



James Island Weekly Menu

September 19-23



	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK:	String Cheese* & Wheat Thins	Vanilla Pudding* & Graham Crackers	Yogurt* and Granola	Green Apple Nutrigrain Bars & Milk*	Banana Bread** & Orange Juice
Lunch: 2% Organic Milk	Chicken Tenders Macaroni and Cheese* Broccoli Red Grapes	Pork Fried Rice Stir fry Veggies & Mandarin Oranges	Chicken and Dumplings* Green Beans & Strawberries	Tomato Basil Soup* Grilled Cheese* & Green Grapes	Turkey and Provolone Wraps* Chips Carrots with ranch*** Orange Slices
PM Snack:	Chex Mix & Apple Slices	Hummus & Pretzels	Fritos & Pineapple	Tortilla Chips & Salsa	Icecream* & Wafers

Menu subject to change due to availability

Contains Dairy*

Contains Egg **

Contains Egg and Milk***