



# James Island Weekly Menu

September 14 - 18, 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK:</b>	Raspberry Nutrigrain Bars Milk*	String Cheese* Wheatthins	Apple Slices Graham Crackers	Strawberry Yogurt* Crackers	Blueberry Muffin*** Milk*
<b>Lunch:</b> <b>2% Organic Milk</b>	Spaghetti & Meatballs Salad w/ Ranch*** Garlic Breadstick*	Hotdogs Lay's Chips Slaw* Fruit	Homemade Chicken Noodle Soup*** Grilled Cheese* Fruit	Quesadillas* Blackbeans Chips w/ Salsa Fruit	Chicken Tetrzzini* Carrot Sticks w/ Ranch*** Fruit
<b>PM Snack:</b>	Goldfish* Fruit	Pretzels Fruit	Sunchips Fruit	Chex Mix Fruit	Ice Cream Sandwiches* Fruit

Contains Dairy\*

Contains Egg \*\*

Contains Egg and Milk\*\*\*

