

# September MENU



Grace Episcopal School shops weekly for the freshest fruits from our local community grocery vendors. Our healthy meal & snack choices are prepared on site, every day. In the event your child has dietary restrictions, feel free to pack flavorful food from home or we may be able to provide options.

WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> 9/6-9/10	AM Snack	<b>Closed for Labor Day</b> 	Dry Cereal and Applesauce and Whole Milk	Pancakes, Little Smokies and Whole Milk	Waffles and Stawberries and Whole Milk	Mini Croisant, Sausage and Whole Milk
	Lunch		Beef Ravioli, Green Beans Crackers, Whole Milk	Chicken Tenders, Mash Potatoes Peas, and Whole Milk	Turkey Subsandwich w/ Lettuce, Tomatoes, Veggie Chips, Whole Milk	Beef Taco, Rice, Diced Peaches, and Whole Milk
	PM Snack		Animal Crackers and Water	Mix Fruit Cups and Water	Sliced Apples and Water	Watermelon and Water
<b>Week 2</b> 9/13-9/17	AM Snack	Oatmeal w/ Raisins, Sausage, and Whole Milk	Blueberry Muffin, Yogurt, and Whole Milk	Cheese Toast, Little Smokies, and Whole Milk	Mini Cinnamon Rolls, Bacon, Sliced Apples, and Whole Milk	Sausage Kolache, Mix Fruit and Whole Milk
	Lunch	Beef Meatball, Green Beans, Rice, and Whole Milk	Chicken Nuggets, Mac. n Cheese, Carrots, and Whole Milk	Spaghetti w/ Meat Sauce, Mixed Veggies, Crackers, and Whole Milk	Grilled Chicken, Mashed Poatoes, Peas, and Whole Milk	Beef Picadillo with Vegetables, , Rice, Tortilla Chips, and Whole Milk
	PM Snack	Cheez It Crackers and Water	Bananas and Water	Rice Crispy Treat and Water	Chunk Pineapple and Water	Ice Cream Sandwich and Water
<b>Week 3</b> 9/13-9/17	AM Snack	Waffles w/ Ham and Whole Milk	Tootie Fuitie Cereal, Yogurt and Whole Milk	Sausage and Biscuit,, and Whole Milk	Strawberry Pop Tart, Bacon, and Whole Milk	Mini Croisant, Little Smokies and Whole Milk
	Lunch	Steak Fingers, Mac.n Cheese, Mixed Vegetables, and Whole Milk,	Grilled Chicken, Rice, Green Salad, and Whole Milk	Turkey and Cheese Sandwich, Veggie Straws, Madarin Oranges and Whole Milk	Beef Ravioli, Green Beans, Crackers and Whole Milk	Mini Corndogs, Baken Beans Diced Peaches, and Whole Milk
	PM Snack	Chex Mix and Water	Sliced Apples and Water	Nachos with Cheese and Water	Orange Slices and Water	Mini Oreos and Water
<b>Week 4</b> 9/27-10/1	AM Snack	Blueberry Muffin, Bacon and Whole Milk	Nutri Grain Breakfast Bar, Yogurt and Whole Milk	Pancakes, Sausage, and Whole Milk	Mini Cinnamon Rolls, Little Smokies, Strawberriesand Whole Milk	Cheese Toast, Fruit Cup and Whole Milk
	Lunch	Chicken Tenders, Mashed Potatoes Peas, and Whole Milk	Beef Picadillo w/ Vegetables, Rice Mixed Fruit, and Whole Milk	Chicken Creamy w/ Vegetables, Noodles, Diced Peaches, and Whole Milk	Steak Fingers, Mac n Cheese, Carrots, and Whole Milk	Cheese Burgers w/Lettuce, Tomatoes, Fries, and Whole Milk
	PM Snack	Ritz Crackers with String Cheese and Water	Bananas and Water	Sliced Apples and Water	Watermelon and Water	Gold Fish Water

NOTE: All changes will be noted on the menu and kept on file in the center. Notes will include date and nature of substitution. Substitutions for dietary restrictions are noted on daily sheet.