

September 2010 - Menu Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6 Labor Day Breakfast: Pancakes, peanut butter, applesauce Lunch: Tater tot casserol Dinner: Homemade bread with jelly	7 Breakfast: Green Smoothies Lunch: Hoaggie Sandwiches Dinner: Apple walnut salad	8 Breakfast: Oatmeal Lunch: Haystack Dinner: Popcorn and smoothies	9 Breakfast: Fiesta Waffles Lunch: Pizza Dinner: Potato Salad	10 Breakfast: Tofu Scramble & sauteed onion and bell pepper Lunch: Left overs Dinner: Challah bread Split pea soup	11 Patriot Day
12	13 Breakfast: Oatmeal Lunch: Fiesta Bowl Dinner: Fruit Sticks and Homemade bread	14 Breakfast: Yogurt Fruit Salad topped Grapenuts Lunch: Confetti Black Bean Salad Dinner: Berry oat bars	15 Breakfast: Smoothie Lunch: Chili Dinner: Bread and fruit	16 Breakfast: Granola and fruit Lunch: Rice and Beans Salad Dinner: Popcorn and Fruit	17 Breakfast: Banana Pancakes Lunch: Left overs Dinner: Challah bread Hearty Lentil Soup	18
19	20 Breakfast: Green Smoothies Lunch: Hoaggie Sandwiches Dinner: Apple walnut salad	21 Breakfast: Oatmeal Lunch: Haystack Dinner: Popcorn and smoothies	22 Autumnal Equinox Breakfast: Fiesta Waffles Lunch: Pizza Dinner: Potato Salad	23 Breakfast: Pancakes, peanut butter, applesauce Lunch: Tater tot casserol Dinner: Homemade bread with jelly	24 Breakfast: Tofu Scramble & sauteed onion and bell pepper Lunch: Left overs Dinner: Black Bean Soup Challah Bread	25
26	27 Breakfast: Banana Pancakes Lunch: Chili Dinner: Bread and fruit	28 Breakfast: Oatmeal Lunch: Fiesta Bowl Dinner: Fruit Sticks and Homemade bread	29 Breakfast: Granola and fruit Lunch: Rice and Beans Salad Dinner: Popcorn and Fruit	30 Breakfast: Yogurt Fruit Salad topped Grapenuts Lunch: Confetti Black Bean Salad Dinner: Berry oat bars	1 Breakfast: Lunch: Left overs Dinner: Bean and Kale Soup Challah bread	2