

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HOLIDAY	2 Teriyaki Beef Dippers w/ Rice 2oz 2G Broccoli ¼ c Apple Slices ½ c Ranch Dressing 1 oz	3 Chicken Corn Dogs 2 oz, 2G Seasoned Black Beans ¼ c Grapes ½ c Ranch Dressing 1 oz Catsup 1 oz Mustard 1 oz	4 Pulled Pork Banh Mi 2 oz 2G Jicama Sticks ¼ c Mixed Fruit ½ c	5 Cheese Pizza 2 oz 2G ½ v Grape Tomatoes ¼ c Pears ½ c Ranch Dressing 1oz
8 Fish Sticks 2 oz, 2G, Carrot Sticks ¼ c Apples ½ c Ranch Dressing 1 oz Catsup 1 oz	9 Chicken Tenders 2 oz, 1G BBQ Beans ¼ c Bananas ½ c Catsup 1 oz	10 Beef Italian Bake 1.5 oz ½ V 1G Romaine Salad ¼ c Grapes ½ c Ranch Dressing 1 oz	11 Chicken Fajita Tacos 2 oz, 2G, Diced Mixed Fruit ½ c Jicama Sticks ¼ c	12 Cheesy Nachos 2 oz 2G Grape Tomatoes ¼ c Pineapple Niblets ½ c Ranch Dressing 1 oz
15 Popcorn Chicken 2 oz 1G Carrot Sticks ¼ c Pears ½ c Ranch Dressing 1 oz Catsup 1 oz	16 Turkey Soft Tacos 2 oz 2G Seasoned Pinto Beans ¼c Bananas ½ c	17 Green Chili Chicken Enchilada Casserole 2oz 1.25G Romaine Salad ¼ c Grapes ½ c Ranch Dressing 1 oz	18 Cheese Burgers 2oz 2G Jicama Sticks ¼ c Mixed Fruit ½ c Ranch Dressing 1 oz Catsup 1 oz Mustard 1 oz	19 Cheesy Ravioli w/Marinara 2 oz 1G Fresh Broccoli ¼ c Pineapple Niblets ½ c Ranch Dressing 1 oz
22 Turkey Nachos w/Cheese 2oz, 2G Seasoned Pinto Beans ¼ c Sliced Apples ½ c Ranch Dressing 1 oz	23 Teriyaki BBQ Chicken w/Chow Mein 2 oz 2G Fresh Broccoli ¼ c Bananas ½ c Ranch Dressing 1 oz	24 Chicken Shawarma w/ Steamed Rice 2 oz, 2 G Green Beans ¼ c Grapes ½ c	25 Cheese Pizza 2 oz 2G Jicama Sticks ¼ c Strawberries ½ c Ranch Dressing 1 oz	26 Bean and Cheese Pupusas 2 oz 2G Romaine Salad ¼ c Diced Peaches ½ c
29 Teriyaki Beef Dippers w/Rice 2oz 1G Fresh Broccoli ¼ c Sliced Apples ½ c Ranch Dressing 1 oz	30 Chicken Corn Dogs 2oz 2G Seasoned Black Beans ½ c Bananas ½ c Catsup 1 oz	Daily Milk Option: 1% White Milk 8 oz	Beef Pork Turkey Chicken Vegetarian Fish	SEPTEMBER LUNCH PRESCHOOL WORKING MENU