

Meatless Monday	Taco Tuesday	World of Wednesday	Tasty Thursday	Fish Friday
SEPTEMBER 2021 CDC MENU		1 B: WW Cinnamon Raisin Bread with Fresh Strawberries L: Corned Beef Brisket over Egg Noodles Steamed Cabbage Fresh Cantaloupe S: Bean Dip and WGR Corn Chips	2 B: WGR Overnight Oats with Fresh Berry Mix L: King Ranch Chicken with WGR Corn Tortilla Mixed Vegetables Fresh Blueberries S: WG Graham Crackers and Fresh Sliced Pears	3 B: WGR Cereal and Fresh Banana L: Crab Cakes with WW Dinner Roll Steamed Corn Fresh Red Apple Slices S: WGR Oatmeal Ball and Fresh Orange Slices
6 CDC CLOSED FOR LABOR DAY OBSERVANCE	7 B: WW Cinnamon Bagel with Pineapple Chunks L: Pork Rojo Pozole with WGR Tortilla Chips Steamed Lima Beans Sliced Red Apples S: WG Ritz Crackers and Fresh Orange Slices	8 B: WGR Cream of Wheat with Dried Cranberries and Fresh Blueberries L: Ground Turkey Goulash with WG Macaroni Steamed Peas Fresh Cantaloupe Slices S: WW Crackers and Colby Cheese Sticks	9 B: WGR Pancakes and Fresh Blackberries L: Beef Pot Pie with WGR Biscuits Cali Mixed Vegetables Sliced Strawberries S: WW Animal Crackers and Fresh Pears	10 B: WGR Cereal and Bananas L: Tuna Croquettes with WW Dinner Roll Steamed Carrots Fresh Diced Watermelon S: WG Pretzels and Green Apple Slices
13 B: WGR Cereal and Sliced Peaches L: Baked 3 Cheese Ziti with WW Pasta Steamed Green Beans Fresh Red Apples Slices S: Fresh Sliced Oranges and WG Pretzels	14 B: WW Toast and Fresh Honey Dew Melon with Cheese Omelet L: Ground Beef Taco on WW Tortilla Steamed Peas and Carrots Fresh Pears S: WG Blueberry Muffins and Fresh Green Grape Halves	15 B: WGR Oatmeal with Raisins and Diced Mango L: Pork Verde with Spanish WGR Brown Rice Roasted Cauliflower Fresh Raspberries S: WGR Tortilla Chips with Guacamole	16 B: WG Biscuit and Fresh Blackberries with Pork Sausage Patty L: Oven Fried Chicken Legs with WGR Waffles Roasted Asparagus Tips Fresh Strawberries S: WW Crackers and Colby Cheese Stick	17 B: WGR Cereal and Fresh Banana L: Fish Sticks with WG Cheddar Biscuits Au Gratin Potatoes Fresh Blueberries S: WG Graham Crackers and Fresh Green Apple Slices
20 B: WGR Cereal and Diced Mango L: Corn, Black Bean, and WGR Quinoa Casserole Roasted Squash Medley Fresh Blueberries S: WG Animal Crackers and Sliced Red Apples	21 B: WGR Cinnamon Raisin Bagel and Pineapple Chunks L: Beef Sausage Link on WW Tortillas Steamed Carrots Fresh Pears S: Carrot Sticks, Ranch, and WW Crackers	22 B: WGR French Toast Sticks and Sliced Strawberries L: Sesame Chicken with WG Lo Mein Noodles Vegetable Stir Fry Fresh Honey Dew Melon S: WW (Tortilla) Banana and Sun Butter Quesadilla	23 B: WGR English Muffins and Fresh Blackberries with Bacon L: Deep Pan Hamburger Pizza on WW Crust Herbed Broccoli Sliced Watermelon S: Fruited Yogurt Cream Cheese Spread and WW Baked Pita Chips	24 CDC CLOSED FOR PARENT CONFERENCES
27 B: WGR Cereal and Sliced Peaches L: WGR Cheese Pizza Steamed Green Beans Warm Cinnamon Apples S: WGR Goldfish and Cucumber Slices	28 B: WGR Biscuits and Sliced Pears with Cheesy Pork Sausage Link L: Ground Turkey Taco on WW Tortilla Steamed Mixed Vegetables Diced Mango S: WG Pumpkin Spice Muffins and Fresh Sliced Oranges	29 B: WGR Cream of Wheat with Raisins and Fresh Strawberries L: Roast Beef and Cheddar Sandwich on WW Bread Cucumber Salad Fresh Blueberries S: WW Caribbean Pineapple Crisp	30 B: WGR English Muffins and Fresh Blackberries L: Chicken Tetrazzini with WG Pasta Steamed Peas Fresh Raspberries S: WGR Oatmeal Balls and Sliced Green Apples	

WW=Whole Wheat, WG=Whole Grain, WGR=Whole Grain Rich Milk is served for breakfast and lunch. Water is offered during every meal.