###### Menu for September 2016

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| 5  *School is Closed*  *for Labor Day* | 6  Pasta salad with turkey pepperoni  Sweet potato wedges  Whole wheat crackers  Pineapple and pomegranate  Milk  (+ am & pm snacks) | 7  Cheese, turkey & spinach sandwich (on wheat bread)  Carrots and peppers  Orange slices  Milk  (+ am & pm snacks) | 8  Chicken nuggets  Fresh veggies with Hummus  Apple slices  Milk  (+ am & pm snacks) | 9  Pasta with veggie/tomato sauce  Garlic/spinach bread  Peas  Peaches  Milk  (+ am & pm snacks) |
| 12  Blueberry-oatmeal-chia seed bake with bananas  Chex cereal  Orange slices  Milk  (+ am & pm snacks) | 13  Ham, green beans & cheese in a blanket  Carrots and cucumbers  Apple slices  Milk  (+ am & pm snacks) | 14  Spinach and bean salad  Croutons  Pears and blueberries  Milk  (+ am & pm snacks) | 15  Roasted butternut squash, potatoes, peppers & sausage  Peas  Pineapple and banana  Milk  (+ am & pm snacks) | 16  Cheese, spinach & bean quesadillas (whole wheat tortilla)  Salsa  Carrots and broccoli  Watermelon  Milk  (+ am & pm snacks) |
| 19  Turkey hotdog on wheat bun  Carrots and cucumbers  Apple slices  Milk  (+ am & pm snacks) | 20  Vegetarian chili (with red lentils, carrots & peppers)  Cornbread  Corn  Pears  Milk  (+ am & pm snacks) | 21  Bean, cheese & zucchini burrito (whole wheat tortilla)  Carrots and peppers  Mango and pineapple  Milk  (+ am & pm snacks) | 22  Veggie/rice patties (with sweet potato, peppers, butternut squash & cheese)  Steamed broccoli  Apple sauce  Milk  (+ am & pm snacks) | 23  Chef’s salad (with cheese, eggs, turkey & croutons)  Lemony oven-baked green beans  Fruit salad  Milk  (+ am & pm snacks) |
| 26  Pumpkin pancakes  Cheerios cereal  Hash browns with zucchini  Apples and oranges  Milk  (+ am & pm snacks) | 27  Couscous salad  Garlic/spinach bread  Melon  Fresh veggies  Milk  (+ am & pm snacks) | 28  Chicken noodle soup with veggies  Crackers  Corn  Peaches  Milk  (+ am & pm snacks) | 29  Turkey, cream cheese & veggie roll ups (with whole wheat tortilla)  Snap peas/carrots  Apple slices  Milk  (+ am & pm snacks) | 30  Zucchini noodles with turkey meatballs & veggie/tomato sauce  Green beans and potatoes  Pears  Milk  (+ am & pm snacks) |

***September’s Featured Vegetables: Butternut squash and bell pepper Featured Fruits: Pineapple and pomegranate***

***We use veggies and herbs from our garden when we can. We eat one salad every week with lots of dark greens and beans.* *Menu substitutions for fruits and vegetables may occur depending on availability, freshness and price.***