



| Year | Month | Start Day (1=Sunday, 2=Monday) |
|------|-------|--------------------------------|
| 2016 | 9     | 2                              |

## Menu Planner

Sample School Menu

## September 2016

|                           | Monday                                                       | Tuesday                                                            | Wednesday                                                              | Thursday                                                               | Friday                                                            | Saturday | Sunday |
|---------------------------|--------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------|----------|--------|
| Main:<br>Side:<br>Dessert | 29<br>Pineapple Glazed Chicken<br>Vegetables<br>Fresh Fruit  | 30<br>Sheppard's Pie<br>Chef Salad<br>Yogurt                       | 31<br>Whole Wheat Spaghetti & Meatballs<br>Garlic Bread<br>Fresh Fruit | 1<br>Oven Baked Chicken Nuggets<br>Veggies and Dip<br>Fruit Kebobs     | 2<br>Chicken Noodle Soup<br>1/2 Sandwich<br>Assorted Mini Muffins | 3        | 4      |
|                           |                                                              |                                                                    |                                                                        |                                                                        |                                                                   |          |        |
| Main:<br>Side:<br>Dessert | 5<br>Roast Chicken<br>Vegetables<br>Fresh Fruit              | 6<br>Meatloaf<br>Mixed Greens<br>Yogurt                            | 7<br>Vegetable Lasagna<br>Caesar Salad<br>Fresh Fruit                  | 8<br>Sandwiches(Tuna,Egg,Deli)<br>Veggies and Dip<br>Fresh Fruit       | 9<br>Vegetable Pasta Soup<br>1/2 Sandwich<br>Fresh Fruit          | 10       | 11     |
|                           |                                                              |                                                                    |                                                                        |                                                                        |                                                                   |          |        |
| Main:<br>Side:<br>Dessert | 12<br>Chicken Pot Pie<br>Mixed Greens<br>Yogurt              | 13<br>Chicken Quesadilla<br>Veggies and Dip<br>Fruit Kebobs        | 14<br>Beef Lasagna<br>Caesar Salad<br>Fresh Fruit                      | 15<br>Sandwiches (Tuna,Egg,Deli)<br>Veggies and Dip<br>Fresh Fruit     | 16<br>Chicken Tortilla Soup<br>1/2 Sandwich<br>Yogurt             | 17       | 18     |
|                           |                                                              |                                                                    |                                                                        |                                                                        |                                                                   |          |        |
| Main:<br>Side:<br>Dessert | 19<br>Sliders/Mini Burgers<br>Potatoes Wedges<br>Fresh Fruit | 20<br>Glazed Ham<br>Mixed Greens<br>Assorted Mini Muffins          | 21<br>Roasted Chicken Bow Tie Pasta<br>Garlic Bread<br>Fresh Fruit     | 22<br>Vegetable Pizza<br>Mixed Greens<br>Fruit Kebobs                  | 23<br>Tomato Pasta Soup<br>1/2 Sandwich<br>Yogurt                 | 24       | 25     |
|                           |                                                              |                                                                    |                                                                        |                                                                        |                                                                   |          |        |
| Main:<br>Side:<br>Dessert | 26<br>Sheppard's Pie<br>Chef Salad<br>Yogurt                 | 27<br>Sandwiches (Tuna,Egg,Deli)<br>Veggies and Dip<br>Fresh Fruit | 28<br>Oven Baked Chicken Nuggets<br>Veggies and Dip<br>Fruit Kebobs    | 29<br>Whole Wheat Spaghetti & Meatballs<br>Garlic Bread<br>Fresh Fruit | 30<br>Chicken Quesadilla<br>Veggies and Dip<br>Fruit Kebobs       | 1        | 2      |
|                           |                                                              |                                                                    |                                                                        |                                                                        |                                                                   |          |        |
| Main:<br>Side:            | 3                                                            | 4                                                                  | 5                                                                      | 6                                                                      | 7                                                                 | 8        | 9      |
|                           |                                                              |                                                                    |                                                                        |                                                                        |                                                                   |          |        |