



## Menu – September 19-23, 2022

	<b>Monday September 19</b>	<b>Tuesday September 20</b>	<b>Wednesday September 21</b>	<b>Thursday September 22</b>	<b>Friday September 23</b>
<b>Breakfast</b>	Raspberry and Blueberry Fig Bars Milk	Honey Crisp Apples Sun Butter Milk	Lemon Poppy Seed Muffins Milk	Granola w/Pepitas and Dried Fruit Milk	Chex Cereal Raisins Milk
<b>Lunch</b>	Mushroom and Bell Pepper Egg Frittata Sautéed Broccoli Red Plums Milk	Stir Fry Vegetable Lo Mein Oranges Milk	Chickpea and Green Bean Curry Rice Honey Glazed Baby Carrots Milk	Butternut Squash and Tomato Soup Mandarin Orange and Strawberry Arugula Salad w/Balsamic Vinaigrette Milk	Basil and Cheese English Muffin Pizza English Peas w/Corn Blueberries Milk
<b>Afternoon Snack</b>	Dill Pickle Slices Wheat Thin Crackers Water	Yogurt Tubes Peaches Water	Fruit Salad Water	Tortilla Chips Salsa and Guacamole Water	Graham Crackers Clementines Water

\*Serving sizes and meal components will be in compliance with USDA guidelines.