

September 2023 BGCNW Menu



1 % MILK DAILY

Feeding Futures

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	WELCOME BACK!				1	2
3	4	5 CN Chicken Tenders. Carrots & Ranch Dip. Corn on the Cob. WW Rolls. Blueberries. Yogurt Pops.	6 All-Beef Hot Dogs on WW Rolls. Oven-Baked Fries. Farm Greens. Watermelon.	7 Ham & Cheese WW Wraps. Lettuce. Tomatoes. Crispy Zucchini. Strawberries.	8 Chicken Parm WW Heroes. Chopped Veggie Salad. Apples. Brownies.	9
10	11 TBLT WW Pita Pockets. Lettuce. Tomatoes. Crispy String Beans. Honeydew Melon.	12 CN Beef & Cheese Burritos. Guacamole. Salsa. WGR Roll. Oranges. Brownies	13 WW Spaghetti & Meatballs. Cucumber & Tomato Salad. Strawberries.	14 Chicken & Veggie Brown Rice Paella. Peaches.	15 CN French Bread Pizza. Spinach Salad. Mangoes. Banana Bread.	16
17	18 All-Beef Hot Dogs. WW Rolls. Red Pepper Sticks & Thousand Island Dressing. Peaches.	19 CN French Bread Pizza. Spinach Salad. With Lemon Vinaigrette. Pineapple.	20 CN Chicken Patties. Tater Tots. Cherry Tomato Salad. WW Rolls. Oranges.	21 CN Taco Quesadillas. Carrots & Celery Sticks. Ranch Dressing. Cantaloupe.	22 BBQ Ribs. WW Mac 'N Cheese. Roasted Broccoli. Apples. Oatmeal Cookies.	23
24	25 Turkey Burgers on WW Rolls. Oven-Baked Fries. Chopped Veggie Salad. Watermelon.	26 Ham & Cheese on WW Wraps. Lettuce. Tomatoes. Tater Tots. Grapes.	27 All-Beef Hot Dogs. WW Rolls. Red Pepper Sticks & Ranch Dressing. Peaches.	28 Tuscan Tomato Soup. Grilled Cheese Sammies on WW Bread. Plums.	29 BBQ Chicken Wings. WW Shells with Peas & Carrots. Apples. Oatmeal Cookies.	30