

ELLIS SEPTEMBER 2023 MENU



* Meal and meal component substitutions made by iCater may occur without notice and will meet or exceed all SLP or CACFP meal pattern requirements.

* Meal and meal component substitutions requested by the customer, may not meet all SLP or CACFP meal pattern requirements.

iCater

Monday	Tuesday	Wednesday	Thursday	Friday
				Breakfast – Corn Flakes, Cereal, Milk, Banana Lunch –Cheese Pasta Roll-up, w/ Meatballs & Tomato Sauce, WW Roll, butter, Mixed Vegetables, Milk / Apples Snack – Multi-grain sun chips, pineapple 1
Labor Day 4	Breakfast – Cheerios, Milk, Apple Lunch – Meat Lasagna, Broccoli, WW Dinner Roll w/Butter Milk / Cantaloupe Snack –Unsweetened Apple sauce and saltines 5	Breakfast –WW Bagel, Cream Cheese, Milk, Banana Lunch –Deli Chicken Sandwich Milk, Chilled peaches Snack – Goldfish crackers, yogurt 6	Breakfast – Blueberry Muffin, Milk, Apple Lunch –Meatball Subs with Shredded Mozzarella, WW Sub Roll, Carrots/ Milk / Honeydew Snack – Cheez-its, apple 7	Professional Development 8
Breakfast – Blueberry Muffins, Milk, Orange Lunch –Chicken Parm WW Pasta Broccoli, Apple Snack – Cheese Stick, Graham Crackers 11	Breakfast – Cheerios, Milk, Apple Lunch –Breaded Chicken Tenders with BBQ Dipping Sauce with Carrots and WW Dinner Roll, butter, Milk / Fruit Snack – Unsweetened Apple sauce and saltines 12	Breakfast – WW Bagel, Cream Cheese, Milk, Banana Lunch –Tortellini Marinara, Mixed Vegetables, Braised white Beans, WW bread, butter, Milk / Chilled Pears Snack – Goldfish crackers, yogurt 13	Breakfast – Apple Muffin, Milk, Apple Lunch – Cheeseburger, Cheese, WW Bun, Ketchup, Mixed Vegetables Milk / Cantaloupe Snack –Cheez-its, apple 14	Breakfast – Corn Flakes Cereal, Milk, Banana Lunch –Mac & Cheese, Popcorn Chicken Green Beans, WW Roll, butter, Milk / Chilled Peaches Snack – Multi-grain sun chips, pineapple 15
Breakfast – Apple Muffin, Milk, Orange Lunch – Breaded Chicken Sandwich, Mayo, WW Burger Bun, Broccoli, Milk / Honey Dew Melon Snack – Cheese Stick, Graham Crackers 18	Breakfast – Cheerios, Milk, Apple Lunch –Salisbury Steak with Gravy, Roasted Potatoes, Carrots, WW Dinner Roll, butter Milk / Orange Snack –Unsweetened Apple sauce and saltines 19	Breakfast – WW Bagel, Cream Cheese, Milk, Banana Lunch – Pancakes, Sausage Patty, Tater Tots, WW Bread Slice, butter, Milk, Apple Snack –Goldfish crackers, yogurt 20	Breakfast – Blueberry Muffin, Milk, Apple Lunch –Chicken Nuggets w/ Sweet & Sour Dipping Sauce , Mixed Vegetables, WW Dinner Roll, butter, Milk / Mandarin Snack – Cheez-its, apple 21	Breakfast – Kix Cereal, Milk, Banana Lunch – Cheese Ravioli and meatballs with marinara, Cali Gold Veg, WW Dinner Roll, Butter / Milk / Chilled Pears Snack –Multi-grain sun chips, pineapple 22
Breakfast – Blueberry Muffin, Milk, Orange Lunch – Barbequed Chicken Sandwich, Green Beans, WW Bun Milk / Cantaloupe Snack – Cheese Stick, Graham Crackers 25	Breakfast – Cheerios, Milk, Apple Lunch – Meat Lasagna, Mixed Broccoli, WW Bread Slice, w/Butter Milk /Chilled Peaches Snack – Unsweetened Apple sauce and saltines 26	Breakfast – WW Bagel, Cream Cheese, Milk, Banana Lunch –Mac & Cheese, Popcorn Chicken, WW Roll, butter, and Garden Veg Milk / Honey Dew Snack – Goldfish crackers, yogurt 27	Breakfast – Apple Muffin, Milk, Apple Lunch –Cheeseburger, Cheese, Ketchup, WW Burger Bun, Peas & Carrots. Milk /Orange Snack – Cheez-its, apple 28	Breakfast – Corn Flakes, Cereal, Milk, Banana Lunch –Cheese Pasta Roll-up, w/ Meatballs & Tomato Sauce, WW Roll, butter, Mixed Vegetables, Milk / Apples Snack – Multi-grain sun chips, pineapple 29

*NOTE: Please cut sausage Patty and sun butter sandwiches into pieces no larger than ½ inch for children under 4 years of age.