

Academir

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
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				<p><u>BREAKFAST:</u> Honey Dew** Waffles Syrup Milk</p> <p><u>LUNCH:</u> Meatballs Bread Brown Rice Carrots Red Apple Milk</p> <p><u>SNACK:</u> Homemade Cookie Milk</p>
4	5	6	7	8
<p><u>BREAKFAST:</u> Juice Yellow Apple Toast butter Cereal Milk</p> <p><u>LUNCH:</u> Chicken Fettuccine Alfredo Garlic Roll Broccoli Green Beans Peaches Milk</p> <p><u>SNACK:</u> Graham Crackers Milk</p>	<p><u>BREAKFAST:</u> Mandarin Oranges Whole Grain Raisin Bread Butter Milk</p> <p><u>LUNCH:</u> Chicken Patty Sandwich w/Lettuce & tomato Ketchup & Mayo Carrots Pears Milk</p> <p><u>SNACK:</u> Tortilla Shredded Cheese</p>	<p><u>BREAKFAST:</u> Honeydew Cereal Milk</p> <p><u>LUNCH:</u> Sauté Chicken Flour Tortilla w/Sour Cream Shredded Cheese Onions & Peppers Refried Black Beans Pineapple Milk</p> <p><u>SNACK:</u> Animal Crackers Peaches</p>	<p><u>BREAKFAST:</u> Cinnamon Apples Pancakes Syrup Milk</p> <p><u>LUNCH:</u> Spaghetti w/ Meatballs Garlic Bread Mixed Green Salad Lowfat Ranch Dressing Corn Tropical Mixed Fruit Milk</p> <p><u>SNACK:</u> Cereal Bar Milk</p>	<p><u>BREAKFAST:</u> Cantaloupe Cubes Cheese Sandwich** Milk</p> <p><u>LUNCH:</u> Chicken Nuggets** ketchup Roll Mashed Potatoes Green Peas Pears Milk</p> <p><u>SNACK:</u> Fruit Gelatin Oyster Crackers</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
11	12	13	14	15
<p><u>BREAKFAST:</u> Fruits Cocktail Cereal Milk</p> <p><u>LUNCH:</u> Roasted Pork Roll Mashed Potatoes Mixed Vegetables Cinnamon Apples Milk</p> <p><u>SNACK:</u> Goldfish Crackers Applesauce</p>	<p><u>BREAKFAST:</u> Applesauce Blueberry Muffin Milk</p> <p><u>LUNCH:</u> Chicken Strips <i>ketchup</i> Sweet Mashed Potatoes Corn Pineapple Milk</p> <p><u>SNACK:</u> Yogurt** Juice</p>	<p><u>BREAKFAST:</u> Honeydew Cheese Toast Milk</p> <p><u>LUNCH:</u> Ropa Vieja Roll Congri Green Peas Honey Dew** Milk</p> <p><u>SNACK:</u> Oyster Crackers Pudding</p>	<p><u>BREAKFAST:</u> Grape Juice Red Apple English Muffin <i>Cream Cheese & Jelly</i> Milk</p> <p><u>LUNCH:</u> Chicken Teriyaki Brown Rice Broccoli Corn Applesauce Milk</p> <p><u>SNACK:</u> Pretzels Yogurt</p>	<p><u>BREAKFAST:</u> Banana Cheese Toast** Cereal** Milk</p> <p><u>LUNCH:</u> Cheeseburger Lettuce and Tomato <i>Mustard, Mayo, Ketchup</i> Carrots & Green Beans Fruit Salad Milk</p> <p><u>SNACK:</u> Milk Animal Crackers</p>
18	19	20	21	22
<p><u>BREAKFAST:</u> Juice Banana Bread Yellow Apple Milk</p> <p><u>LUNCH:</u> Penne Chicken Pasta Peas & Carrots Bread Tropical mixed Fruit Milk</p> <p><u>SNACK:</u> Ritz Crackers Pears</p>	<p><u>BREAKFAST:</u> Peaches Bagel <i>Cream Cheese</i> Milk</p> <p><u>LUNCH:</u> Beef Picadillo Rice Lentil Soup Carrots Applesauce Milk</p> <p><u>SNACK:</u> Yogurt Pineapple</p>	<p><u>BREAKFAST:</u> Cantaloupe** Cereal Milk</p> <p><u>LUNCH:</u> Beef Ravioli Steamed Spinach Mixed Salad <i>dressing</i> Garlic Bread Pears Milk</p> <p><u>SNACK:</u> Graham Crackers Milk</p>	<p><u>BREAKFAST:</u> Banana Waffles <i>Syrup</i> Milk</p> <p><u>LUNCH:</u> Cuban Stew w/carrots Brown Rice Mixed Vegetables Fruit Salad Milk</p> <p><u>SNACK:</u> Rice Krispie Treats Milk</p>	<p><u>BREAKFAST:</u> Applesauce Cereal** Toast** <i>butter</i> Milk</p> <p><u>LUNCH:</u> Pizza Corn Peaches Milk</p> <p><u>SNACK:</u> Raisin Bread Juice</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
<p><u>BREAKFAST:</u> Fruits Cocktail Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk</p> <p><u>LUNCH:</u> Chicken Fricassee WW Bread Brown Rice Green Beans & Corn Applesauce Milk</p> <p><u>SNACK:</u> Ritz Crackers Pineapple</p>	<p><u>BREAKFAST:</u> Pears Cereal** Toast <i>butter</i> Milk</p> <p><u>LUNCH:</u> Beefaroni Garlic Bread Mixed Salad w/tomatoes <i>dressing</i> Fruits Salad Milk</p> <p><u>SNACK:</u> Blueberry Muffin Milk</p>	<p><u>BREAKFAST:</u> Cantaloupe** Cheese Toast Milk</p> <p><u>LUNCH:</u> Picadillo (Turkey) Congri Bread Carrots Tropical Mixed Fruits Milk</p> <p><u>SNACK:</u> Wheat Thins Crackers Juice</p>	<p><u>BREAKFAST:</u> Cinnamon Apples Banana Muffin Milk</p> <p><u>LUNCH:</u> Turkey Ham in Sauce Brown Rice Mixed Vegetables Mandarin Oranges Milk</p> <p><u>SNACK:</u> Sliced Turkey WW Bread <i>Mayo & Mustard</i></p>	<p><u>BREAKFAST:</u> Juice Banana French Toast</p> <p><i>Syrup</i> Milk</p> <p><u>LUNCH:</u> Arroz con Pollo Cuban Bread Mixed Green Salad <i>French Dressing</i> Green Peas Peaches Milk</p> <p><u>SNACK:</u> Pretzels Banana</p>

