

SEPTEMBER 2021

Kidspiration

LUNCH



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September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Nuggets
Peas
Apricots
Milk

1

Ham Sandwich
Mixed veggies
Pears
Milk

2

Pizza
Salad with Ranch
Mandarin Oranges
Milk

3

Labor Day
NO SCHOOL

6

BBQ Pulled Pork
Potato Salad
Peaches
milk

7

Burrito w/ Cheese
Carrots
Tropical Fruit
Milk

8

Turkey Nachos
Black Beans
Mandarin Oranges
Milk

9

Chicken Fingers
Mashed Potatoes
Apricots
Milk

10

Pork Patty w/Bun
French Fries
Pears
Milk

13

Turkey Meatballs
Green Beans
Peaches
Milk

14

Hamburger Mac
Peas
Mixed Fruit
Milk

15

Chicken Crispito
Corn
Applesauce
Milk

16

Grilled Cheese
Tomato Soup
Apples
Milk

17

Chicken Alfredo
Corn
Mandarin Oranges
Milk

20

Meatloaf
Mashed Potatoes
Pineapples
Milk

21

Chicken Strips
Carrots
Applesauce
Milk

22

Taco Salad
Baked Beans
Peaches
Milk

23

Salisbury Steak
Apricots
Pears
Milk

24

McRib
Potato Wedges
Tropical Fruit
Milk

27

Turkey/Cheese Wrap
Apples
Carrots
Milk

28

Beef Fingers
French Fries
Applesauce
Milk

29

Chicken Patty w/Bun
Peas
Peaches
Milk

30