



SHENANDOAH



SEPTEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Cereal & Juice Breaded Chicken Scallop Potatoes W G Roll Green Beans Fruit	Sept. 1 French Toast Sticks Juice/Milk Meatballs in Sauce W G Pasta Steamed Corn Choice of Fruit	2 Yogurt w/Granola Juice/Milk Cheese Pizza Garden Salad Steamed Broccoli Choice of Fruit	3 Dutch Waffle Juice/Milk Hamburger on Bun French Fries Mixed Vegetables Choice of Fruit	4 Assorted Cereal Juice/Milk Chicken Taco Brown Rice Cheese & Salsa Refried Beans Choice of Fruit
7 PROGRAM CLOSED	8 Waffles w/Syrup Juice/Milk Hot Ham & Cheese Pretzel Roll Tortilla Chips Steam Peas Choice of Fruit	9 Yogurt/Mini Loaf Juice/Milk Meatballs wW G Pasta W G Dinner Roll Steamed Carrots Choice of Fruit	10 Pancakes w/Syrup Juice/Milk Chicken Patty on Bun Baby Cake Potatoes Green Beans Choice of Fruit	11 Assorted Cereal Juice/Milk Cheesy Breadsticks Dipping Sauce Garden Salad Choice of Fruit
14 Assorted Cereal Juice/Milk Chicken Finger W rap Brown Rice Steamed Corn Choice of Fruit	15 Dutch Waffle Juice/Fruit Taco Tuesday & Chips Cheese, Shred Lett, Salsa Green Beans Choice of Fruit	16 Yogurt/Granola Juice/Milk Fish Shapes French Fries Steamed Broccoli Choice of Fruit	17 Waffles w/Syrup Juice/Milk Beef-A-Roni Shredded Cheese W G Roll Steamed Carrots Choice of Fruit	18 Assorted Cereal Juice/Milk Pizza Bagel Garden Salad Steamed Peas Choice of Fruit
21 Assorted Cereal Juice/Milk Breaded Chicken Buttered Pasta Baked Beans Choice of Fruit	22 Baked Omelet w/Sausage Juice/Milk Meatballs in Gravy Mashed Potatoes Garlic Stick Steamed Corn Choice of Fruit	23 Yogurt/Mini Loaf Juice/Milk French Toast Sticks Hash Browns Sausage Patty Steamed Carrots Choice of Fruit	24 Pancakes w/Syrup Juice/Milk Mac & Cheese Stewed Tomatoes Breaded Chicken Choice of Fruit	25 Assorted Cereal Juice/Milk Hamburger on W G Bun French Fries Steamed Peas Choice of Fruit
28 Assorted Cereal Juice/Milk Breaded Chicken Brown Rice Steamed Broccoli Choice of Fruit	29 French Toast Sticks Juice/Milk Cheese Quesadilla Wedge w/Salsa Garden Salad Steamed Corn Choice of Fruit	30 Yogurt/Granola Juice/Milk Breaded Fish Sandwich Baby Cake Potatoes Baked Beans Choice of Fruit		
All meals are served with 1% unflavored milk; juice is 100% pasteurized; yogurt contains no more than 23 grams of sugar per 6 ounce serving; cereal contains no more than 6 grams of sugar per dry ounce.				Menu Subject to Change