



Sunday, September 25, 2022

Breakfast KiKi's Baked Apple Thing, Ham, and Fruit
Froot & Milk

Lunch Nate & KiKi's Breakfast Burritos

Vegetable Sausage, Eggs, Red Potatoes

Dinner Salad Bar & Lemon Cookies

Vegetable Cucumbers, Tomatoes,
Carrots



Monday, September 26, 2022

Breakfast WW Blueberry Muffin, Cheese Stix + Fruit

& Milk

Lunch Nate B's Indoor Beefy Beef Hotdog Hoedown

Side Kale and Blueberry Salad

Side Fruit

Dinner Monday Night 'Za

Vegetable Caesar Salad

Sides Chocolate Chip Cookies



Tuesday, September 27, 2022

Breakfast French Toast, Bacon & Frewt

& Milk

Lunch Nate B's Locally Foraged Dino Nuggies of Delight

Vegetable Carrot Sticks and Potato
Wedges

Side Fruit

Dinner Chicken Enchiladas

Sides Spanish Rice



Wednesday, September 28, 2022

Breakfast WW Waffles, Whole Wheat Sausage Link, Whole Wheat Frute & Milk

Lunch Nate B's Mac n Cheese (Hey, that Rhymes :-)

Vegetable Sweet Potato Fries and Broccoli Crudite

Side Fruit + Chocky Milk

Dinner Pulled Pork Sandwich

Side Steak Fries & Blondies



Thursday, September 29, 2022

Breakfast Peach Scones, Scrambled Eggs & Whole Wheat
Froot
& Milk

Lunch Nate B's Pepperoni Pizza Quesadilla

Vegetable Roasted Cauliflower & Zucchini

Side Fruit

Dinner BLT's w/ Bacon Lettuce Tomato

Side Strawberry Shortcake Cupakes



Friday, September 30, 2022

Breakfast **Ham and Cheddar Croissant Sandwich, Tater Tots,
and Frewt
& Milk**

Lunch **Nate B's Hearty Lentil and Chick Pea Soup**

Toppings **Carrot Stix**

Sides **Watermelon & Chips**

Dinner **Pork Stir Fry & Brown Rice**



Saturday, October 1, 2022

Breakfast Oatmeal Bar, Black and BlueBerries, Craizins, Granola

& Milk

Lunch Nate B's Ham and Pepperoni Cold Cut Sandwich

Side Antipasto Pasta Salad

Side Soak 3 Quarts Chickpeas

Dinner Hot, Saucy Asian Noodles w/ Chicken

Sides Pork Egg Rolls