

Courtyard School Menu **SEPTEMBER 2022** -Food Supervisor-Mr. Lewis D'Ippolito

Lunches Provided by Big John's Pizza Queen, Vineland, NJ

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 9:00 am	¾ oz. Cereal* ¾ Cup of Milk Banana	Waffles 1 oz. of Syrup ¾ Cup of Milk 4oz Juicy Juice	¾ oz. Cereal Banana ¾ Cup of Milk	½ Whole Wheat Bagel 1oz Cream Cheese ¾ Cup of Milk 4oz Juicy Juice	4 oz. Yogurt ¾ Cup of Milk or 4oz Juicy Juice Banana
Snack 3:00 pm	1.5 oz Goldfish Crackers 4 oz. Applesauce or 1/2 Cup of Milk	½ cup fresh fruit ½ Cup of Milk	Whole Wheat Crackers Cheddar Cheese Slices ½ Cup of Juice	4 oz. Applesauce 1 ½ oz. Chex Mix ½ Cup of Milk	½ cup fresh fruit ½ Cup of Milk

Lunches: Served 12:00 & with milk (¾ cup) and fresh fruit (apples, oranges, bananas)

SEPTEMBER

- 6 - Baked Chicken (1 ½ oz.); Mashed Potato (1/4 cup)
- 7 - *Meatballs on WG bun (1 ½ oz.) ; Salad (1/2 cup)
- 8 - Turkey & Cheese (1 ½ oz.) on WG Bread; Veggie Sticks (1/4 cup)
- 9 - WG Chicken Nuggets (1 ½ oz.); Buttered Carrots (1/4 cup)

- 12 - BBQ Chicken Sandwich (1 ½ oz.) on WG Bun; Corn (1/4 cup)
- 13 - WG Cheese Pizza; Salad (1/2 Cup)
- 14 - Chicken Alfredo w WG Pasta (1 cup); Broccoli (1/4 cup)
- 15 - Grilled Cheese (1 ½ oz.) on WG Bread; Veggie Sticks (1/4 cup)
- 16 - Beef Hamburger (1 ½ oz.) on WG Bun; French fries (1/4 cup)

- 19 - Chicken Patty (1 ½ oz.) on WG Bun; Salad (1/2 cup)
- 20 - Ham & Cheese (1 ½ oz) Stromboli; Veggie Sticks (1/4) cup
- 21 - WG Pasta with Meat Sauce (1 cup); Green beans (1/4 cup)
- 22 - Baked Chicken (1 ½ oz); Salad (1/2 cup)
- 23 - Turkey (1 ½ oz.) & Cheese (½ oz.) on WG Bread; Veggie Sticks (1/4 cup)

- 26 - WG Chicken Nuggets (1 ½ oz.); Buttered Carrots (1/4 cup)
- 27 - *Meatballs on WG bun (1 ½ oz.) ; Salad (1/2 cup)
- 28 - Cheese Pizza; Veggie Sticks (1/4 Cup)
- 29 - Grilled Chicken with Gravy (1 ½ oz.) & Mashed potatoes (1/4 cup) -
- 30 - Ham & Cheese (1 ½ oz) on WG Bread; Veggie Sticks (1/4) cup

NOTES:

Dressings for salad and veggie sticks either Italian or Ranch

*VARIETY OF CEREALS SERVED: **CHEERIOS, RICE KRISPIES, KIX, BRAN FLAKES, CORN FLAKES**

½ Cup of fruit consists of a combination of two of the following fruits. Apples, Bananas and or Orange

*This item contains pork products.

We use **WHOLE GRAINS (WG)**