




Nutrition Menu

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		3	4	5	6	7
		Breakfast: Muffins, string cheese, bananas Lunch: Chicken fajitas, black beans, watermelon	Breakfast: French toast, berries Lunch: Mrs. Martins Day! Big Mac casserole, salad, mixed fruit	Breakfast: Yogurt parfait, berries Lunch: Salmon sushi bowl, mixed vegetables, oranges	Breakfast: Pancakes, apples Lunch: Leftovers, mixed fruit, mixed berries	
8	9	10	11	12	13	14
Breakfast: Cereal bars, bananas Lunch: (Sack Lunch) Turkey sandwiches, carrots, apples	Breakfast: Breakfast sandwich, applesauce Lunch: McChicken, fries, salad, mixed fruit	Breakfast: Strawberry bagel, oranges Lunch: Pizza, green beans, berry salad	Breakfast: Yogurt, mixed berries Lunch: Fish or steak tacos, salad, frozen strawberries	Breakfast: Muffins, string cheese, bananas Lunch: Hamburgers or hot dogs, cucumber salad, mixed fruit		
15	16	17	18	19	20	21
Breakfast: Cinnamon rolls, eggs, apples Lunch:	Breakfast: Omelet sandwich, bananas Lunch: Avocado chicken burger, salad, mixed fruit	Breakfast: Breakfast pizza, pears Lunch: Mexican tortas, beans, salad, oranges, grapes	Breakfast: Yogurt parfait, mixed berries Lunch:	Breakfast: Muffin, string cheese, oranges, bananas Lunch: Leftovers, mixed fruit, mixed vegetables		
22	23	24	25	26	27	28
Breakfast: Blueberry waffles, fruit smoothies Lunch: Baked potato bar, salad, watermelon & grape salad	Breakfast: Breakfast corn dog, applesauce Lunch: Honey mustard BLT chicken sandwich, fries, peaches	Breakfast: French toast, sausage, bananas Lunch: Pizza lasagna, roasted broccoli, mixed fruit	Breakfast: Yogurt parfait, berries Lunch: (Sack Lunch) Turkey or Uncrustable, carrots, apples	Breakfast: Cereal, bananas Lunch: Leftovers, mixed fruit, mixed vegetables		
29	30					
Breakfast: Biscuits & gravy, apples Lunch: Chili cheese dogs, fries, salad, peaches		Breakfast and lunch served with Chocolate or Skim, Low-fat, or 1% White Milk				
		Menus are subject to change.				
		Essex is an Equal Opportunity Employer				