

Meadow Oaks Academy September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WG – Whole Grain</p> <p>* All Students under the age of 2 years old, are given Whole Milk.</p> <p>* All Students 2 years and older are given 1% Milk with Breakfast and Lunch.</p> <p>* All students are served water at every meal.</p>				<p>1</p> <p>Breakfast: WG Strawberry Yogurt Chex Fresh Bananas, Milk, Water</p> <p>Lunch: WG Italian Turkey & Cheese Hoagie, Green Beans, Sliced Pickles, Milk, Water</p> <p>PM Snack: WG Ritz Crackers, Sliced Cheese, Water</p>
<p>4</p> <p>Breakfast: WG Cinn. Chex Cereal, Fresh Apples, Milk, Water</p> <p>Lunch: Baked Chicken Corndog Potato Wedges, Baked Beans, Milk Water</p> <p>PM Snack: WG Goldfish, Fresh Oranges, Water</p>	<p>5</p> <p>Breakfast: WG Waffles, Fresh Bananas, Milk, Water</p> <p>Lunch: Chicken & Cheese Fajita's, WG Tortilla, Refried Beans, Corn, Milk, Water</p> <p>PM Snack: Honey Grahams, Fresh Apples, Water</p>	<p>6</p> <p>Breakfast: Potato & Egg Quiche, Fresh Oranges, Milk, Water</p> <p>Lunch: WG Cheese Pizza, Salad, Cooked Carrots, Milk, Water</p> <p>PM Snack: WG Club Crackers, Cheese Stick, Water</p>	<p>7</p> <p>Breakfast: Buttered Toast, Fresh Pears, Milk, Water</p> <p>Lunch: Meatloaf w/Red Sauce, Mashed Potatoes, Cooked Broccoli, Garlic Bread Stick, Milk, Water</p> <p>PM Snack: WG Chex Mix, Bananas, Water</p>	<p>8</p> <p>Breakfast: WG Strawberry Yogurt Chex Fresh Bananas, Milk, Water</p> <p>Lunch: Turkey Swiss Croissant Sandwich, Green Beans, Sliced Pickles, Milk, Water</p> <p>PM Snack: WG Saltine Crackers, Sliced Cheese, Water</p>
<p>11</p> <p>Breakfast: WG Cheerio's, Fresh Apples, Milk, Water</p> <p>Lunch: Cheeseburger, WG Bun pickles, Potato Wedges, Baked Beans, Milk, Water</p> <p>PM Snack: WG Cheese It's, Fresh Pears, Water</p>	<p>12</p> <p>Breakfast: French Toast, Fresh Bananas, Milk, Water</p> <p>Lunch: WG Chicken Quesadilla, Refried Beans, Corn, Milk, Water</p> <p>PM Snack: Wheat Crackers, Sliced Cheese, Water</p>	<p>13</p> <p>Breakfast: Egg & Cheese Quiche, Fresh Oranges, Milk, Water</p> <p>Lunch: WG Pepperoni Pizza, Salad, Cooked Carrots, Milk, Water</p> <p>PM Snack: WG Strawberry Yogurt Chex Cheese Stick, Water</p>	<p>14</p> <p>Breakfast: Buttered Toast, Fresh Pears, Milk, Water</p> <p>Lunch: Meat Balls with Brown Gravy, Mashed Potatoes, Cooked Broccoli, WG Garlic Breadstick, Milk, Water</p> <p>PM Snack: WG Goldfish Pretzels, Fresh Oranges, Water</p>	<p>15</p> <p>Breakfast: WG Waffles, Fresh Apples, Milk, Water</p> <p>Lunch: Cold Cut Combo, WG Hoagie Sandwich, Green Beans, Sliced Pickles, Milk, Water</p> <p>PM Snack: WG Ritz Crackers, Sliced Cheese, Water</p>
<p>18</p> <p>Breakfast: WG Cinn. Chex Cereal, Fresh Apples, Milk, Water</p> <p>Lunch: Classic Hot Dog, WG Bun Potato Wedges, Baked Beans, Milk, Water</p> <p>PM Snack: WG Goldfish, Fresh Oranges, Water</p>	<p>19</p> <p>Breakfast: WG Waffles, Fresh Bananas, Milk, Water</p> <p>Lunch: WG Chicken & Cheese Crispito's, Refried Beans, Corn, Milk, Water</p> <p>PM Snack: Honey Grahams, Fresh Apples, Water</p>	<p>20</p> <p>Breakfast: Potato & Egg Quiche, Fresh Oranges, Milk, Water</p> <p>Lunch: WG Cheese Pizza, Salad, Cooked Carrots, Milk, Water</p> <p>PM Snack: WG Club Crackers, Cheese Stick, Water</p>	<p>21</p> <p>Breakfast: Buttered Toast, Fresh Pears, Milk, Water</p> <p>Lunch: WG Chicken smackers, Mashed Potatoes, Cooked Broccoli, Milk, Water</p> <p>PM Snack: WG Chex Mix, Bananas, Water</p>	<p>22</p> <p>Breakfast: WG Strawberry Yogurt Chex Fresh Bananas, Milk, Water</p> <p>Lunch: Chicken & Cheese Club Croissant, Green Beans, Sliced Pickles, Milk, Water</p> <p>PM Snack: WG Saltine Crackers, Sliced Cheese, Water</p>
<p>25</p> <p>Breakfast: WG Cheerio's, Fresh Apples, Milk, Water</p> <p>Lunch: Crispy Chicken Melt, WG Bun, pickles, Potato Wedges, Baked Beans, Milk, Water</p> <p>PM Snack: WG Cheese It's, Fresh Pears, Water</p>	<p>26</p> <p>Breakfast: French Toast, Fresh Bananas, Milk, Water</p> <p>Lunch: Beef & Cheese Soft Tacos, WG Tortillas, Refried Beans, Corn, Milk, Water</p> <p>PM Snack: Wheat Crackers, Sliced Cheese, Water</p>	<p>27</p> <p>Breakfast: Egg & Cheese Quiche, Fresh Oranges, Milk, Water</p> <p>Lunch: WG Pepperoni Pizza, Salad, Cooked Carrots, Milk, Water</p> <p>PM Snack: WG Strawberry Yogurt Chex Cheese Stick, Water</p>	<p>28</p> <p>Breakfast: Buttered Toast, Fresh Pears, Milk, Water</p> <p>Lunch: Sliced Turkey with Gravy, Mashed Potatoes, Cooked Broccoli, Garlic Bread Stick, Milk, Water</p> <p>PM Snack: WG Goldfish Pretzels, Fresh Oranges, Water</p>	<p>29</p> <p>Breakfast: WG Waffles, Fresh Apples, Milk, Water</p> <p>Lunch: WG Italian Turkey & Cheese Hoagie, Green Beans, Sliced Pickles, Milk, Water</p> <p>PM Snack: WG Ritz Crackers, Sliced Cheese, Water</p>



