

BEGINNINGS AND BEYOND- Cowgill Street ~ September 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		1 Buttered Bagel Pineapple Milk	2 English Muffins Grapes Milk	3 Corn Flakes Cereal Oranges Milk	4 Buttered W.W. Toast Banana Milk
LUNCH		Roasted Chicken Roasted Potatoes W.W. Bread Triangles Mixed Fruit Milk	Baked Tilapia Filets W.G. Brown Rice Carrots Pears Milk	W.G. Pizza Casserole (WG Pasta, Gr.Beef) Peas and Carrots Peaches Milk	Tasty Chicken Tenders Mashed Potatoes Dinner Roll Applesauce Milk
SNACK		Graham Crackers Water	Animal Crackers 100% Apple Or Cran/Grape Juice	Cinnamon Applesauce Milk	Chex Mix 100% Apple or Cran/Grape Juice
BREAKFAST	7 NO SCHOOL	8 W.G Kix Cereal Mixed Fruit Milk	9 Buttered Raisin Toast Grapes Milk	10 Pancakes/100% Maple Syrup Applesauce Milk	11 NO SCHOOL
LUNCH		Beef 'N Barley Casserole (Gr.Beef,Barley,Veg) Peaches Milk	Spaghetti in Tomato Sauce Meatballs Broccoli Pears Milk	Homemade Macaroni & Cheese Corn Pineapple Milk	
SNACK	LABOR DAY	Cheeze-It Crackers 100% Apple or Cran/Grape Juice	W.G. Wheat Thin Crackers 100% Apple or Cran/Grape Juice	W. G. Rice Cakes 100% Apple or Cran/Grape Juice	IN SERVICE DAY
BREAKFAST	14 Rice Krispies Grapes Milk	14 W.G. English Muffin,Butter Peaches Milk	16 Waffles 100% Pure Maple Syrup Pears Milk	17 Buttered W.W. Toast Pineapple Milk	18 W.G. Golden Porridge Banana Milk
LUNCH	Crispy Baked Fish Green Beans W.W. Bread Triangles Mixed Fruit Milk	Kid's Favorite Chili (Gr. Turkey/Veg) Oyster Crackers Oranges Milk	BREAKFAST FOR LUNCH Scrambled Eggs  Pop's Potatoes W.W. Bread Triangles Mixed Fruit Milk	Turkey Noodle Casserole Peas and Carrots Watermelon Milk	Chicken Salad Sandwich Bun Carrots Oranges Milk
SNACK	Pretzel Rods 100% Apple or Cran/Grape Juice	W.G. Crunchy Oat Squares 100% Apple or Cran/Grape Juice	Teddy Bites (Teddy Grahams,Pretzels,Raisins) 100% Apple or Cran/Grape Juice	Tortilla Chips Mild Salsa Water	Homemade Soft Breadsticks Tomato Sauce Dip Water
BREAKFAST	21 Corn Muffin Peaches Milk	22 Wheat Chex Pineapple Milk	23 Buttered Raisin Toast Grapes Milk	24 Pancakes 100% Pure Maple Syrup Banana Milk	25 W.G. Kix Cereal Peaches Milk
SNACK	Grilled Cheese on Whole Wheat Broccoli Applesauce Milk	Mini Meatball Parmesan Hogies Carrots Mixed Fruit Milk	Angry Bird Chicken Whole Grain Brown Rice Green Beans Pears Milk	Chicken Melts (Chicken on English Muffins) Mixed Vegetables Oranges Milk	Crispy Chicken Dinner Dinner Roll Peas and Carrots Applesauce Milk
SNACK	Sliced Monterey Jack Cheese Saltine Crackers Water	W.G. Fruity Oat Mix 100% Apple or Cran/Grape Juice	Pretzels 100% Apple or Cran/Grape Juice	W.G. Brown Rice Cakes 100% Apple or Cran/Grape Juice	Goldfish Crackers 100% Apple or Cran/Grape Juice
BREAKFAST	28 W.G. Corn Chex Cereal Banana Milk	29 W.G. Crunchy Oat Squares Peaches Milk	30 W.G. French Toast/Maple Syrup Pineapple Milk		
SNACK	Chicken with Broccoli Lo Mein Noodles Mixed Fruit Milk	Chicken and Dumplings Carrots Pears Milk	Turkey Meatloaf Green Beans Dinner Roll Applesauce Milk		
SNACK	Pretzel Sticks 100% Apple or Cran/Grape Juice	Jell-O Peaches Milk	Teddy Bites (Teddy Grahams,Pretzels,Raisins) 100% Apple or Cran/Grape Juice		

We are unable to provide alternative foods due to the time schedule and the large number of children we serve. We appreciate your understanding! Thank you!