


# SEPTEMBER MENU

**FREE Snacks & Dinner for Members**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>CLUB CLOSED</b> 	<b>2</b> <b>S:</b> Pretzels, Fresh Fruit <b>D:</b> Mac & Cheese, Edamame, Diced Peaches	<b>3</b> <b>S:</b> White Cheddar Popcorn, Fresh Fruit <b>D:</b> Enchiladas, Chuckwagon Corn, Applesauce	<b>4</b> <b>S:</b> Chex Mix, Fresh Fruit <b>D:</b> Chicken & Rice, Zucchini, Pineapple & Oranges	<b>5</b> <b>S:</b> Goldfish, Fresh Fruit <b>D:</b> Pizza, Broccoli, Diced Peaches
<b>8</b> <b>S:</b> Cheez-Its, Fresh Fruit <b>D:</b> Chicken Sandwich, Corn, Diced Pears	<b>9</b> <b>S:</b> Goldfish, Fresh Fruit <b>D:</b> Mac & Cheese, Broccoli, Apple Slices	<b>10</b> <b>S:</b> Pretzels, Fresh Fruit <b>D:</b> Grilled Cheese, Capri Veggie Blend, Mandarin Oranges	<b>11</b> <b>S:</b> White Cheddar Popcorn, Fresh Fruit <b>D:</b> Dino Nuggets, Carrots, Pineapple	<b>12</b> <b>S:</b> Chex Mix, Fresh Fruit <b>D:</b> Spaghetti & Meatballs, Green Beans, Fruit Cocktail
<b>15</b> <b>S:</b> White Cheddar Popcorn, Fresh Fruit <b>D:</b> Meatball Sandwiches, Broccoli, Diced Peaches	<b>16</b> <b>S:</b> Goldfish, Fresh Fruit <b>D:</b> Mac & Cheese, Peas & Carrots, Applesauce	<b>17</b> <b>S:</b> Chex Mix, Fresh Fruit <b>D:</b> Enchiladas, Chuckwagon Corn, Edamame	<b>18</b> <b>S:</b> Cheez-Its, Fresh Fruit <b>D:</b> Stir Fry with veggies and chicken, Pineapple	<b>19</b> <b>S:</b> Pretzels, Fresh Fruit <b>D:</b> Pizza, Capri Veggie Blend, Mandarin Oranges
<b>22</b> <b>S:</b> Goldfish, Fresh Fruit <b>D:</b> Cornbread & Chorizo, Corn, Applesauce	<b>23</b> <b>S:</b> Chex Mix, Fresh Fruit <b>D:</b> Mac & Cheese, Corn, Watermelon	<b>24</b> <b>S:</b> Popcorn, Fresh Fruit <b>D:</b> Grilled Cheese, Broccoli, Diced Peaches	<b>25</b> <b>S:</b> Cheez-Its, Fresh Fruit <b>D:</b> Chicken & Rice, Carrots, Mandarin Oranges	<b>26</b> <b>CLUB CLOSED FOR TRAINING</b>

**S:** Snack **D:** Dinner

**Snack Provided Every Day: No Sign-Up Required**

**Allergy-Friendly Options Available: Please Request Ahead of Time**

Apples, bananas and clementines available all day/everyday!

**\*\*This menu is subject to change**

**Question? Contact: Kitchen Manager, Heidi Freeman**

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