fruit	Whole Grain Jelly Toast, Fresh Fruit	Cinnamon Brown Sugar Oatmeal, Fresh Fruit	Homemade Zoo Animal Waffles, Fresh Fruit
Lunch	Protein Mac 'N' Cheese, Beans, Seasonal Veggies, Milk/Water	Chicken Stir Fry, Seasonal Veggies, Brown Rice, Milk/Water	Baked Cheezy Zitti, Seasonal Veggies, Beans, Milk/Water	Oven Baked Chicken, Cheesy Ziti, Seasonal Vegetables, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
<i>Vegetarian</i>		<i>Stir Fry Seasonal Veggies, Brown Rice, Beans, Milk/Water</i>		<i>Oven Baked Cheesy Ziti, Seasonal Veggies, Beans, Milk/Water</i>	
Snack PM	Fresh Fruit, Crackers	Homemade Strawberry Banana Cake	Cheese Cubes, Crackers	Homemade Blueberry Bars	Chef's Choice
Week 4	21	22	23	24	25
Breakfast	Whole Grain Cereal, Fresh Fruit	Homemade Fluffy Pancakes, Fresh Fruit	Cheese Cubes, Crackers	Homemade Blueberry Muffins	Homemade Fluffy Pancakes, Fresh Fruit National Pancake Day! (26th)
Lunch	Baked Seasonal Veggie Pasta, Beans, Milk/Water	Chicken Fried Rice, Seasonal Veggies, Milk/Water National Fried Rice Day! (20th)	Whole Grain Protein Grilled Cheese, Beans, Seasonal Veggies, Milk/Water	Chicken Fajita Bowl, Pasta, Seasonal Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
<i>Vegetarian</i>		<i>Veggie Fried Rice, Seasonal Veggies, Beans, Milk/Water</i>		<i>Baked Pasta Fajita Bowl, Seasonal Veggies, Beans, Milk/Water</i>	
Snack PM	Cheese Cubes, Crackers	Homemade Apple Bars	Fresh Fruit, Crackers	KRK Trail Mix	Chef's Choice
Week 5	28	29	30	1	2
Breakfast	Whole Grain Cereal, Fresh Fruit	Whole Grain Cheezy Toast, Fresh Fruit	Homemade Zoo Animal Waffles, Fresh Fruit		
Lunch	Baked Zucchini Pasta, Beans, Milk/Water	Baked Rosemary Chicken, Brown Rice, Seasonal Veggies Milk/Water	Protein Tex Mex Cheese Quesadillas, Beans, Roasted Veggies, Milk/Water		
<i>Vegetarian</i>		<i>Baked Rosemary Veggies, Brown Rice, Beans, Milk/Water</i>			
Snack PM	Fresh Fruit, Crackers	Protein Yogurt Bar	Cheese Cubes, Crackers		

- Substitutions may be made if products are unavailable
- Milk is served at lunch daily. Water is available throughout the day
- Fruits are cut fresh and include a variety of seasonal fruits
- Bread, oats, rice, and cereal are 100% whole grain
- Secondary selections may be offered as Chef's Choice, based on availability, for children who are not eating the planned menu item.
- Please notify the school of any food allergies or dietary restrictions.