

**HES Early Childhood Lunch Menu
September 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
			10. Apple Juice Chicken Hot Dogs Whole Wheat buns Baked French Fries Coleslaw Fresh fruit	11. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
14. 1% Milk Fish Sticks Brown Rice Israeli Salad Whole Wheat Bread	15. Apple Juice schnitzel Mashed Potatoes carrots Fresh fruit	16. 1% Milk Baked Ziti (plain pasta available) eggs Cucumber Slices	17. Apple Juice Roasted Baked Chicken Couscous Green Peppers Fresh fruit	18. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
21. 1% Milk Macaroni & Cheese Hard boiled eggs whole wheat bread Cucumber Slices	22. Apple Juice Baked Chicken Nuggets Mashed Potato Green Peppers Fresh fruit	23. 1% Milk Egg salad Tuna salad Whole Wheat Bread Cucumber Slices Tomato slices	24. Apple Juice Turkey Meatballs Spaghetti Carrots Fresh fruit	25. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
28. School Closed	29. Apple Juice Hamburgers Whole Wheat buns Baked French Fries Cole Slow Fresh fruit	30. 1% Milk Cheese Ravioli Hard Boiled eggs Cucumber Slices Whole Wheat Bread		