



# September 14th - September 18th



## Monday

**AM SNACK** D  
 -Cottage Cheese  
 -Fresh Fruit

**LUNCH** W  
 -Savory Turkey Wraps  
 w/ Hummus, Shredded Carrots & Spinach on a Whole Wheat Tortilla  
 -Broccoli Trees  
 -Apple Slices  
 -Milk  
 \*-Steamed Broccoli  
 \*\*\*Hummus Wraps

**PM SNACK** WV  
 -Fig Bars  
 -Blueberries

**5:00 PM** DVW  
 -Goldfish  
 -Milk

## Tuesday

**AM SNACK** WV  
 -Special K  
 w/ Berries  
 -Milk

**LUNCH** DVW  
 -Bean, Rice & Cheese Burritos  
 -Corn  
 -Fresh Pineapple  
 -Milk

**PM SNACK** DVE  
 -Broccoli Trees  
 w/ Ranch  
 -cheese Cubes

**5:00 PM** V  
 -Bananas  
 -Milk

## Wednesday

**AM SNACK** DVW  
 -Homemade Cinnamon Raisin Bread  
 -Milk

**LUNCH** WED  
 -Summer Chef's Salad  
 w/ Chicken, Hard Boiled Eggs & Cheddar Cheese  
 w/ Ranch  
 -Whole Wheat Roll  
 -Banana  
 -Milk  
 \*-Chicken Wrap  
 \*\*\*Summer Salad  
 w/ Garbanzo Beans, Red Pepper & Balsamic

**PM SNACK** DVW  
 -Trail Mix  
 w/ Pretzels, Goldfish, Cheerios & life Cereal  
 -Milk

**5:00 PM** V  
 -Apple Slices  
 -Sunbutter

## Thursday

**AM SNACK** DVW  
 -Homemade Strawberry Yogurt  
 -Graham Crackers

**LUNCH** WV  
 -Teriyaki Tofu  
 Yakisoba  
 w/ Peppers, Onion, Carrots, Broccoli, Bean Sprouts & Snap Peas  
 -Orange Slices  
 -Milk

**PM SNACK** VW  
 -Roasted Herb Broccoli & Carrots  
 -Milk

**5:00 PM** V  
 -Watermelon  
 -Milk

## Friday

**AM SNACK** VW  
 -Biscuits  
 w/Honey  
 -Milk

**LUNCH** W  
 -Southwest Chicken Pasta Salad  
 w/Chicken, Black Beans, Fire Roasted Tomatoes, Corn, Bell Peppers & Red Onion in a Zesty Lime Avocado Dressing  
 -Melon Medley  
 -Milk  
 \*\*\*Garbanzo Beans

**PM SNACK** V  
 -Homemade Granola bar  
 W/ Sunbutter, Oats, Cheerios & Dried Fruit

**5:00 PM** V  
 -Fruit & Berry Medley  
 -Milk