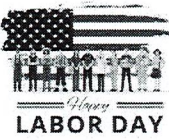


# September 2022 | MENU

Rise

## Breakfast & Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01 <u>Breakfast</u> Apple Cinnamon Cereal Bar ✓ Mixed Fruit <u>Lunch</u> Rotini with Meat Sauce or Marinara ✓ Dinner Roll Stewed Great Northern Beans ✓ Strawberry Cup	02 <u>Breakfast</u> Cereal ✓ Applesauce Cup <u>Lunch</u> Pizza Day! ✓ available Garlic Green Beans ✓ Dried Cranberries
05  <b>LABOR DAY</b>	06 <u>Breakfast</u> Cereal ✓ Mixed Fruit Cup <u>Lunch</u> Queso & Chips ✓ Beans & Rice ✓ Dried Cranberries	07 <u>Breakfast</u> Banana Muffin ✓ Applesauce Cup <u>Lunch</u> BBQ Pulled Pork Platter Steamed Broccoli ✓ Mixed Fruit Cup	08 <u>Breakfast</u> Fresh Baked Biscuit with Grape Jelly ✓ Raisins <u>Brunch for Lunch</u> Crispy Chicken & Waffle Sandwich Glazed Sweet Potatoes ✓ Mixed Fruit	09 <u>Breakfast</u> Vanilla Yogurt & Granola ✓ Cinnamon Toast ✓ Strawberry Cup <u>Lunch</u> Pizza Day! ✓ available Cucumber Sticks with Dip ✓ Applesauce Cup
12 <u>Breakfast</u> Cereal ✓ 100% Fruit Blend Juice <u>Lunch</u> Grilled Chicken Ramen Bowl Stir Fry Vegetables ✓ Strawberry Cup	13 <u>Breakfast</u> Fresh Baked Biscuit with Grape Jelly ✓ Applesauce Cup <u>Lunch</u> Beef & Cheese Totchos Tortilla Chips Ranch Style Pinto Beans ✓ Raisins	14 <u>Breakfast</u> Apple Cinnamon Cereal Bar ✓ Strawberry Cup <u>Lunch</u> Baked Chicken Bites Dinner Roll Steamed Broccoli ✓ Mixed Fruit	15 <u>Breakfast</u> Vanilla Yogurt & Granola ✓ Dried Cranberries <u>Lunch</u> Hamburger/Cheeseburger Baked Crinkle Cut Fries ✓ Applesauce Cup	16 <u>Breakfast</u> Banana Muffin ✓ Mixed Fruit Cup <u>Lunch</u> Pizza Day! ✓ available Baked Sweet Potato Fries ✓ Dried Cranberries
19 <u>Breakfast</u> Banana Muffin ✓ 100% Apple Juice <u>Lunch</u> Baked Chicken Bites Dinner Roll Steamed Broccoli ✓ Mixed Fruit Bowl	20 <u>Breakfast</u> Fresh Baked Biscuit with Grape Jelly ✓ Strawberry Cup <u>Lunch</u> Grilled Chicken Rice Bowl Soft Tortillas ✓ Fresh Cucumber Sticks with Dip ✓ Raisins	21 <u>Breakfast</u> Vanilla Yogurt & Granola ✓ Dried Cranberries <u>Lunch</u> Hamburger/Cheeseburger Baked Crinkle Cut Fries ✓ Applesauce Cup	22 <u>Breakfast</u> Apple Cinnamon Cereal Bar ✓ Mixed Fruit <u>Lunch</u> Rotini with Meat Sauce or Marinara ✓ Dinner Roll Stewed Great Northern Beans ✓ Strawberry Cup	23 <u>Breakfast</u> Cereal ✓ Applesauce Cup <u>Lunch</u> Pizza Day! ✓ available Garlic Green Beans ✓ Dried Cranberries
26 <u>Breakfast</u> Apple Cinnamon Cereal Bar ✓ 100% Fruit Blend Juice <u>Lunch</u> Toasty Grilled Cheese Sandwich ✓ Great Northern Beans ✓ Applesauce Cup	27 <u>Breakfast</u> Cereal ✓ Mixed Fruit Cup <u>Lunch</u> Queso & Chips ✓ Beans & Rice ✓ Dried Cranberries	28 <u>Breakfast</u> Banana Muffin ✓ Applesauce Cup <u>Lunch</u> BBQ Pulled Pork Platter Steamed Broccoli ✓ Mixed Fruit Cup	29 <u>Breakfast</u> Fresh Baked Biscuit with Grape Jelly ✓ Raisins <u>Lunch</u> Managers Choice Entrée Grains Vegetables (2) Fruit	30 <u>Breakfast</u> Cereal ✓ Applesauce Cup <u>Lunch</u> Pizza Day! ✓ available Garlic Green Beans ✓ Dried Cranberries

**Breakfast includes:** Entrée, 1 cup fruit & milk.

**Lunch includes:** Entrée with grain/bread, 1 cup vegetables, ½ cup fruit & milk.

“✓” Symbolizes the daily vegetarian options

Menu selection is subject to change at any time