

GREEN APPLE FOOD CATERING

Regular Menu - September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
HOLIDAY	Rice Chex Cereal with 100% Juice	Fresh Banana with 100% Juice	Whole Grain Bread w/ Jam with Whole or 2% Milk	Frosted Mini Spooner with Whole or 2% Milk
	Chicken Fried Rice with Peas, Carrots Steamed Broccoli w/Herbs Seasonal Fresh Fruits	Meatball Subs Sauteed Peas & Carrots Seasonal Fresh Fruits	Corn Dog (w/ Ketchup) Sauteed Green Beans w/ Herbs Seasonal Fruit	Cheese Pizza Lettuce Salad Seasonal Fresh Fruits
	Whole Grain Animal Snacks with Whole or 2% Milk	Pretzel Miny Twist with Whole or 2% Milk	Cheeze It with Whole or 2% Milk	Nutri-Grain Bars with Whole or 2% Milk
9	10	11	12	13
Toasted Oak Cheerios with Whole or 2% Milk	Oat Barn Muffins with Whole or 2% Milk	Waffels w/ Syrup with Whole or 2% Milk	Biscuits w/ Jam with Whole or 2% Milk	Corn Flakes with Whole or 2% Milk
Croissant Turkey Sandwich Cucumber w/ Ranch Seasonal Fresh Fruits	Chicken Quesadilla Buttered Corn Seasonal Fruit	Chicken Nuggets (w/ Ketchup) Mashed Potatoes & Carrots Seasonal Fruit	Turkey Mac & Cheese Mixed Veg w/Herbs Seasonal Fruit	Cheese Pizza Lettuce Salad Seasonal Fresh Fruits
Goldfish with Whole or 2% Milk	Chex Mix with Whole or 2% Milk	Vanilla Pudding w/ Graham Crackers with Whole or 2% Milk	Veggie Straw with Whole or 2% Milk	Nutri-Grain Bars with Whole or 2% Milk
16	17	18	19	20
Kix Berry Cereal with Whole or 2% Milk	Blueberry Muffin with Whole or 2% Milk	Banana with 100% Juice	Pancake w/ Syrup with Whole or 2% Milk	Oat Crunch Cinnamon Cereal with Whole or 2% Milk
Grilled Cheese Sandwich Cucumber w/ Ranch Seasonal Fresh Fruits	Chicken Pasta w/Alfredo Diced California Veggie Melody Seasonal Fresh Fruits	Chicken Taquitos Cesar Salad Seasonal Fresh Fruits	Spaghetti Meatball (w/ Marinara Sauce) Sauteed Green Beans w/ Herbs Seasonal Fruit	Cheese Pizza Lettuce Salad Seasonal Fresh Fruits
K Pastry Crisps with Whole or 2% Milk	Whole Grain Alphabet Blocks with Whole or 2% Milk	Cheddar Goldfish with Whole or 2% Milk	Cheese Strings with Whole or 2% Milk	Nutri-Grain Bars with Whole or 2% Milk
23	24	25	26	27
Toasted Oak Cheerios with Whole or 2% Milk	Corn Muffin with 100% Juice	Banana with 100% Juice	Unsweetened Applesauce with Whole or 2% Milk	Corn Flakes with Whole or 2% Milk
Sloppy Joes Cucumber w/ Ranch Seasonal Fresh Fruits	Hot Dogs (w/ Ketchup) Mixed Veg. Seasoned w/ Herbs Seasonal Fresh Fruits	Fish Sticks (w/ Ketchup) Sauteed Green Beans w/ Herbs Seasonal Fruit	Chicken Basil Pasta Steamed Broccoli w/Herbs Seasonal Fresh Fruits	Cheese Pizza Lettuce Salad Seasonal Fresh Fruits
Cheddar Goldfish with Whole or 2% Milk	Veggie Straw with Whole or 2% Milk	Crackers w/ Cheese Cubes with Whole or 2% Milk	Pretzels with Whole or 2% Milk	Nutri-Grain Bars with Whole or 2% Milk
30	1	2	3	4
Kix Cereal with Whole or 2% Milk	Bagel w/ Cream Cheese with 100% Juice	Fresh Banana with 100% Juice	Whole Grain Bread w/ Jam with Whole or 2% Milk	Corn Flakes with Whole or 2% Milk
Chicken Salad Sandwich (Mayo/Celery, Apple, Herbs) Cucumber w/ Ranch Seasonal Fresh Fruits	Chicken Fried Rice with Peas, Carrots Broccoli with herbs Seasonal Fresh Fruits	Chicken Taquitos Cesar Salad Seasonal Fresh Fruits	Corn Dog (w/ Ketchup) Steamed Broccoli w/ Herbs Seasonal Fruit	Cheese Pizza Lettuce Salad Seasonal Fresh Fruits
Cheese Strings with Whole or 2% Milk	Pretzels with Whole or 2% Milk	Pub Mix with Whole or 2% Milk	Cheeze It with Whole or 2% Milk	Nutri-Grain Bars with Whole or 2% Milk

Vegetarian Menu - September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
HOLIDAY	Rice Chex Cereal with 100% Juice Veg. Fried Rice with Peas, Carrots Steamed Broccoli w/Herbs Seasonal Fresh Fruits Whole Grain Animal Snacks with Whole or 2% Milk	Fresh Banana with 100% Juice Plant-Based Meatball Subs Sauteed Peas & Carrots Seasonal Fresh Fruits Pretzel Miny Twist with Whole or 2% Milk	Whole Grain Bread w/ Jam with Whole or 2% Milk Plant-Based Corn Dog (w/ Ketchup) Sauteed Green Beans w/ Herbs Seasonal Fruit Cheeze It with Whole or 2% Milk	Frosted Mini Spooner with Whole or 2% Milk Cheese Pizza Lettuce Salad Seasonal Fresh Fruits Nutri-Grain Bars with Whole or 2% Milk
9	10	11	12	13
Toasted Oak Cheerios with Whole or 2% Milk Croissant Veg. Sandwich Cucumber w/ Ranch Seasonal Fresh Fruits Goldfish with Whole or 2% Milk	Oat Barn Muffins with Whole or 2% Milk Cheese Quesadilla Buttered Corn Seasonal Fresh Fruits Chex Mix with Whole or 2% Milk	Waffels w/ Syrup with Whole or 2% Milk Plant-Based Nuggets (w/ Ketchup) Mashed Potatoes & Carrots Seasonal Fruit Vanilla Pudding w/ Graham Crackers with Whole or 2% Milk	Biscuits w/ Jam with Whole or 2% Milk Mac & Cheese Mixed Veg w/Herbs Seasonal Fruit Veggie Straw with Whole or 2% Milk	Corn Flakes with Whole or 2% Milk Cheese Pizza Lettuce Salad Seasonal Fresh Fruits Nutri-Grain Bars with Whole or 2% Milk
16	17	18	19	20
Kix Berry Cereal with Whole or 2% Milk Grilled Cheese Sandwich Cucumber w/ Ranch Seasonal Fresh Fruits K Pastry Crisps with Whole or 2% Milk	Blueberry Muffin with Whole or 2% Milk Tofu Pasta w/Alfredo Diced California Veggie Melody Seasonal Fresh Fruits Whole Grain Alphabet Blocks with Whole or 2% Milk	Banana with 100% Juice Veg. Taquitos Cesar Salad Seasonal Fresh Fruits Cheddar Goldfish with Whole or 2% Milk	Pancake w/ Syrup with Whole or 2% Milk Spaghetti Meatball (w/ Marinara Sauce) Sauteed Green Beans w/ Herbs Seasonal Fruit Cheese Strings with Whole or 2% Milk	Oat Crunch Cinnamon Cereal with Whole or 2% Milk Cheese Pizza Lettuce Salad Seasonal Fresh Fruits Nutri-Grain Bars with Whole or 2% Milk
23	24	25	26	27
Toasted Oak Cheerios with Whole or 2% Milk Sloppy Joes Cucumber w/ Ranch Seasonal Fresh Fruits Cheddar Goldfish with Whole or 2% Milk	Corn Muffin with 100% Juice Plant-Based Hot Dogs (w/ Ketchup) Mixed Veg. Seasoned w/ Herbs Seasonal Fruit Veggie Straw with Whole or 2% Milk	Banana with 100% Juice Mozzarella Cheese Sticks (w/ Ketchup) Sauteed Green Beans w/ Herbs Seasonal Fruit Crackers w/ Cheese Cubes with Whole or 2% Milk	Unsweetened Applesauce with Whole or 2% Milk Tofu Basil Pasta Steamed Broccoli w/Herbs Seasonal Fresh Fruits Pretzels with Whole or 2% Milk	Corn Flakes with Whole or 2% Milk Cheese Pizza Lettuce Salad Seasonal Fresh Fruits Nutri-Grain Bars with Whole or 2% Milk
30	1	2	3	4
Kix Cereal with Whole or 2% Milk Veg. Salad Sandwich (Mayo/Celery, Apple, Herbs) Cucumber w/ Ranch Seasonal Fresh Fruits Cheese Strings with Whole or 2% Milk	Bagel w/ Cream Cheese with 100% Juice Veg Fried Rice with Peas, Carrots Broccoli with herbs Seasonal Fresh Fruits Pretzels with Whole or 2% Milk	Fresh Banana with 100% Juice Veg Taquitos Cesar Salad Seasonal Fresh Fruits Pub Mix with Whole or 2% Milk	Whole Grain Bread w/ Jam with Whole or 2% Milk Plant-Based Corn Dog (w/ Ketchup) Steamed Broccoli w/ Herbs Seasonal Fruit Cheeze It with Whole or 2% Milk	Corn Flakes with Whole or 2% Milk Cheese Pizza Lettuce Salad Seasonal Fresh Fruits Nutri-Grain Bars with Whole or 2% Milk