

September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Mac & Cheese - Carrots - Fresh Fruit - Milk	2 Meatball Sub - Green Salad - Fruit Snack - Milk	3
4 SCHOOL CLOSED	5	6 Beefaroni - Dinner Roll - Carrots - Fresh Fruit - Milk	7 Picadillo with Potatoes - WG Rice - Plantains - Fresh Fruit - Milk	8 Imperial Rice - Green Beans - Fresh Fruit - Milk	9 Turkey Ham & Cheese Sandwich - Salad - FruitSnack - Milk	10
11	12 Roasted Chicken - Congri Rice - Fresh Fruit - Milk	13 Pasta with Meat Sauce - Roll - Veggies - Fresh Fruit - Milk	14 Old Fashion Beef Stew - WG Rice - Fruit - Milk	15 Arroz con Pollo - Green Beans - Fresh Fruit - Milk	16 Meatball Sub - Green Salad - Fruit Snack - Milk	17
18	19 Herb Chicken - Moro Rice - Fresh Fruit - Milk	20 Spaghetti Bolognesa - Roll - Carrots - Fresh Fruit - Milk	21 Picadillo with Potatoes - WG Rice - Plantains - Fresh Fruit - Milk	22 Mac & Cheese - Mix Veg - Fresh Fruit - Milk	23 Turkey Ham & Cheese Sandwich - Salad - FruitSnack - Milk	24
25	26 BBQ Chicken - Moro Rice - Fresh Fruit - Milk	27 Beefaroni - Dinner Roll - Carrots - Fresh Fruit - Milk	28 Pepper Steak - Mashed Potatoes - Roll - Fresh Fruit - Milk	29 Imperial Rice - Mix Veg - Fresh Fruit - Milk	30 Pasta with Meat Sauce - Roll - Salad - Fresh Fruit - Milk	1
2	3	Notes Skim Milk 1% & Flavored Milk 1%				