

# September

2019

August						
S	M	T	W	T	F	S
	4	5	6	7	8	9
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

October						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chen	Chen	Chen	Chen	Chen
Pears, Wheat Cereal, 1% Milk	Banana, Waffles, 1% Milk	Wheat Thins, Pears, 1% Milk	Orange, Egg Tart, 1% Milk	Apple Wheat Thins, 1% Milk
WG Sandwich, Peanut Butter, Salami, Avacado, Apple, 1% Milk	Mac n Cheese w/ Shrimp, Broccoli, Peach, 1% Milk	Pumpkin Soup w/ Sausage slice, Melon, 1% Milk	Pasta w/ Meat, Tomato, Broccoli, Blueberry, 1% Milk	Dumplings w/ Meat and Vegetables, Orange, 1% Milk
Cucumber, Ritz Crackers	Yogurt, Baby Carrot	Tortilla Chips, Apple Slice	Apple, Animal Cracker	Honey Maid, Celery Sticks
9	10	11	12	13
Chen	Chen	Chen	Chen	Chen
Grape, Wheat Cereal, 1% Milk	Banana, Cheerio, 1% Milk	Wheat Thins, Apple, 1% Milk	WG Rice Cereal, Orange, 1% Milk	Dinnerroll, Orange, 1% Milk
WG Sandwich, Peanut Butter, Salami, Cucumber, Apple, 1% Milk	Cheese Quesadillas, Celery Sticks, Strawberry, 1% Milk	Chicken Noodle Soup w/ Carrot, Potato, Celery, Rice, Honeydew, 1% Milk	Baked Potatoes, Broccoli, Fish Sticks, Apple, 1% Milk	Pizza w/ Pepperoni, Celery, Apple, 1% Milk
Baby Carrot, Tortilla Chips	Cheese Slice, Watermelon	Animal Cracker, Orange	Watermelon, Cheezit	Mooncake w/ egg yolk, Grapes
16	17	18	19	20
Chen	Chen	Chen	Chen	Chen
Grapes, Wheat Cereal, 1% Milk	Pancake, Apple, 1% Milk	Orange, WG Cracks, 1% Milk	WG Rice Cereal, Blueberries, 1% Milk	Wheat Thins, Apple, 1% Milk
WG Toast, Celery, Ham, Melon, 1% Milk	Fried Rice w/ Eggs, Seaweed, Vegetables, Pear 1% Milk	Onion Soup w Turkey, Bread, Melon, 1% Milk,	Mac&Cheese, Celery Sticks, Apple, 1% Milk	Dumplings w/ Meat and Vegetables, Orange, 1% Milk
Cheese Slice, Blueberries	Celery, Animal Cracker	Cucumber, Animal Cracker	Ritz Crackers, Yogurt	Honey Maid, Celery Sticks
23	24	25	26	27
Chen	Chen	Chen	Chen	Chen
Wheat Thins, Banana, 1% Milk	Wheat Thins, Apple, 1% Milk	Wheat Cereal, Grapes, 1% Milk	Belvita Bars, 1% Milk	Cheerio, Apple, 1% Milk
WG Sandwich w Peanutbutter, Broccoli, Sausage, Peach, 1% Milk	Curry Beef w/ Carrot, Potato, Celery, Rice, Honeydew, 1% Milk	Chicken Rice Soup, Cucumber Slices, Melon, 1% Milk	Pasta w/ Meat, Tomato, Broccoli, Apple, 1% Milk	Chicken Ravioli, Broccoli, Melon, 1% Milk
Baby Carrot, Ritz Cracker	Animal Cracker, Orange	Honey Maid, Apple	Tortilla Chips, Cheese Slice	Cucumber, Brezel
30	1	2	3	4
Chen				
Waffle, Blueberries, Waffles				
WG Sandwich, Avacado, Ham, Grapes, 1% Milk				
Apple, Craker				