

SEPTEMBER 2021 MENU (22 DAYS)



GOURMET EXPRESS (404)371-4566

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		<p>Breakfast Whole Wheat Chex Mix Whole Apples 100% Fruit Juice</p> <p>Lunch Chicken Fajitas Whole wheat Tortillas Green Beans Diced Pear Milk</p>	<p>Breakfast Granola Bars Banana 100% Fruit Juice</p> <p>Lunch Beef Tacos Whole wheat Tortilla Green Peas Mandarins Milk</p>	<p>Breakfast Cheerios Cereal Whole Peaches 100% Fruit Juice</p> <p>Lunch Chicken Marinara Whole Wheat Pasta Grilled Vegetables Sliced cantelopes Milk</p>
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
<p>Breakfast Blueberry Muffins Apple Sauce 100% Fruit Juice</p> <p>Lunch BBQ Meatballs Brown Rice Citrus Glazed Carrots Sliced Oranges Milk</p>	<p>Breakfast Bagels with Jelly Whole Plums 100% Fruit Juice</p> <p>Lunch Broccoli Mac & Cheese (w/w noodles) Roasted Cauliflower Sliced Apples Milk</p>	<p>Breakfast Raisin Bran Cereal Whole Bananas 100% Fruit Juice</p> <p>Lunch Sweet & Sour Chicken Steamed Brown Rice Roasted Broccoli Diced Peaches Milk</p>	<p>Breakfast Special K Pastry Crisps Apple Sauce 100% Fruit Juice</p> <p>Lunch Beefy Mack (w/wheat noodles) Green Beans Mandarins Milk</p>	<p>Breakfast Breakfast Biscuits Whole Mandarins 100% Fruit Juice</p> <p>Lunch Cilantro Lime Chicken Wrap Whole Wheat Tortilla California Blend Vegetables Apple/Grape Buddies Milk</p>
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
<p>Breakfast Nutri-Grain Bars Diced Peaches 100% Fruit Juice</p> <p>Lunch Beef Hot Dog Baked Beans Fruit Cocktail Milk</p>	<p>Breakfast Cheerios Cereal Banana 100% Fruit Juice</p> <p>Lunch Garlic Chicken Alfredo Pasta Whole Wheat Pasta Green Beans Sliced Apples Milk</p>	<p>Breakfast Granola Bars Clementine 100% Fruit Juice</p> <p>Lunch Beef Tacos Whole wheat Tortilla Sweet (green) Peas Mandarins Milk</p>	<p>Breakfast Whole Wheat Chex Mix Apple Sauce 100% Fruit Juice</p> <p>Lunch Garlic & herb chicken Legs Grilled Vegetables Diced Pears Milk</p>	<p>Breakfast Blueberry Muffins Whole Pears 100% Fruit Juice</p> <p>Lunch Turkey & Cheese Sandwich Whole Wheat Bread Garden Salad Diced Peaches Milk</p>

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MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
<p><u>Breakfast</u> Raisin Bran Cereal Mandarins 100% Fruit Juice</p> <p><u>Lunch</u> Hawaiian Meatballs Brown Rice Pilaf w/ Peppers Roasted Brussel Sprouts Pineapple Tidbits Milk</p>	<p><u>Breakfast</u> Mini Cinnamon Rolls Apple Slices 100% Fruit Juice</p> <p><u>Lunch</u> Chef's Salad with Roasted Chicken Cucumber Coins Whole Wheat Dinner Roll Diced Pears Milk</p>	<p><u>Breakfast</u> Breakfast Biscuits Diced Pear 100% Fruit Juice</p> <p><u>Lunch</u> Sloppy joe Whole Wheat Bun Green Peas Apple/Grape Buddies Milk</p>	<p><u>Breakfast</u> Granola Bars Whole Plums 100% Fruit Juice</p> <p><u>Lunch</u> Coconut Curried Chicken Brown Rice Pinto Beans Mandarins Milk</p>	<p><u>Breakfast</u> Cheerios Cereal Diced Honey Dew 100% Fruit Juice</p> <p><u>Lunch</u> Turkey Wrap Sunchips W.Wheat Cherry tomatoes Sliced Oranges Milk</p>
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1st
<p><u>Breakfast</u> Z bar Whole Grain Bar Apple Sauce 100% Fruit Juice</p> <p><u>Lunch</u> Beef Hot Dogs Wheat Hot Dog Buns Baked Beans Fruit Cocktail Milk</p>	<p><u>Breakfast</u> Blueberry Muffins Whole Banana 100% Fruit Juice</p> <p><u>Lunch</u> BBQ Chicken Legs Curried Cabbage Applesauce Cornbread Milk</p>	<p><u>Breakfast</u> Bagels with Jelly Whole Plums 100% Fruit Juice</p> <p><u>Lunch</u> Beefy Mack (w/wheat noodles) Green Beans Mandarins Milk</p>	<p><u>Breakfast</u> Nutri-Grain Bars Diced Peaches 100% Fruit Juice</p> <p><u>Lunch</u> Chicken Taco Whole Wheat Tortilla Pinto Beans Sliced Cantaloupes Milk</p>	