

# September Menu

## Caterpillar's Tomato Feast

### INGREDIENTS:

- Celery
- 5 cherry tomatoes
- 1 tbsp. low fat cream cheese
- 15 raisins

### PREPARATION:

Cut the top off of one tomato. Scoop out the center with a small spoon.

Fill the tomato with shredded celery for the hair.

Attach the remaining four tomatoes with cream cheese to make the caterpillar's body. Use raisins for feet and face.



Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>Enjoy Your Day Off!</i>	3 Nachos Spanish Rice Shredded Lettuce with Tomatoes Refried Beans Tropical Fruit	4 Pizza Green Beans Italian Salad Fruit Cup	5 Chicken Nuggets Hot Roll Roasted Potatoes Steamed Baby Carrots Fruit Cup	6 Chicken Smackers Mashed Potatoes Bread Sticks Seasoned Vegetables Strawberries & Cream
9 Cheese Burger Basket with French Fries Pickle Salad Choice of Fresh Fruit	10 Quesadillas Lettuce & Tomato Pinto Beans Spanish Rice Fruit Salad	11 Pizza Fresh Cucumber and Tomato Salad Seasoned Vegetables Mixed Fruit	12 Chicken and Waffles Roasted Corn Iron Man Salad Fruit Cup	13 PB&J and Cheese Stick Teddy Grahams Baby Carrots Tropical Pineapple
16 Chicken Sandwich Basket with French Fries Pickle Salad Choice of Fresh Fruit	17 Taco Tuesday!! Tacos Spanish Rice Lettuce and Tomato Refried Beans Spanish Rice Fruit	18 Pizza Italian Salad Green Beans Peach Cup	19 Steak Fingers Hot Roll Mashed Potatoes Steamed Vegetables Banana Sundaes	20  <i>Grab N' Go Sack Lunch</i>
23 Chicken Sandwich Basket with French Fries Pickle Salad Choice of Fresh Fruit	24 Nachos Spanish Rice Shredded Lettuce with Tomatoes Pinto Beans Tropical Pineapple	25 Spaghetti with Meat Sauce and Garlic Stick Seasoned Green Beans Garden Fresh Side Salad Fruit Cup	26 Popcorn Chicken Hot Roll Mashed Potatoes Grilled Fresh Squash Strawberries & Cream	27 Chicken Wrap Fresh Vegetables Dippers Choice of Chips Fruit Salad

Every lunch also includes a choice of Milk.

## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Pancake with Fruit Topping & Whipped Cream	Scrambled Eggs with Bacon and Toast or Ham & Cheese Croissant	Honey Bun w/ Sausage Link or Muffin & Yogurt	Pancake Wrap or Chicken Biscuits	Breakfast Pizza or Pig in a Blanket

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.