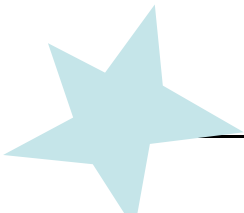


INVER GROVE HEIGHTS SEPTEMBER 2022









Monday

Tuesday

Wednesday

Thursday

Friday

				TUITION DUE 1 CHARBROILED BEEF PATTY W/ KETCHUP ON BUN (WG), PEAS, FRESH APPLES, APPLE SAUCE	 2 STAFF INSERVICE - CENTER CLOSED
 5 LABOR DAY - CENTER CLOSED	6 STIRFRY BEEF AND VEGGIES, 5 GRAIN, FRESH PEARS	7 CHICKEN PARMESAN ON WG BUN, PEAS, FRESH ORANGES, MANDARIN	8 PICNIC LUNCH (TURKEY AND CHEESE SANDWICH, APPLES, PICKLES, RAISINS)	Bring a Teddy to School Day!  9 BAKED CHICKEN BREAST NUGGETS (WG), GREEN BEANS, FRESH APPLE, SOFT APPLE SLICES	
stretch n grow 12 SW CHICKEN ON WG TORTILLA, PEARS	13 CHICKEN TERIYAKI OVER BROWN RICE, MIXED VEGGIES, PEACHES	14 TURKEY WITH GRAVY, BUTTERMILK BISCUIT, STEAMED BROCCOLI CUTS, FRESH ORANGES, MANDARIN	TUITION DUE 15  PIZZA LUNCH	16 TURKEY SLOPPY JOES ON A WG BURGER BUN, CHOPPED ROMAINE & ICEBERG, DRESSING, GREEN BEANS , FRESH BANANA	
19 TURKEY CHILI W/BEANS, WG BREAD STICK, PEACHES	National Pepperoni Pizza Day! 20 CHARBROILED BEEF PATTY W/ KETCHUP ON BUN (WG), GREEN BEANS, PEARS	21 BAKED CHICKEN BREAST NUGGETS (WG), CARROTS, ORANGES, MANDARIN	 22 ITALIAN CABBAGE CRUNCH ON WG BUN. PEAS, FRESH APPLES, SOFT APPLE SLICES	23 ORANGE TOFU WRAPS, WG TORTILLA, FRESH APPLES, SOFT APPLE SLICES	
Johnny Appleseed Day!  26 TURKEY WILD RICE HOTDISH, MIXED VEGGIES, PEACHES	27 CHICKEN PESTO PASTA, CARROTS, FRESH PEARS	28 CHICKEN ALA KING ON BUTTERMILK BISCUIT, FRESH ORANGE, MANDARINS	29 STIRFRY CABBAGE/CHICKEN, BROWN RICE, FRESH APPLES, SOFT APPLE SLICES	30 CAULIFLOWER CHEESE SOUP, WG BREAD STIX, FRESH BANANA	

MILK SERVED WITH EACH MEAL (Whole Milk for children under age 2; 1% for all other children)

RED FONT = TODDLER ALT

(WG) = WHOLE GRAIN

* = CONTAINS PORK