



# The Wiggle Room Menu

## September 2023

Sept. 4-8	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	CLOSED FOR LABOR DAY	Sausage Patties & Biscuits, Bananas, Milk	Cinnamon Toast, Peaches, Milk	Kolaches, Pears, Milk	Whole Grain Cereal, Bananas, Milk
Lunch		Chicken Fajita Soft Tacos, Corn, Peaches, Milk	Sloppy joe, Sweet Potato Fries, Apples, Milk	Turkey Grilled Cheese, Broccoli/Carrot Medley, Oranges, Milk	Beef Sausage Jambalaya, Salad, Hawaiian Roll, Apples, Milk
Snack		Strawberry Yogurt, Whole Grain Granola, Water	Whole Grain Ritz Crackers, 100% Apple Juice	Whole Grain Cinnamon Graham Crackers, Applesauce, Water	Animal Crackers, Raisins, Water
Sept. 11-15	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes, Pears, Milk	Sausage Patties & Biscuits, Bananas, Milk	Cinnamon Toast, Peaches, Milk	Kolaches, Pears, Milk	Whole Grain Cereal, Bananas, Milk
Lunch	Meat Lasagna, Green Beans, Garlic Bread, Oranges, Milk	Grilled Chicken w/ BBQ sauce, Whole Grain White Rice, Broccoli, Peaches, Milk	Spanish Rice with Ground Beef, Cauliflower, Apples, Milk	Salisbury Steak Meatballs, Sweet Peas, Mashed Potatoes, Oranges, Milk	Cheese Ravioli w/Marinara Sauce, Vegetable Medley, Bread Sticks, Apples, Milk
Snack	Whole Grain Saltines, String Cheese, Water	Strawberry Yogurt, Whole Grain Granola, Water	Whole Grain Ritz Crackers, 100% Apple Juice	Whole Grain Cinnamon Graham Crackers, Applesauce, Water	Animal Crackers, Raisins, Water
Sept. 18-22	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast Sticks, Pears, Milk	Kolaches, Bananas, Milk	Biscuits & Jelly, Peaches, Milk	Waffles, Pears, Milk	Whole Grain Cereal, Bananas, Milk
Lunch	Chicken Alfredo, Sauteed Zucchini & Squash/Carrot Medley, Apples, Milk	Fish Sticks, Rice Pilaf, Corn, Oranges, Milk	Beef-a-Roni, Broccoli, Breadsticks, Peaches, Milk	Chicken Quesadilla, Carrots, Oranges, Milk	Cheese Burger, French Fries, Green Beans, Apples, Milk
Snack	Whole Grain Saltines, String Cheese, Water	Strawberry Yogurt, Whole Grain Granola, Water	Whole Grain Ritz Crackers, 100% Apple Juice	Whole Grain Cinnamon Graham Crackers, Applesauce, Water	Animal Crackers, Raisins, Water
Sept. 25-29	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes, Pears, Milk	Sausage Patties & Biscuits, Bananas, Milk	Cinnamon Toast, Peaches, Milk	Kolaches, Pears, Milk	Whole Grain Cereal, Bananas, Milk
Lunch	Spaghetti, Green Beans, Garlic Bread, Oranges, Milk	Chicken Fajita Soft Tacos, Corn, Peaches, Milk	Sloppy joe, Sweet Potato Fries, Apples, Milk	Turkey Grilled Cheese, Broccoli/Carrot Medley, Oranges, Milk	Beef Sausage Jambalaya, Salad, Hawaiian Roll, Apples, Milk
Snack	Whole Grain Saltines, String Cheese, Water	Strawberry Yogurt, Whole Grain Granola, Water	Whole Grain Ritz Crackers, 100% Apple Juice	Whole Grain Cinnamon Graham Crackers, Applesauce, Water	Animal Crackers, Raisins, Water