

# SEPTEMBER 2023

## Snack

## LUNCH



**School Information:** Type your school information here.



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**Labor Day**

4

No Snack

5

Strawberry Yogurt  
Fruit

6

Graham Crackers  
Apple sauce

7

**Pretzel**  
Milk

8

Cheese crackers  
Fruit juice

11

Tortilla chips  
Salsa  
Water

12

Banana Muffin  
Fruit juice

13

Strawberry Yogurt  
**Granola**

14

Type your text here

15

Apple Muffin  
Grape juice

18

Peach cup  
Cheese stick

19

Pretzel  
Milk

20

Cereal  
Milk

21

Graham crackers  
Applesauce

22

Blueberry Muffin  
Applesauce

25

Strawberry yogurt  
Granola

26

**Animal Crackers**  
**Cheese Stick**

27

Tortilla chips  
Salsa  
Water

28

Peach cup  
Cheese stick

29