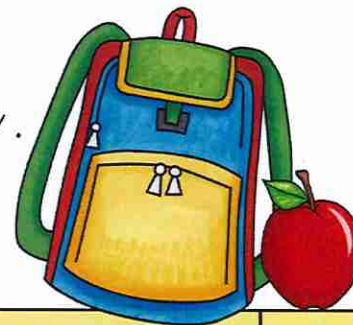


SEPTEMBER

New school year.
New you.



2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Breakfast: Cinnamon rolls, pears, milk Lunch: Cheese pizza, glazed carrots, milk Snack: Go-gurt	2
3	4 Closed Labor Day	5 Breakfast: Oatmeal, peaches, milk Lunch: Soft taco, corn, milk Snack: Pudding	6 Breakfast: Biscuit, sausage, milk Lunch: Spaghetti sauce, mixed vegetables, milk Snack: Blueberry muffin	7 Breakfast: Raisin bread, sliced apples, milk Lunch: Grilled cheese, sweet potato fries, milk Snack: Jell-o	8 Breakfast: Pancakes, blackberries, milk Lunch: Veggie nuggets, tater tots, milk Snack: Watermelon	9
10	11 Breakfast: Cinnamon toast, pineapple, milk Lunch: White beans and rice, cornbread, milk Snack: Jell-o	12 Breakfast: Oatmeal, pears, milk Lunch: Soft taco, mixed vegetables, milk Snack: Muffin	13 Breakfast: Grits, sausage, milk Lunch: Meat loaf, mashed potatoes, peas, milk Snack: Baked cookies	14 Breakfast: French toast, sliced apples, milk Lunch: Baked chicken, yellow rice green beans, milk Snack: Pudding	15 Breakfast: Cinnamon rolls, oranges, milk Lunch: Cheese pizza, sweet potato fries, milk Snack: Watermelon	16
17	18 Breakfast: Raisin bread, pears, milk Lunch: Red beans and rice, cornbread, milk Snack: Jell-o	19 Breakfast: Oatmeal, pineapple, milk Lunch: Soft taco, fiesta rice, milk Snack: Baked cookies	20 Breakfast: Pancakes, mango, milk Lunch: Spaghetti sauce, mixed vegetables, milk Snack: Pudding	21 Breakfast: Biscuit, sausage, milk Lunch: Grilled cheese, glazed carrots, milk Snack: Veggie straws	22 Breakfast: Muffin, sliced apple, milk Lunch: Veggie nuggets, tater tots, milk Snack: Veggie straws	23
24	25 Breakfast: Pancakes, mixed fruit, milk Lunch: White beans and rice, cornbread, milk Snack: Jell-o	26 Breakfast: Biscuit, sausage, milk Lunch: Soft taco, corn, milk Snack: Go-gurt	27 Breakfast: Raisin bread, pears, milk Lunch: Pigs in a blanket, sweet potato fries, milk Snack: Baked cookies	28 Breakfast: Oatmeal, peaches, milk Lunch: Fried fish, mac and cheese, milk Snack: Muffin	29 Breakfast: Grits, sausage, milk Lunch: Cheese pizza, mixed fruit, milk Snack: Animal crackers	30