



APPLES and BOOKS

September Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SCHOOL CLOSED Labor Day 1	Oatmeal with raisins & brown sugar Baked ziti, cucumbers & fresh fruit 2	Hot buttered biscuits, cheese & fresh fruit Our famous turkey kielbasa, potatoes, corn & fresh fruit 3	Scrambled eggs, toast & fresh fruit Rotini pasta with tomato or meat sauce, tossed salad & fresh fruit 4	Waffles & fresh fruit Pasta Fagioli soup, egg salad sandwiches & fresh fruit 5
Pancakes & fresh fruit Franks and beans, corn bread & fresh fruit 8	Oatmeal with raisins & brown sugar Homemade macaroni & cheese, cucumbers & fresh fruit 9	Waffles & fresh fruit French chicken in a cream sauce, rice, corn & fresh fruit 10	Hot buttered biscuits, cheese & fresh fruit Homemade chicken noodle soup, turkey sandwiches & fresh fruit 11	Hard boiled eggs, toast & fresh fruit Rice and beans with mixed vegetables and fresh fruit 12
Oatmeal with raisins & brown sugar Grilled cheese, carrots and fresh fruit 15	Waffles & fresh fruit Rainbow pasta with tomato or meat sauce, tossed salad & fresh fruit 16	Scrambled eggs, toast & fresh fruit Franks and beans, corn bread & fresh fruit 17	Pancakes & fresh fruit Baked ziti, cucumbers & fresh fruit 18	Hot buttered biscuits, cheese & fresh fruit Pasta Fagioli soup, egg salad sandwiches & fresh fruit 19
Hard boiled eggs, toast & fresh fruit Tacos with ground beef or black beans, tossed salad and fresh fruit 22	Oatmeal with raisins & brown sugar Homemade macaroni & cheese, cucumbers & fresh fruit 23	Pancakes & fresh fruit French chicken in a cream sauce, rice, corn & fresh fruit 24	Hot buttered biscuits, cheese & fresh fruit Homemade chicken noodle soup, turkey sandwiches & fresh fruit 25	Waffles & fresh fruit Franks and beans, corn bread & fresh fruit 26
Oatmeal with raisins & brown sugar Our famous turkey kielbasa, potatoes, corn & fresh fruit 29	Hot buttered biscuits, cheese & fresh fruit Baked ziti, cucumbers & fresh fruit 30			

Fresh Fruits, Vegetables, Bread & Butter, Juice & Milk

Served daily with meals.

Afternoon snacks are assorted cookies, crackers & juice.

