



September 2025

Daily Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>1</u> <p style="text-align: center;">ALL LVCC CENTERS ARE CLOSED</p>	<u>2</u> <u>Breakfast</u> Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk <u>Lunch</u> Soy Pockets **Cheese Sandwiches Hard Boiled Eggs Carrots **Mixed Vegetables Fresh Apples *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Hard Pretzels Peaches Water	<u>3</u> <u>Breakfast</u> Whole Grain Cheerios Peaches *Unflavored Whole/ Skim Milk <u>Lunch</u> Fajita Chicken w/Pasta & Sauce Three Bean Salad Whole Wheat Dinner Rolls Peaches *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Goldfish Crackers Oranges Water	<u>4</u> <u>Breakfast</u> Whole Grain Bagels Oranges *Unflavored Whole/ Skim Milk <u>Lunch</u> Yogurt Celery** Corn Whole Grain Crackers Soy Butter / Oranges *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Cinnamon Crisp Bites Applesauce Water	<u>5</u> <u>Breakfast</u> Apple Juice Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk <u>Lunch</u> Chicken w/Diced Tomato and Rice Tossed Salad w/Dressing **Carrots Pears *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Ritz Crackers w/Soy Butter Water
<u>8</u> <u>Breakfast</u> Whole Grain Kix Mixed Fruit *Unflavored Whole/ Skim Milk <u>Lunch</u> Make Your Own Ham & Cheese Wraps Carrots/ ** Green Beans Whole Grain Tortilla Wraps Peaches *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Graham Crackers Cheese Slices Water	<u>9</u> <u>Breakfast</u> Applesauce Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk <u>Lunch</u> Chicken Vegetable Stew w/Pasta Cheese Slices Bananas Whole Grain Crackers *Unflavored Whole/ Skim Milk <u>Snack</u> Apples Whole Grain Ritz Crackers Water	<u>10</u> <u>Breakfast</u> Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk <u>Lunch</u> Fajita Chicken Tacos w/Tomatoes Shredded Cheese & Lettuce Whole Grain Tortilla Wrap Applesauce Cooked Corn *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Educational Crackers Peaches Water	<u>11</u> <u>Breakfast</u> Whole Grain Cheerios Peaches *Unflavored Whole/ Skim Milk <u>Lunch</u> Chicken Salad Celery **Red Beets Oranges Whole Grain Crackers *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Soft Pretzel Sticks Applesauce Water	<u>12</u> <u>Breakfast</u> Bananas Whole Grain Corn Chex *Unflavored Whole/ Skim Milk <u>Lunch</u> Chicken & Pasta in a Cheese Sauce Peas Sliced Apples *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Animal Crackers w/Soy Butter Water



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<u>15</u> <u>Breakfast</u> 100% Orange Juice 100% Whole Wheat Bread *Unflavored Whole/ Skim Milk <u>Lunch</u> Make Your Own Ham & Cheese Sandwiches Carrots/ **Peas Whole Wheat Bread Peaches *Unflavored Whole/ Skim Milk <u>Snack</u> Applesauce Whole Grain Blueberry Lemon Crisp Cracker Water	<u>16</u> <u>Breakfast</u> Bananas Whole Grain Rice Krispies *Unflavored Whole/ Skim Milk <u>Lunch</u> Chili w/Ground Beef, Kidney Beans & Rice Cooked Corn Apples *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Goldfish Crackers Peaches Water	<u>17</u> <u>Breakfast</u> Whole Grain English Muffins Bananas *Unflavored Whole/ Skim Milk <u>Lunch</u> Macaroni & Cheese Tossed Salad w/Dressing **Carrots Whole Grain Crackers w/Soy Butter **Cheese Slices Applesauce *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Animal Crackers Oranges Water	<u>18</u> <u>Breakfast</u> Whole Grain Life Cereal Oranges *Unflavored Whole/ Skim Milk <u>Lunch</u> Ground Beef w/Pasta Green Beans Whole Wheat Dinner Rolls Oranges *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Cheese It Crackers Cheese Slices Water	<u>19</u> <u>Breakfast</u> Applesauce Whole Grain Pancakes *Unflavored Whole/ Skim Milk <u>Lunch</u> Make Your Own Turkey & Cheese Wraps Celery/ **Green Beans Peaches Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Graham Crackers w/Soy Butter Water
<u>22</u> <u>Breakfast</u> Whole Grain Cheerios Bananas *Unflavored Whole/ Skim Milk <u>Lunch</u> Yogurt Carrots / **Peas Whole Grain Crackers Soy Butter Mixed Fruit *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Tostado Chips w/Salsa Water	<u>23</u> <u>Breakfast</u> Diced Pears Whole Grain Bagels *Unflavored Whole/ Skim Milk <u>Lunch</u> Egg Patty w/Cheese on a Whole Grain English Muffin Diced Potatoes Bananas *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Educational Crackers Cheese Slices Water	<u>24</u> <u>Breakfast</u> 100% Orange Juice 100% Whole Wheat Bread *Unflavored Whole/ Skim Milk <u>Lunch</u> Chicken w/Pasta Tossed Salad w/Dressing **Carrots Whole Wheat Dinner Rolls Peaches *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Blueberry Lemon Crisp Cracker Oranges Water	<u>25</u> <u>Breakfast</u> Bananas Whole Grain Corn Chex *Unflavored Whole/ Skim Milk <u>Lunch</u> Make Your Own Turkey & Cheese Wraps Red Beets Oranges Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Hard Pretzels Apples Water	<u>26</u> <u>Breakfast</u> 100% Orange Juice Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk <u>Lunch</u> Burgers in Gravy Tossed Salad w/Dressing **Carrots Whole Wheat Dinner Rolls Applesauce *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Graham Crackers Bananas Water



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<u>29</u> <u>Breakfast</u> Applesauce Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk <u>Lunch</u> Make Your Own Ham & Cheese Wraps Carrots / **Green Beans Peaches Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Ritz Crackers w/Soy Butter Water	<u>30</u> <u>Breakfast</u> Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk <u>Lunch</u> Chicken Stew w/Mixed Vegetables Soy Butter Bananas Whole Grain Crackers *Unflavored Whole/ Skim Milk <u>Snack</u> Applesauce Whole Grain Goldfish Crackers Water			