



# September 2021

## Fruits & Veggies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>Special News...</b> <b>Items Served Daily</b>  Apple Orange Banana  *All meals must include a fruit or vegetable.  <small>Menus are subject to change without notice.</small>
<b>30</b>  	<b>31</b>  	<b>01</b> Grape Tomatoes Fresh Broccoli Diced Peaches Juice	<b>02</b> Campfire Beans Celery Sticks Applesauce Fresh Grapes	<b>03</b> Baked Beans Cucumber Slices Blueberries Fresh Cantaloupe	
<b>06</b>  No School	<b>07</b> Steamed Carrots Fresh Broccoli Fresh Grapes Raisins	<b>08</b> Steamed Corn Zucchini Slices Mixed Berry Cup Juice	<b>09</b> Baby Carrots Celery Sticks Applesauce Fresh Watermelon	<b>10</b> Steamed Peas Cucumber Slices Mixed Berries Juice	
<b>13</b> Steamed Spinach Fresh Broccoli Mixed Fruit	<b>14</b> Steamed Zucchini Baby Carrots Diced Pears	<b>15</b> Steamed Carrots Red Pepper Strips Diced Peaches Juice	<b>16</b> Steamed Peas Celery Sticks Applesauce	<b>17</b> Steamed Broccoli Cucumber Slices Fresh Grapes Juice	
<b>20</b> Steamed Zucchini Fresh Broccoli Mixed Fruit	<b>21</b> Potato Smiles Baby Carrots Diced Pears	<b>22</b> Baby Carrots Zucchini Slices Diced Peaches Juice	<b>23</b> Refried Beans Celery Sticks Applesauce Fresh Watermelon	<b>24</b> Steamed Green Beans Baby Carrots Blueberries Juice	
<b>27</b> Steamed Corn Grape Tomatoes Mixed Fruit Fresh Grapes	<b>28</b> Steamed Green Beans Red Pepper Strips Diced Pears	<b>29</b> Sweet Potato Fries Fresh Broccoli Diced Peaches Juice	<b>30</b> Steamed Green Beans Celery Sticks Applesauce Blueberries	<b>01</b> Steamed Broccoli Cucumber Slices Fresh Grapes Juice	

Nature Hill Intermediate & Silver Lake Intermediate

**Special News...**



This institution is an equal opportunity provider.