




Chef Cyndi's September Menu 2020



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	1 AM: Raisin Bran & Milk Kale & Red Cabbage Salad Fish Sticks Sweet Potato Tots Fresh Fruit/Milk Veggie Chips/Am.Cheese	2 AM: Man.Oranges/Goldfish Mixed Veggies Teriyaki Chicken Brown Rice Fresh Fruit/Milk Pineapple & Crispix	3 AM: Sliced Peaches & Crispix Sliced Zucchini Ham & Cheese Wraps Sun Chips Fresh Fruit/Milk Blueberry Muffins/Milk	4 Montessori Schools of Irvine CLOSED for Staff Development
7 Montessori Schools of Irvine CLOSED for Labor Day	8 AM: Cereal Bars/Gr. Yogurt Mixed Veggies Cheese Ravioli Fresh Fruit/Milk Turkey & Cheese Cubes	9 AM: Sliced Ham & Cheezits Steamed Broccoli Pepper Steak & Brown Rice Fresh Fruit/Milk Hardboiled Egg/Cucumber	10 AM: Edamame /Pretzel Fish Sweet Corn Chicken & Waffles Fresh Fruit/Milk Cucumbers/String Cheese	11 AM: Cantaloupe & Cheezits Veggie Quiche Warm Biscuits Fresh Fruit/Milk Watermelon/Gram. Crac.
14 AM: Granola, Cran. & Milk Tomato Soup Gorilla Cheese Sandwiches Fresh Fruit/Milk Sliced Pears/Cubed Cheese	15 AM: Applesauce & Ritz Green Beans Beef Stroganoff Fresh Fruit/Milk Jell-O & Fruit	16 AM: Pineapple & Crispix Chicken Taco Salad Corn Chips Fresh Fruit/Milk Apples & Soy butter	17 AM: Bananas/Raisin Bran Cooked Carrots & Scal. Potatoes Salisbury Steak Fresh Fruit/Milk Jicama Salad	18 AM: Tuna Salad/Flat Bread California Blend Veggies Baked Ziti & Hawaiian Rolls Fresh Fruit/Milk Broccoli & Apple Salad
21 AM: Snap Peas & Cheese Potato Corn Chowder Warm Biscuits Fresh Fruit/Milk Soft Pretzels/Cr.Cheese	22 AM: Man.Org./Cereal Bars Mixed Veggies Chicken Fettuccini Alfredo Fresh Fruit/Milk Strawberries/Gram.Crac.	23 AM: Snack Mix & Milk Tossed Green Salad Beef Enchiladas & Span. Rice Fresh Fruit/Milk Egg Salad & Cheezits	24 AM: Apples & CreamCheese Sweet Corn w/ Popcorn Chick- en & Mashed Potato Bowl Fresh Fruit/Milk Sliced Zucchini/Goldfish	25 AM: Cucumbers & Hummus Green Beans Chili Mac (beef) Fresh Fruit/Milk Chicken Pot Stickers
28 AM: Yogurt & Granola Potato Pancakes Scrambled Eggs Fresh Fruit/Milk Edamame & Pretzel Fish	29 AM: Cereal Mix & Milk California Blend Veggies White Fish & Rice Pilaf Fresh Fruit/Milk Jicama Sticks/Cr. Cheese	30 AM: Cran.Or.Muffins/Milk San Francisco Blend Veggies Spaghetti w/ meat sauce (beef) Fresh Fruit/Milk Flat Bread & Hummus		