

September

Maryland Ave • Murray Manor • Northmont • Rolando



CACFP Menu

31
Fritos Chips
Bean Dipz Cup
Baby Carrots
Apple
White or Choc. Milk

1
Turkey Ham &
Cheese Sandwich
Garbanzo Beans
Bartlett Pear
White or Choc. Milk

2
Cinnamon Bug Bites
Sliced Cucumbers
Petite Banana
White or Choc. Milk

3
Nacho Cheese Doritos
Buff. Ranch Fava Beans
String Cheese
Green Beans, Craisins
White or Choc. Milk

4
Bagel & Cream Cheese
Turkey Stick
String Cheese
Jicama Sticks, Apple
White or Choc. Milk

7

ESS Closed

8
(Turkey & Cheese)
Sub Sandwich
Garbanzo Beans
Bartlett Pear
White or Choc. Milk

9
Lowfat Yogurt
Vanilla Chat Snax
Sliced Cucumbers
Petite Banana
White or Choc. Milk

10
Cheddar Chex Mix
String Cheese
Green Beans
Cranberry Raisins
White or Choc. Milk

11
Chicken, Turkey Pep,
& Cheese Sub
Jicama Sticks
Fuji Apple
White or Choc. Milk

14
Cheetos Puffs
String Cheese
Baby Carrots
Frozen Fruit Cup
White or Choc. Milk

15
Turkey Ham &
Cheese Sandwich
Garbanzo Beans
Bartlett Pear
White or Choc. Milk

16 (Mini)
Blueberry Muffin
Maple Chicken Stick
Sliced Cucumbers
Petite Banana
White or Choc. Milk

17
Soft Pretzel
Cheese Cup
String Cheese
Green Beans, Craisins
White or Choc. Milk

18
Lowfat Yogurt
Cinnamon Scooby Stix
Jicama Sticks
Fuji Apple
White or Choc. Milk

21
Tostitos Scoops
Bean Dipz Cup
Baby Carrots
Frozen Fruit Cup
White or Choc. Milk

22
Turkey Ham &
Cheese Sandwich
Garbanzo Beans
Bartlett Pear
White or Choc. Milk

23
Lowfat Yogurt
Cinnamon Bug Bites
Sliced Cucumbers
Petite Banana
White or Choc. Milk

24
Fritos Corn Chips
Buff. Ranch Fava Beans
String Cheese
Green Beans, Craisins
White or Choc. Milk

25
Bagel & Cream Cheese
Turkey Stick
String Cheese
Jicama Sticks, Apple
White or Choc. Milk

28
Heartzels Pretzels
Chickpea Spread
Sunflower Seeds
Carrots, Fruit Cup
White or Choc. Milk

29
(Turkey & Cheese)
Sub Sandwich
Garbanzo Beans
Bartlett Pear
White or Choc. Milk

30
Lowfat Yogurt
Vanilla Chat Snax
Sliced Cucumbers
Petite Banana
White or Choc. Milk

1
(Strawberry Smoothie)
Cereal Pouch
String Cheese
Green Beans, Craisins
White or Choc. Milk

2
Chicken, Turkey Pep,
& Cheese Sub
Jicama Sticks
Fuji Apple
White or Choc. Milk

This institution is an equal opportunity provider. Menu is subject to change.