



Monday	Tuesday	Wednesday	Thursday	Friday
<p>09/03/2018</p> <p>NO SCHOOL TODAY</p>	<p>09/04/2018</p> <p>Wheat Bagels Cream Cheese Fresh Apples Choice of Milk</p>	<p>09/05/2018</p> <p>WW Zucchini Bread Cheese Stick Fresh Watermelon Choice of Milk</p>	<p>09/06/2018</p> <p>Cereal Bananas Choice of Milk</p>	<p>09/07/2018</p> <p>Blueberry Bread Pudding Maple Syrup Apple Juice Choice of Milk</p>
<p>09/10/2018</p> <p>Whole Grain Waffles Peaches Maple Syrup Choice of Milk</p>	<p>09/11/2018</p> <p>Yogurt Parfaits & Granola Bananas Choice of Milk</p>	<p>09/12/2018</p> <p>French Toast Choice of Milk Maple Syrup Fresh Apples</p>	<p>09/13/2018</p> <p>Blueberry Bread Pudding Maple Syrup Apple Juice Choice of Milk</p>	<p>09/14/2018</p> <p>WW Blueberry Muffin Fresh Oranges Choice of Milk</p>
<p>09/17/2018</p> <p>Wheat Bagels Cream Cheese Fresh Apples Choice of Milk</p>	<p>09/18/2018</p> <p>Cereal Bananas Choice of Milk</p>	<p>09/19/2018</p> <p>Sweet Potato Waffles Maple Syrup Peaches Choice of Milk</p>	<p>09/20/2018</p> <p>WW Zucchini Choco Bar Go Gurts Fresh Oranges Choice of Milk</p>	<p>09/21/2018</p> <p>WW Banana Bread Cheese Stick Fresh Watermelon Choice of Milk</p>
<p>09/24/2018</p> <p>Yogurt Parfaits & Granola Apple Juice Choice of Milk</p>	<p>09/25/2018</p> <p>Wheat Bagels Cream Cheese Fresh Apples Choice of Milk</p>	<p>09/26/2018</p> <p>Cereal Bananas Choice of Milk</p>	<p>09/27/2018</p> <p>Blueberry Bread Pudding Maple Syrup Apple Juice Choice of Milk</p>	<p>09/28/2018</p> <p>Whole Grain Waffles Peaches Maple Syrup Choice of Milk</p>

MILK: Choice of unflavored 1% or flavored fat free milk. **ONE CUP FRESH FRUIT** available daily. **DAIRY- FREE (DF), GLUTEN FREE (GF), VEGAN (VG) AND VEGETARIAN (V)** options available daily upon request. **ONE CUP OF LOCALLY GROWN VEGETABLES AND FRUIT DAILY. LOCAL PRODUCE FOR EACH MONTH ARE:** (SEPT) watermelon, tomatoes, blackberries, raspberries, beets, zucchini, cantaloupe, red peppers, summer squash, apricots, peaches, cucumbers, green beans, cabbage, nectarines, spinach, eggplant, pears, apples, sweet potatoes, potatoes, grapes and carrots (OCT) Beets, butternut squash, peppers, squash, pumpkin, green beans, carrots, broccoli, eggplant, sweet potatoes, potatoes, cabbage, pears, apples, cauliflower, and kale. (NOV) Beets, butternut squash, carrots, broccoli, sweet potatoes, cabbage, pears, apples, cauliflower, potatoes, and kale.

WG = Whole Grain WW = Whole Wheat