



SEPTEMBER 2021

Week 1 9/6 Chicken stir fry Rice Pineapple 1% NF chocolate	9/7 Cheese Lasagna Green beans Orange slices 1% NF Chocolate	9/8 Tater tot casserole Green peas Peaches 1 % NF chocolate	9/9 HM Macaroni & Cheese Broccoli/ caul Mixed fruit 1% NF Chocolate	9/10 Hot Dog WW bun Baked beans Apple slices 1% NF chocolate
Week 2 9/13 Chicken patty on WW bun Baby carrots w/ ranch Apple slices 1% NF chocolate	9/14 Teriyaki dippers Rice Sweet pepper slices Mandarin oranges 1%NF chocolate	9/15 Spaghetti w/ meat sauce Green beans Fruit cocktail Milk	9/16 Chicken enchilada bake w/ WW tortilla Marinated black bean salad Pears 1% NF chocolate	9/17 Chicken tetrazzini Broccoli/ caul Peaches milk
Week 3 9/20 Hamburger on WW bun Tater tots Mixed fruit 1% NF chocolate	9/21 Bean cheese burrito WW tortilla Corn Carrots 1% NF chocolate	9/22 Stir fry w/ chicken & rice Bell pepper slices Pineapple 1% NF chocolate	9/23 Pizza Green salad w/ ranch Manadrin oranges 1% NF Chocolate	9/24 Spinach Quiche Green Salad w/ ranch Sliced apples 1% NF chocolate
Week 4 9/27 Grilled cheese on WW bread Apple slices Green beans 1% NF chocolate	9/28 Chicken fried rice w/ egg, peas and carrots Pineapple 1% NF chocolate	9/29 Turkey stroganoff Corn Peaches 1% NF Chocolate	9/30 Italian pasta salad w/ kidney beans, cheese, ham and italian dressing Cucumber slices Orange slices 1% NF Chocolate	10/1 Turkey sandwich on WW bun Broccoli/ caul oranges 1% NF Chocolate

Menu subject to change. Recipes on file

