

League of Extraordinary Children
SEPTEMBER 2021
 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk	2 Cocoa Puffs Bananas 1% Unflavored Fat Free Milk	3 Multi Grain Cheerios Bananas 1% Unflavored Fat Free Milk
6 <p style="text-align: center;">CLOSED</p>	7 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk	8 Honey Nut Cheerios Apples 1% Unflavored Fat Free Milk	9 Whole Grain Waffle Strawberries 1% Unflavored Fat Free Milk	10 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk
13 Whole Grain English Muffin Cream Cheese/Butter Pineapples 1% Unflavored Fat Free Milk	14 Whole Wheat Toast Cream Cheese Orange Slices 1% Unflavored Fat Free Milk	15 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk	16 Cocoa Puffs Strawberries 1% Unflavored Fat Free Milk	17 Whole Grain Waffle Peaches 1% Unflavored Fat Free Milk
20 Honey Nut Cheerios Bananas 1% Unflavored Fat Free Milk	21 Multi-grain Cheerios Strawberries 1% Unflavored Fat Free Milk	22 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	23 Fruit Loops Orange Slices 1% Unflavored Fat Free Milk	24 Whole Wheat Croissant Butter Pineapples 1% Unflavored Fat Free Milk
27 Whole Wheat Toast Cream Cheese Orange Slices 1% Unflavored Fat Free Milk	28 Fruit Loops Bananas 1% Unflavored Fat Free Milk	29 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk	30 Vanilla Greek Yogurt Strawberries 1% Unflavored Fat Free Milk	

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Lunch Menu



**** KEY:**

Mixed Vegetables:
Carrots, Green Peas,
and Corn

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheese Ravioli with Sauce Broccoli Peach Slices 1% Unflavored Fat Free Milk	2 Black Beans White Rice Carrots Pineapples 1% Unflavored Fat Free Milk	3 Mini Pizza Bagels Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk
6 CLOSED	7 Grilled Chicken Strips Whole Wheat Pasta Cucumber Banana 1% Unflavored Fat Free Milk	8 Mac & Cheese Steamed Broccoli Bananas 1% Unflavored Fat Free Milk	9 Turkey Meatball Whole Wheat Spaghetti with Sauce Carrots Orange Slices 1% Unflavored Fat Free Milk	10 Baked Chicken Nuggets Baked Shoe-String Potato Fry Carrots Peach Slices 1% Unflavored Fat Free Milk
13 Ground Beef Mashed Potatoes ** Mixed Vegetables Orange Slices 1% Unflavored Fat Free Milk	14 Yellow Rice Vienna Sausage on the side Green Beans Peach Slices 1% Unflavored Fat Free Milk	15 Lentil Soup White Rice Green Peas Pineapple 1% Unflavored Fat Free Milk	16 Whole Grain Brown Rice Red Beans Carrots Banana 1% Unflavored Fat Free Milk	17 Mini Pizza Bagels Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk
20 Turkey Meatball Whole Wheat Spaghetti with Sauce Carrots Orange Slices 1% Unflavored Fat Free Milk	21 Shredded Chicken Whole Grain Brown Rice Green Peas Pineapples 1% Unflavored Fat Free Milk	22 Black Beans White Rice Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk	23 Mac & Cheese Steamed Broccoli Bananas 1% Unflavored Fat Free Milk	24 Baked Chicken Nuggets Baked Shoe-String Potato Fry Carrots Peach Slices 1% Unflavored Fat Free Milk
27 Grilled Chicken Strips Whole Wheat Pasta Cucumber Banana 1% Unflavored Fat Free Milk	28 Lentil Soup White Rice Green Peas Pineapple 1% Unflavored Fat Free Milk	29 Hot Dog Hot Dog Bun Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk	30 Whole Grain Brown Rice Split Pea Cucumber Banana 1% Unflavored Fat Free Milk	

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SEPTEMBER 2021

P.M. Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Fat Free Strawberry Jell-O 1% Unflavored Fat Free Milk	2 Granola Bar: Chocolate Chip 1% Unflavored Fat Free Milk	3 Whole Grain Tortilla Chips Cheese 1% Unflavored Fat Free Milk
6 CLOSED	7 Whole Grain Tortilla Chips Guacamole / Salsa 1% Unflavored Fat Free Milk	8 Whole Grain Cheez-it 1% Unflavored Fat Free Milk	9 Chocolate Chip Sugar Free Cookies 1% Unflavored Fat Free Milk	10 Whole Grain Goldfish Baked 1% Unflavored Fat Free Milk
13 Whole Grain Mozzarella Sticks 1% Unflavored Fat Free Milk	14 Baked Potato Chips Apple Juice 1% Unflavored Fat Free Milk	15 Chocolate Chip Sugar Free Cookies 1% Unflavored Fat Free Milk	16 Fat Free Strawberry Jell-O 1% Unflavored Fat Free Milk	17 Pretzels Raisins 1% Unflavored Fat Free Milk
20 Animal Crackers 1% Unflavored Fat Free Milk	21 Mozzarella Cheese 5 Saltine Crackers 1% Unflavored Fat Free Milk	22 Whole Grain Goldfish Baked 1% Unflavored Fat Free Milk	23 Whole Grain Rice Krispie 1% Unflavored Fat Free Milk	24 Whole Grain Mozzarella Sticks 1% Unflavored Fat Free Milk
27 Baked Potato Chips Apple Juice 1% Unflavored Fat Free Milk	28 Whole Grain Goldfish Baked 1% Unflavored Fat Free Milk	29 Whole Grain Rice Krispie 1% Unflavored Fat Free Milk	30 Whole Grain Cheez-it 1% Unflavored Fat Free Milk	