

Shelf-Stable Breakfast Menus for September

Families Making the Connection

Tips to Stay Healthy

Take steps to keep you and your family healthy and reduce your risk for illness.

- Avoid touching your face.
- Wait 6 feet away from others.
- Wash your hands with soap and water for at least 20 seconds. If you don't have access to soap and water, use hand sanitizer with at least 60% alcohol, until you can wash your hands.
- Use healthy strategies to manage stress.
- Be active—at least 30 minutes daily for adults and 60 minutes daily for kids.
- Get enough sleep.
- Drink water, lowfat or fat free milk or 100% fruit or vegetable juice. Limit sugar-sweetened beverages.
- Eat a healthy diet, including whole grains, lean protein, lowfat or fat free dairy, and a variety of fruits and veggies.

This institution is an equal opportunities provider.

Monday, August 31	Tuesday, September 1	Wednesday, September 2	Thursday, September 3	Friday, September 4
Whole Grain Assorted Cereal Fresh Seasonal Fruit	Whole Grain French Toast Fresh Seasonal Fruit	Whole Grain Blueberry, Apple or Banana Muffin Fruit Cup	Whole Grain Pancake Fresh Seasonal Fruit	Whole Grain Croissant Fruit Jelly Fresh Seasonal Fruit
Monday, September 7	Tuesday, September 8	Wednesday, September 9	Thursday, September 10	Friday, September 11
Instant Oatmeal Fresh Seasonal Fruit	Whole Grain Blueberry, Apple or Banana Muffin Fruit Cup	Whole Grain Assorted Cereal Fresh Seasonal Fruit	Whole Grain Waffles Fresh Seasonal Fruit	Whole Grain Bagel Cream Cheese *Fruit Jelly Fresh Seasonal Fruit
Monday, September 14	Tuesday, September 15	Wednesday, September 16	Thursday, September 17	Friday, September 18
Whole Grain Assorted Cereal Fresh Seasonal Fruit	Whole Grain French Toast Fresh Seasonal Fruit	Whole Grain Bagel Cream Cheese *Fruit Jelly Fresh Seasonal Fruit	Whole Grain Blueberry, Apple or Banana Muffin Fruit Cup	Whole Grain Pancake Fresh Seasonal Fruit
Monday, September 21	Tuesday, September 22	Wednesday, September 23	Thursday, September 24	Friday, September 25
Whole Grain Waffle Fresh Seasonal Fruit	Whole Grain Blueberry, Apple or Banana Muffin Fruit Cup	Whole Grain Assorted Cereal Fresh Seasonal Fruit *Mozzarella String Cheese and Graham Cracker Option	Whole Grain Pancake Fresh Seasonal Fruit	Whole Grain Bagel Cream Cheese *Fruit Jelly Fresh Seasonal Fruit
Monday, September 28	Tuesday, September 29	Wednesday, September 30	Thursday, October 1	Friday, October 2
Whole Grain French Toast Fresh Seasonal Fruit	Whole Grain Assorted Cereal Fresh Seasonal Fruit	Whole Grain Blueberry, Apple, or Banana Muffin Fruit Cup	Whole Grain Pancake Syrup Fresh Seasonal Fruit	Whole Grain Croissant Fruit Jelly Fresh Seasonal Fruit

* Fruit Jelly option instead of Cream Cheese—Cream Cheese needs refrigeration.

Shelf-Stable Lunch Menus for September 2020

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Monday, August 31	Tuesday, September 1	Wednesday, September 2	Thursday, September 3	Friday, September 4
Canned Tuna Whole Wheat Pita Mayo, Relish Packets Carrot Sticks Granola Bar Fresh Seasonal Fruit PB&J Sandwich option	Whole Grain Pretzels -Mozzarella String Cheese Canned Corn Fresh Seasonal Fruit PB&J Sandwich option	Chicken Noodle Soup -American Cheese Whole Grain Bread Celery Sticks Granola Bar Fresh Seasonal Fruit PB&J Sandwich option	Homestyle Deli Chicken -American Cheese Whole Grain Bread Canned Beans Fresh Seasonal Fruit PB&J Sandwich option	Sunbutter & Jelly Sandwich Broccoli Florets Granola Bar Fruit Cup
Monday, September 7	Tuesday, September 8	Wednesday, September 9	Thursday, September 10	Friday, September 11
Canned Beans Whole Wheat Flour Tortilla Broccoli Florets Ranch Dressing Granola Bar Fresh Seasonal Fruit PB&J Sandwich Option	- Turkey Ham American Cheese Whole Grain Bread Canned Beans Fresh Seasonal Fruit PB&J Sandwich option	Canned Tuna Mayo, Relish Packets Whole Grain Bread Celery Sticks Granola Bar Fresh Seasonal Fruit PB&J Sandwich Option	Whole Wheat Pita Hummus Carrot Sticks Fruit Cup PB&J Sandwich option	Sunbutter & Jelly Sandwich Canned Corn Granola Bar Fresh Seasonal Fruit
Monday, September 14	Tuesday, September 15	Wednesday, September 16	Thursday, September 17	Friday, September 18
Taco Shells Canned Beans Canned Corn Taco Sauce Fruit Cup PB&J Sandwich option	Whole Grain Pretzels - Mozzarella String Cheese Carrot Sticks Granola Bar Fresh Seasonal Fruit PB&J Sandwich option	Canned Tuna Whole Grain Bread Mayo, Relish Packets Broccoli Florets Fresh Seasonal Fruit PB&J Sandwich option	Tomato Soup - American Cheese Whole Grain Bread Goldfish Crackers Canned Beans Fresh Seasonal Fruit PB&J Sandwich option	-Turkey Bologna American Cheese Whole Grain Bread Canned Green Beans Granola Bar Fresh Seasonal Fruit PB&J Sandwich option
Monday, September 21	Tuesday, September 22	Wednesday, September 23	Thursday, September 24	Friday, September 25
Sunbutter & Jelly Sandwich Canned Green Beans Granola Bar Fresh Seasonal Fruit	Whole Grain Pretzels - Mozzarella String Cheese Canned Corn Fresh Seasonal Fruit PB&J Sandwich option	Whole Wheat Tortillas Hummus Canned Beans Broccoli Florets Granola Bar Fruit Cup PB&J Sandwich option	Chicken Noodle Soup Whole Grain Bread -American Cheese Carrot Sticks Fresh Seasonal Fruit PB&J Sandwich option	Homestyle Deli Chicken -American Cheese Whole Grain Bread Canned Beans Granola Bar Fresh Seasonal Fruit PB&J Sandwich option
Monday, September 28	Tuesday, September 29	Wednesday, September 30	Thursday, October 1	Friday, October 2
Canned Tuna Whole Grain Bread Mayo + Relish Packets Canned Beans Fruit Cup PB&J Sandwich option	Sunbutter and Jelly Sandwich Carrot Sticks Granola Bar Fresh Seasonal Fruit	Whole Grain Pretzels -Mozzarella String Cheese Broccoli Florets Ranch Dressing Fresh Seasonal Fruit PB&J Sandwich option	-Turkey Bologna American Cheese Whole Grain Bread Celery Sticks Granola Bar Fresh Seasonal Fruit PB&J Sandwich option	Tomato Soup -American Cheese Whole Grain Bread Goldfish Crackers Canned Corn Fresh Seasonal Fruit PB&J Sandwich option

- Deli and Cheese Sandwiches & Mozzarella string cheese need refrigeration—a Peanut Butter and Jelly Sandwich option is available, if preferred.

Sunbutter and Jelly Sandwiches are available as a nut-free alternative.