###### Menu for September 2016

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| 5*School is Closed* *for Labor Day* | 6Pasta salad with turkey pepperoniSweet potato wedgesWhole wheat crackersPineapple and pomegranateMilk(+ am & pm snacks) | 7Cheese, turkey & spinach sandwich (on wheat bread)Carrots and peppersOrange slicesMilk(+ am & pm snacks) | 8Chicken nuggetsFresh veggies with HummusApple slicesMilk(+ am & pm snacks) | 9Pasta with veggie/tomato sauceGarlic/spinach breadPeasPeachesMilk (+ am & pm snacks) |
| 12Blueberry-oatmeal-chia seed bake with bananasChex cerealOrange slices Milk(+ am & pm snacks) | 13Ham, green beans & cheese in a blanketCarrots and cucumbersApple slices Milk(+ am & pm snacks) | 14Spinach and bean saladCroutonsPears and blueberriesMilk(+ am & pm snacks) | 15Roasted butternut squash, potatoes, peppers & sausagePeasPineapple and bananaMilk(+ am & pm snacks) | 16Cheese, spinach & bean quesadillas (whole wheat tortilla)SalsaCarrots and broccoliWatermelonMilk(+ am & pm snacks) |
| 19Turkey hotdog on wheat bunCarrots and cucumbersApple slicesMilk(+ am & pm snacks) | 20Vegetarian chili (with red lentils, carrots & peppers)CornbreadCornPearsMilk(+ am & pm snacks) | 21Bean, cheese & zucchini burrito (whole wheat tortilla)Carrots and peppersMango and pineappleMilk(+ am & pm snacks) | 22Veggie/rice patties (with sweet potato, peppers, butternut squash & cheese)Steamed broccoliApple sauceMilk(+ am & pm snacks) | 23Chef’s salad (with cheese, eggs, turkey & croutons)Lemony oven-baked green beansFruit saladMilk(+ am & pm snacks) |
| 26Pumpkin pancakesCheerios cerealHash browns with zucchiniApples and orangesMilk(+ am & pm snacks) | 27Couscous saladGarlic/spinach breadMelonFresh veggiesMilk(+ am & pm snacks) | 28Chicken noodle soup with veggiesCrackersCornPeachesMilk(+ am & pm snacks) | 29Turkey, cream cheese & veggie roll ups (with whole wheat tortilla)Snap peas/carrotsApple slicesMilk(+ am & pm snacks) | 30Zucchini noodles with turkey meatballs & veggie/tomato sauceGreen beans and potatoesPearsMilk(+ 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.***