CEDAR CREST SEPTEMBER Menus

Monday	Tuesday	Wednesday	Thursday	Friday
			1 B-cinnamon toast pastry fruit, juice L-soft shell beef taco salsa & nacho chips refried beans romaine lettuce fruit	2 B-PBJ uncrustable, fruit, juice L-pepperoni pizza calzone buttery corn carrots/dip fruit
5 NO SCHOOL	6 NO SCHOOL	7 B-honey bun, fruit, juice L-chicken parmesan on bun french fries baked beans fruit cup	8 B-whole grain muffin, fruit juice L-Fish square on bun potato smiles pickle slices apple slices	9 B-mini bagels, fruit, juice cheesy pull aparts green beans carrots/dip pudding cup fruit
12 cereal, cheese stick, fruit juice L-chicken drumstick cheesy potatoes carrots/dip graham crackers fruit	13 B-Rice Krispie, yogurt fruit, juice L-scrambled egggs dutch waffle/syrup hash brown dragon punch juice fruit	14 B-oatmeal breakfast cookie fruit, juice L-Grilled cheese seasoned fries baked beans fruit	15 B-fruit pastry, fruit, juice L-Meatball sub on bun potato wedges broccoli orange smoothie fruit	16 B-cinnamon pastry, fruit, juice L-chicken rings french fries green beans fruit
19 B-cereal, cheese stick fruit, juice L-chicken nuggets french fries pinto beans fruit	20 B-pop tart, yogurt, fruit, juice L-salisbury steak mashed potatoes buttery corn dinner roll fruit	21 B-biscuit with jelly,fruit, juice L-cheeseburger on bun potato smiles pickle slices fruit	22 B-whole grain muffin, fruit juice L-Grilled chicken burger/bun potato wedges carrots/dip pudding cup fruit	23 B-Mini bagels, fruit, juice L-sloppy joe on bun seasoned fries broccoli ice cream cup fruit
26 B-cereal, cheesestick, fruit, juice L-grilled chicken patty/bun waffle fries pinto beans fruit	27 B-Rice Krispies, yogurt fruit, juice L-pepperoni pizza calzone broccoli steamed corn fruit	28 B-mini waffles, fruit, juice L-sunrise breakfast slider hash brown orange smoothie fruit	29 B-fruit pastry, fruit, juice L-hot dog on bun tater tots celery sticks rice krispies treat fruit	30 B-cinnamon pastry,fruit, juice L-grape PBJ uncrustable cheese stick doritos carrots/dip fruit