

# September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 WG Cinnamon Raisin Bread - Fruit cup - Milk	2 Flavored Muffins - Fresh Fruit - Milk	3
4 <b>SCHOOL CLOSED</b>	5	6 WG Bread - Cheese Slice - Fresh Fruit - Milk	7 Flavored Muffin - Fruit in Juice - Milk	8 English Muffins - Jelly - Fruit in Juice - Milk	9 Flavored Muffins - Fresh Fruit - Milk	10
11 	12 Flavored Cereal - Fruit cup - Milk	13 Waffles - Syrup - Fresh Fruit - Milk	14 Hard boiled Egg - WG Bread - Fruit cup - Milk	15 Overnight Oatmeal with fruit - Milk	16 Flavored Muffins - Fresh Fruit - Milk	17
18 Flavored Cereal - Fruit cup - Milk	19	20 French Toast - Syrup - Fresh Fruit - Milk	21 English Muffins - Jelly - Fruit in Juice - Milk	22 WG Cinnamon Raisin Bread - Fruit cup - Milk	23 Flavored Muffins - Fresh Fruit - Milk	24
25 Flavored Cereal - Fruit cup - Milk	26 	27 WG Bread - Cheese Slice - Fresh Fruit - Milk	28 Flavored Muffin - Fruit in Juice - Milk	29 English Muffins - Jelly - Fruit in Juice - Milk	30 Flavored Muffins - Fresh Fruit - Milk	1
2	3	Notes Skim Milk 1% & Flavored Milk 1%				