




# September 2021



## Union Ridge Dist. 86 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<b>6th No School</b> 	<b>7th</b> 1 oz Blueberry Oatmeal Bar 1/2 c Fresh Nectarine 1/2 c Orange -Pineapple Juice	<b>8th</b> 1 oz Cinnamon Toast Crunch 1 oz Pop - Tart 1/2 c Fresh Banana 1/2 c Apple Crisps	<b>9th</b> 2 oz Coco Puffs Cereal 1/2 c Mixed Fruit Cup 1/2 c Orange Juice	<b>10th</b> 2 oz Cinnamon Round 1/2 c Applesauce 1/2 c Raisins
<b>13th</b> 1 oz Honey Bunches, Vanilla 1/2 c Fresh Red Apple 1/2 c Pineapple Juice	<b>14th</b> 2 oz WG Bagel Cream Cheese 1/2 c Fresh Nectarine 1/2 c Orange -Pineapple Juice	<b>15th</b> 2 oz SnackN Waffle, Cinnamon 1/2 c Fresh Banana 1/2 c Apple Crisps	<b>16th</b> 1 oz Blueberry Oatmeal Bar 1 oz Animal Crackers 1/2 c Mixed Fruit Cup 1/2 c Orange Juice	<b>17th</b> 1 oz Chocolate Chip Muffin 1/2 c Applesauce 1/2 c Raisins
<b>20th</b> 1 oz Fruity Cheerios Cereal 1/2 c Fresh Red Apple 1/2 c Pineapple Juice	<b>21st</b> 1 oz Pop - Tart 1 oz Bear Grahams, Chocolate 1/2 c Fresh Nectarine 1/2 c Orange -Pineapple Juice	<b>22nd</b> 1 oz Rice Chex Cereal 1/2 c Fresh Banana 1/2 c Apple Crisps  <i>First Day of Autumn</i> 	<b>23rd</b> 1 oz Banana Muffin 1/2 c Mixed Fruit Cup 1/2 c Orange Juice	<b>24th</b> 2 oz SnackN Waffle, Blueberry 1/2 c Applesauce 1/2 c Raisins
<b>27th</b> 1 oz Scooters Cereal 1/2 c Fresh Red Apple 1/2 c Pineapple Juice	<b>28th</b> 2 oz Cinnamon Round 1/2 c Fresh Nectarine 1/2 c Orange -Pineapple Juice	<b>29th</b> 2 oz Coco Puffs Cereal 1/2 c Fresh Banana 1/2 c Apple Crisps	<b>30th</b> 1 oz Apple Oatmeal Bar 1/2 c Mixed Fruit Cup 1/2 c Orange Juice	



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>6th No School</b></p> 	<p><b>7th Beef Hot Dog</b></p> <p>2 oz Beef Frank 2 oz WG Bun 1/2 c BBQ Three Bean Salad 1/4 c Fresh Jicama 1/2 c Fresh Orange</p>	<p><b>8th Swedish Meatballs</b></p> <p>2 oz Meatballs 1 oz Dinner Roll 1/2 c Mashed Potatoes 1/4 c Baby Carrots 1/2 c Applesauce Cup</p>	<p><b>9th BBQ Chicken Filet</b></p> <p>1 oz Chicken 2 oz WG Sandwich Bread 1/2 c Corn 1/4 c Fresh Broccoli 1/2 c Fresh Blueberries</p>	<p><b>10th Chicken Ham &amp; Cheese Croissant *</b></p> <p>1.15 oz Chicken Ham &amp; Mozzarella 2 oz WG Croissant 1 cup Fresh Spinach 1/4 c Tomato Slices 1/2 c Craisins Ranch Dressing Mustard</p>
<p><b>13th Mac &amp; Cheese W/ Turkey Ham</b></p> <p>1.5 oz Turkey Ham 2 oz WG Sandwich Bread 1/2 c Steamed Broccoli 1/4 c Baby Carrots 1/2 c Fresh Red Apple</p>	<p><b>14th Bean Burrito Bowl</b></p> <p>2 oz Beans / Cheddar Cheese 2 oz Brown Rice 1/4 c (Corn) 1/2 c Mild Salsa Cup 1/2 c Fresh Plum Apple Smiley Delight</p>	<p><b>15th Turkey Sloppy Joe</b></p> <p>2 oz Turkey Beef Crumbles 2 oz Burger Bun 1 cup Spinach Salad 1/4 c Grape Tomatoes 1/2 c Mandarin Orange Cup</p>	<p><b>16th Oven Fried Chicken</b></p> <p>2 oz Chicken 2 oz WG Sandwich Bread 1/2 c Homemade Potato Salad 1/4 c Parsley Carrots 1/2 c Fresh Banana</p>	<p><b>17th Teriyaki Chicken</b></p> <p>2 oz Chicken 1 oz Brown Rice 1/2 c Fresh Broccoli 1/4 c Sliced Zucchini 1/2 c Mixed Fruit Cup</p>
<p><b>20th Chicken Fajitas</b></p> <p>2.5 oz Chicken 1 oz Tortilla Chips 1/2 c Sunset Sip Juice 1/4 c Baby Carrots 1/2 c Mandarin Orange Cup</p>	<p><b>21st Veggie Chilli</b></p> <p>2 oz Beans 2 oz Dinner Roll 1/2 c Cucumber Slices 1/2 c Apple-Cherry Juice</p>	<p><b>22nd Popcorn Chicken</b></p> <p>2 oz Popcorn Chicken 1 oz Breading 1/2 c French Fries 1/4 c Fresh Cauliflower 1/2 c Fresh Strawberries Animal Crackers <i>First Day of Autumn</i></p>	<p><b>23rd Salisbury Steak W/ Gravy &amp; Egg Noodles</b></p> <p>2 oz Salisbury Steak 2 oz Egg Noodles 1/2 c Green Beans 1/4 c Grape Tomatoes 1/2 c Fresh Nectarine Cereal Bar</p>	<p><b>24th Chicken Filet Sandwich</b></p> <p>2 oz Chicken Filet 2 oz WG Burger Bun 1/2 c BBQ Three Bean Salad 1/4 c Baby Carrots 1/2 c Grape Juice Ranch Dressing</p>
<p><b>27th Meatloaf &amp; Gravy</b></p> <p>2 oz Meatloaf 1 oz Dinner Roll 1/2 c Mash Potatoes 1/4 c Corn 1/2 c Apricot Halves Cereal Bar</p>	<p><b>28th Bagel Day</b></p> <p>2 oz Fruit Yogurt/String Cheese 2 oz WG Bagel 1/2 c Wango Mango Juice 1/4 c Baby Carrots 1/2 c Raisins Ranch Dressing</p>	<p><b>29th Cheeseburger</b></p> <p>2.5 oz Beef Patty / Cheese Slice 2 oz WG Burger Bun 1/2 c Seasoned Potato Wedges 1/4 c Baby Carrots 1/2 c Honeydew Ketchup</p>	<p><b>30th Chicken Alfredo</b></p> <p>2 oz Chicken 2 oz Pasta 1/2 c Fresh Broccoli 1/4 c Mixed Vegetables 1/2 c Fresh Strawberries</p>	