



# SEP. 2023

MENU SUBJECT TO CHANGE  
 FRUIT, VEGETABLES & MILK SERVED DAILY  
 QUESTIONS? CONTACT JULIE PETERSON AT  
 jpeterson@nymills.k12.mn.us

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
4 <b>LABOR DAY</b> 	5 CINNAMON TST BAR OR BENEFIT BAR, FRUIT SUNFLOWER SEEDS ***** SWICHES CHIX SAND ASSORTED CHIPS VEGETABLES & FRUIT	6 CEREAL OR MUFFIN YOGURT FRUIT OR JUICE ***** TACO IN A BOAT REFRIED BEANS, FRUIT VEGETABLE & COOKIE	7 CHERRY FRUDEL OR CEREAL, FRUIT WHEAT CRACKERS ***** CHIX NUGGETS, CORN POTATOES & GRAVY VEG., FRUIT, ROLL	8 BENEFIT BAR OR UNCRUSTABLE, FRUIT GRAHAM CRACKERS ***** ASSORTED PIZZA FRUIT & VEGETABLE FROZEN YOGURT
11 BENEFIT BAR OR CEREAL, YOGURT FRUIT OR JUICE ***** MAX STICKS & MARINARA TURKEY STICKS ASSORTED FRUIT & VEGETABLES	12 PANCAKE ON A STICK OR UNCRUSTABLE STRAW BAR, FRUIT ***** TURK & CHS CROISSANT SMILE POTATOES FRUIT & VEGETABLES	13 CINNAMON BAGEL BITE OR CINN TST BAR SUN SEEDS, FRUIT ***** CHICKEN ALFREDO GARLIC TOAST FRUIT & VEGETABLES	14 BREAKFAST PIZZA OR CEREAL, FRUIT CHEESE STICK ***** CHEESEBURGER & FF BAKED BEANS FRUIT & VEGETABLES	15 RICE KRISPIE BAR OR UNCRUSTABLE GOLDFISH, FRUIT ***** CORNDOG & CHIPS FRUIT SNACK FRUIT & VEGETABLES
18 BENEFIT BAR OR CEREAL, YOGURT FRUIT OR JUICE ***** CHIX CRISITOS ASSORTED CRACKERS FRUIT & VEGETABLES	19 CHERRY FRUDEL OR SNACK BREAD, FRUIT BIRTHDAY CAKE BAR ***** SPAGHETTI & MEAT SAUCE, BREADSTICK FRUIT & VEGETABLES	20 CHIX SLIDER OR BENEFIT BAR, FRUIT SUN CHIPS ***** WAFFLE, MINI SAUSAGE HASHBROWN, JUICE GOGURT & FRUIT	21 LONG JOHN OR CEREAL SUNFLOWER SEEDS FRUIT OR JUICE ***** PIZZA BURGER POT WEDGES, B. BEANS FRUIT & VEGETABLES	22 CEREAL OR POPTART YOGURT CUP FRUIT OR JUICE ***** CHICKEN QUESADILLA FRUIT & VEGETABLES FROZEN YOGURT
25 LUCKY CHARMS BAR OR CEREAL, FRUIT SCOOPY GRAHAMS ***** CHEESE CRUNCHERS GRANOLA BAR, FRUIT MARINARA, VEGETABLE	26 FRENCH TOAST OR MUFFIN, FRUIT COCOA CHIP BAR ***** CHICKEN SANDWICH ASSORTED CHIPS FRUIT OR VEGETABLES	27 CINNAMON ROLL OR CEREAL, FRUIT HARD BOILED EGG ***** LASAGNA ROLLUPS GARLIC TOAST FRUIT & VEGETABLES	28 YOGURT PARFAIT OR CEREAL KIT ***** BEEF NACHOS REFRIED BEANS FRUIT OR VEGETABLES	29 BENEFIT BAR OR UNCRUSTABLE, FRUIT SUNFLOWER SEEDS ***** PEPPERONI PIZZA FRUIT & VEGETABLES COOKIE
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