


SEPTEMBER 2020

	Tuesday 9/8	Wednesday 9/9	Thursday 9/10	Friday 9/11
	bagel pizza steamed corn chocolate milk fruit whole wheat bread	hamburgers cole slaw pickles whole wheat bread orange juice fruit	baked ziti steamed broccoli whole wheat bread fruit lowfat milk	lite tuna salad whole wheatchallah rolls sliced american cheese cream cheese sliced cucumbers yogurt lowfat milk
Monday 9/14	Tuesday 9/15	Wednesday 9/16	Thursday 9/17	Friday 9/18
chicken tenders yellow rice green beans whole wheat bread orange juice fruit	macaroni and cheese steamed carrots whole wheat bread fruit lowfat milk	fish sticks spaghetti steamed broccoli whole wheat bread orange juice fruit	rice and lentils spinach jiben fried onions sour cream whole wheat bread lowfat milk fruit	No Sessions
Monday 9/21	Tuesday 9/22	Wednesday 9/23	Thursday 9/24	Friday 9/25
meat sauce spaghetti elbow macaroni green beans whole wheat bread fruit orange juice	tomato soup challah rolls cream cheese lowfat milk fruit	hard boiled eggs Pesto pasta lowfat milk whole wheat bread fruit	baked ziti steamed broccoli whole wheat bread fruit lowfat milk	lite tuna salad whole wheat pita sliced american cheese sliced cucumbers yogurt lowfat milk
Monday 9/28	Tuesday 9/29	Wednesday 9/30	Thursday 10/1	
No Sessions	rice and lentils spinach jiben fried onions sour cream whole wheat bread lowfat milk fruit	fish sticks elbow macaroni green beans whole wheat bread fruit orange juice	tomato soup bagel and cream cheese whole wheat bread lowfat milk fruit	