# September Grab and Go Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 7 | Yogurt, Blueberry Muffin, Juice, Grapes, and Milk<br><br>Turkey Sandwich, Carrots, Celery Sticks, Apple, and Milk<br>8 | Berry Parfait w/Granola, Juice, and Milk<br><br>Ham Chef Salad, Peach Cup, Yogurt, Teddy Grahams, and Milk<br>9 | Mini-Cinni Pull Apart, Juice, Grapes, and Milk<br><br>Chicken Caesar Wrap, Carrots, Snap Peas, Fresh Pear, and Milk<br>10 | Breakfast Round, Yogurt, Peach Cup, Juice, and Milk<br><br>Pepperoni Rippers, Green Salad, Banana, and Milk<br>11 |
| Blueberry Bagel, Juice, Orange, and Milk<br><br>Roast Beef Sandwich, Carrots, Celery Sticks, Apple, and Milk<br>14 | Raspberry Overnight Oats, Juice, and Milk<br><br>Turkey Pita, Pretzels, Grapes, Carrots, Peppers, Jicama, Hummus, and Milk<br>15 | Breakfast Round, Yogurt, Juice, Pear, and Milk<br><br>Chicken Taco Salad, Fritos, Peach Cup, and Milk<br>16 | Strawberry Mini Bagel, Juice, Apple, and Milk<br><br>Chicken/Bacon/Ranch Wrap, Carrots, Cucumbers, Orange, and Milk<br>17 | Apple Cinnamon Scone, Juice, Banana, and Milk<br><br>Mini Pizza, Green Salad, Mandarin Oranges, and Milk<br>18 |
| Cereal, Chocolate Muffin, Juice, Orange, and Milk<br><br>Ham Sandwich, Carrots, Celery Sticks, Apple, and Milk<br>21 | Peach Parfait w/Granola, Juice, and Milk<br><br>Tuna Pita, Goldfish, Carrots, Snap Peas, Strawberry Cup, and Milk<br>22 | Blueberry Muffin, Yogurt, Juice, Grapes, and Milk<br><br>Turkey Chef Salad, Sunchips, Yogurt, Mandarin Oranges, and Milk<br>23 | Mini-Cinni Pull Apart, Juice, Banana, and Milk<br><br>Chicken Caesar Wrap, Carrots, Cucumbers, Fresh Pear, and Milk<br>24 | Breakfast Round, Yogurt, Juice, Grapes, and Milk<br><br>Cheese Rippers, Green Salad, Pineapple, and Milk<br>25 |
| Blueberry Bagel, Juice, Orange, and Milk<br><br>Turkey Sandwich, Carrots, Celery Sticks, Apple, and Milk<br>28 | Raspberry Overnight Oats, Juice, and Milk<br><br>Roast Beef Pita, Pretzels, Grapes Carrots, Peppers, Jicama, Hummus, and Milk<br>29 | Breakfast Round, Yogurt, Juice, Mixed Fruit, and Milk<br><br>Chicken Caesar Salad, Teddy Grahams, Carrots, Cherry Tomatoes, Pears, and Milk<br>30 | | |
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