

September 1 - September 30

**BADR School**  
**Breakfast**

*What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			8	9
			Fresh Apple-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Strwbrry Waffle Grahams-2 Milk-8 oz.	Fresh Peach-1 W/G Superdonut-2.2 oz. Milk-8 oz.
12	13	14	15	16
Fresh Apple-1 W/G Corn Chex Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Frosted Flakes-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.	Fresh Pear-1 W/G Plain Bagel with Cream Cheese-1 oz. Milk-8 oz.	Peach Applesauce Cup-1/2 c. 100% Apple Juice-4 oz. W/G Superdonut-2 oz. Milk-8 oz.	Fresh Orange-1 Multi Grain Cheerios Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.
19	20	21	22	23
Applesauce Cup-1/2 c. 100% Grape Juice-4 oz. W/G Fruit Loops Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	Fresh Apple-1 W/G Frosted Flakes Cereal - 1 oz. W/G Blueberry Muffin-2 oz. Milk-8 oz.	Fresh Orange-1 W/G Croissant with Margarine-1 Milk-8 oz.	Fresh Pear-1 W/G Cinn. Toasters Cereal-1 oz. W/G Strwbrry Waffle Grahams-2 Milk-8 oz.	Fresh Apple-1 W/G Superdonut-2 oz. Milk-8 oz.
26	27	28	29	30
Fresh Apple-1 W/G Trix Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	Fresh Orange-1 W/G Corn Chex Cereal-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.	Fresh Pear-1 W/G Cinnamon Raisin Bagel with Cream Cheese-1 oz. Milk-8 oz.	Fresh Apple-1 W/G Fruit Loops Cereal-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.	Fresh Peach-1 W/G Croissant with Margarine-1 Milk-8 oz.
<b>LUNCH</b>				
			8	9
			Meatloaf w/ Ketchup-3 oz. Roasted Potato Medley-3/4 c. Whole Grain Bread Fresh Banana-1 Milk-8 oz.	Baked Ziti-8 oz. Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Whole Wheat Dinner Roll Milk-8 oz.

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<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Breaded Chicken Fillet on a Whole Wheat Bun-1 Green Beans-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	Meatballs with Sauce on a W/G Sub Roll-1 Diced Carrots-1 c. Fresh Apple-1 Milk-8 oz.	Salisbury Steak with Gravy-3 oz. Mashed Potatoes-3/4 c. Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.	All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1 Milk-8 oz.	Cheese Ravioli with <b>NO Meat Sauce</b> -5 oz.. Broccoli Florets-3/4 c. Whole Grain Bread Diced Peach Cup-1/2 c. Milk-8 oz.
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Chicken Fingers-3 Corn-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	Beef Nachos with Shredded Cheddar Cheese Cup-5 oz. Green Beans-3/4 c. W/G Tortilla Scoops-1 oz. Applesauce Cup-1/2 c. Milk-8 oz.	W/G Popcorn Chicken-3.8 oz. Vegetarian Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	All Beef Italian Sub-1 Beef Bologna, Salami, and American Cheese on W/G Sub Roll-1) Fresh Baby Carrots w/ Dip-1 c. Pineapple Cup-1/2 c. Milk-8 oz.	Baked Ziti-8 oz. Coleslaw Salad w/ Dressing-1 1/2 c. Mandarin Orange Cup-1/2 c. Whole Grain Bread Milk-8 oz.
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
W/G Chicken Nuggets-4 Diced Carrots-1 c. Fresh Orange-1 Whole Grain Bread Milk-8 oz.	<b>BREAKFAST FOR LUNCH</b> French Toast Sticks w/ Syrup-3 Turkey Sausage Links-3 oz. Celery Sticks w/ Dip-3/4 c. Diced Pear Cup-1/2 c.	All Beef Hamburger on a Whole Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz.	Chicken Tacos with Shredded Cheddar Cheese on a W/G 6" Soft Taco Shell-2 Black Beans-3/4 c. Fresh Banana-1	Mac and Cheese Applesauce Cup-1/2 c. Whole Wheat Dinner Roll Milk-8 oz.

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