

# September 2020

## Dinner

CACFP



**School Information:** Stay Safe!



**Nutrition Tip:** With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Hamburger  
Assorted Sun Chips  
Veggie Juice  
Fruit

1

Hot Dog  
Assorted WG Chips  
Baby Carrots  
Fruit

2

PB & J Sandwich  
Assorted WG Chips  
Veggie Juice  
Fruit

3

Chicken Tenders  
(GF)  
Baby Carrots  
Fruit

4

Holiday

7

Double Cheese Grilled  
Cheese  
Assorted Sun Chips  
Veggie Juice  
Fruit

8

Hamburger  
Assorted Sun Chips  
Veggie Juice  
Fruit

9

PB & J Sandwich  
Assorted WG Chips  
Veggie Juice  
Fruit

10

Chicken Filet  
Sandwich  
Assorted WG Chips  
Baby Carrots  
Fruit

11

BBQ Sandwich  
Assorted Sun Chips  
Veggie Cup  
Fruit

14

Chicken Tenders (GF)  
Baby Carrots  
Fruit

15

Double Cheese Grilled Che  
Assorted Sun Chips  
Veggie Juice  
Fruit

16

PB & J Sandwich  
Assorted Sun Chips  
Baby Carrots  
Fruit

17

Hamburger  
Assorted Sun Chips  
Veggie Juice  
Fruit

18

Sloppy Joe on Bun  
Assorted Sun Chips  
Veggie Juice  
Fruit

21

Hot Dog  
Assorted WG Chips  
Baby Carrots  
Fruit

22

Mini Cheeseburgers  
Assorted Sun Chips  
Veggie Juice  
Fruit

23

PB & J Sandwich  
Assorted Sun Chips  
Baby Carrots  
Fruit

24

Chicken Filet Sandwich  
Assorted WG Chips  
Veggie Juice  
Fruit

25

PB & J Sandwich  
Assorted Sun Chips  
Baby Carrots  
Fruit

28

Hamburger  
Assorted WG Chips  
Veggie Juice  
Fruit

29

Chicken Tenders (GF)  
Baby Carrots  
Fruit

30

