

SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 French Toast Sticks Spaghetti and Meatballs Garlic Bread, Green Beans Rice Crispy Treat	2 Yogurt Parfait - GF Chicken Pot Pie Kale Salad, w/ candied pumpkin seeds, dried cranberry, balsamic Apple Crisp	3 Hard Boiled Egg Cheese Stick, Grapes Pizza, Fresh Salad, Dessert	4
5	6 Labor Day	7 Egg Casserole Walking Taco Fresh Veggies, Homemade Ranch Strawberries w/ whipped cream	8 Protein Balls w/ oats -GF Chicken and Rice - GF Green Beans Brownie	9 Breakfast Burrito Tomato Soup, Grilled Cheese No Bake Cookie	10 Hard Boiled Egg Cheese Stick, Grapes Pizza, Fresh Salad, Dessert	11
12	13 Pancake Sausage Roll Mac and Cheese w/ Broccoli - GF Chocolate Chip Cookie w/ ice cream	14 Apple Cinnamon Muffin Enchiladas con Carne - GF Blacks Beans, Corn Cheesecake	15 French Toast Sticks Spaghetti and Meatballs Garlic Bread, Green Beans Rice Crispy Treat	16 Yogurt Parfait - GF Chicken Pot Pie Kale Salad, w/ candied pumpkin seeds, dried cranberry, balsamic Apple Crisp	17 Hard Boiled Egg Cheese Stick, Grapes Pizza, Fresh Salad, Dessert	18
19	20 Apple Cinnamon Muffin Veggie Alfredo White Chocolate Blondies	21 Egg Cassarole Sour Cream - Green Chili Chick Enchilada - GF Strawberries w/ whipped Cream	22 Protein Balls w/ oats -GF Chicken and Rice - GF Green Beans Brownie	23 Breakfast Burrito Tomato Soup, Grilled Cheese No Bake Cookie	24 Hard Boiled Egg Cheese Stick, Grapes Pizza, Fresh Salad, Dessert	25
26	27 Pancake Sausage Roll Mac and Cheese w/ Broccoli -GF Chocolate Chip Cookie w/ ice	28 Apple Cinnamon Muffin Walking Taco Fresh Veggies, Homemade Ranch	29 French Toast Sticks Veggie Alfredo	30 Yogurt Parfait - GF Chili w/ Cornbread		