



September Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Rice Krispie Cereal Fresh Bananas Organic Milk	2 Toasted Whole Wheat English Muffins Jelly Chilled Pears Organic Milk	3 Corn Flakes w/Apples & Raisins Organic Milk	4 Whole Grain Pancakes Mixed Berries Organic Milk
7 NO SCHOOL	8 Yogurt w/ Whole Grain Granola Blueberries Organic Milk	9 Cheerios Fresh Apple Slices Organic Milk	10 Banana Bread Muffins Blueberries Organic Milk	11 Turkey Sausage Breakfast Potatoes Fresh Orange Wedges Organic Milk
14 Cinnamon Raisin Bread Fresh Orange Wedges Organic Milk	15 Whole Grain Pancakes Cinnamon Apples Organic Milk	16 Yogurt w/ Whole Grain Granola Blueberries Organic Milk	17 Bagel w/ Cream Cheese Fresh Orange Wedges Organic Milk	18 Breakfast Pizza (Toasted Whole Wheat English Muffin, Cream Cheese & Assorted Toppings) Pineapple Organic Milk
21 Bagel w/ Cream Cheese Fresh Orange Wedges Organic Milk	22 Whole Grain French Toast Sticks Apple Sauce Organic Milk	23 Cornflakes Fresh Bananas Organic Milk	24 Whole Grain Pancakes Apple Sauce Organic Milk	25 Blueberry Muffins Chilled Peaches Organic Milk
28 Whole Grain Waffles Applesauce Organic Milk	29 Banana Bread Muffins Blueberries Organic Milk	30 Cinnamon Raisin Bread Fresh Bananas Organic Milk		

Additionally, GPS menus contain more of the following healthy menu items: organic milk, juices that are 100% juice and contain no dyes, whole grain pasta, whole grain and whole wheat breads, low-fat cheese, all-natural applesauce, diced fruits stored in juice (not syrup).

- This menu is subject to change due to unforeseen circumstances.



September Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM Vanilla Yogurt and Mandarin Orange PM Cucumbers with Ranch Dressing and Crackers	2 AM Trail Mix PM Graham Crackers and Pineapple	3 AM Tortilla Chips and Salsa PM Cheese Crackers and Orange Slices	4 AM Tortilla and Sun Butter PM Corn Chex and Organic Milk
7 NO SCHOOL	8 AM Seasonal Fruit and Berry Animal Crackers PM Whole Grain Goldfish	9 AM Sweet Potato Crackers and Banana PM Whole Wheat Tortilla with Sun Butter	10 AM Cheddar Cheese Crackers and Carrots w/Ranch Dressing PM Fruit and Cheese	11 AM Hummus and Tortilla Chips PM Carrots and Crackers w/ Ranch Dressing
14 AM Whole Grain Goldfish with Fresh Fruit PM Graham Crackers and Orange Slices	15 AM Vanilla Yogurt and Pineapple PM Fruit and Cheese	16 AM Berry Animal Crackers and Diced Peaches PM Cheddar Cheese Crackers and Cucumber Slices	17 AM Tortilla Chips and Salsa PM Crackers & Carrots w/ Ranch Dressing	18 AM Cheese Crackers and Diced Pears PM Whole Wheat Bread with Apple Butter
21 AM Carrots with Ranch Dressing and Crackers PM Berry Animal Crackers and Yogurt	22 AM Tortilla and Sun Butter PM Trail Mix	23 AM Cheddar Cheese Crackers and Diced Pears PM Carrots and Crackers with Ranch Dressing	24 AM Cheerios cereal and Organic Milk PM Bagel w/ Cream Cheese & Jelly	25 AM Orange Slices and Ritz Crackers PM Fruit and Cheese
28 AM Bagel w/Cream Cheese & Jelly PM Graham Crackers and Applesauce	29 AM Sliced Cheese and Ritz Crackers PM Seasonal Fruit and Sweet Potato Crackers	30 AM Berry Animal Crackers and Diced Peaches PM Whole Wheat Bread with Apple Butter		

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September Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Vegetarian Taco: Black Beans Shredded Cheese Lettuce Yellow Corn Sour Cream Whole Grain Tortillas Organic Milk	2 Sandwich Roll Sliced Turkey & Cheese Lettuce Fresh Fruit Organic Milk	3 Chicken Nuggets Green Beans Tossed Vegetable Salad Organic Milk	4 Grilled Chicken Penne Pasta Alfredo Sauce Parmesan Cheese Broccoli Fresh Apple Slices Organic Milk
7 NO SCHOOL	8 Whole Grain French Toast Turkey Sausage Pineapple Organic Milk	9 Grilled Chicken Steamed Broccoli Brown Rice Mandarin Oranges Organic Milk	10 Beefaroni Shredded Mozzarella Cheese Green Peas Applesauce Organic Milk	11 Chicken Tenders Salad with Ranch Dressing Fresh Bananas Organic Milk
14 Baked Fish Sticks Steamed Broccoli Fresh Orange Wedges Organic Milk	15 Cheeseburger Whole Grain Buns Green Peas Chilled Pears Organic Milk	16 Whole Grain Pancakes Turkey Sausage Apple Sauce Organic Milk	17 Chicken Meatball Marinara Noodles Tossed Vegetable Salad Chilled Pears Organic Milk	18 Breaded Chicken Patty Whole Grain Bun Peas Fresh Apple Slices Organic Milk
21 Chicken Burger Whole Grain Bun Steamed Green Beans Chilled Peaches Organic Milk	22 Turkey Taco Whole Grain Tortilla Shredded Cheese Lettuce Sour Cream Organic Milk	23 Chicken Tenders Salad w/Ranch Dressing Fresh Bananas Organic Milk	24 Swedish Meatballs Chicken Meatballs Cream of Mushrooms Egg Noodles Green Peas Fresh Orange Wedges Organic Milk	25 Beef Sloppy Joe Hot Dog Bun Broccoli Pineapple Organic Milk
28 Macaroni and Cheese Steamed Broccoli Diced Pears Organic Milk	29 Spanish Rice with Ground Turkey and Shredded Cheese Sour Cream Chilled Peaches Organic Milk	30 Tomato Soup Rolls Cheese Salad w/ Ranch Dressing Organic Milk		

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