

Chickadee Ridge Meal Calendar – September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>01</p>	<p>02 Morning: Yogurt with granola Lunch: Chicken and rice casserole, green beans, peaches, milk Snack: Whole grain crackers and hummus</p>	<p>03 Morning: Oatmeal with raisins Lunch: Turkey and cheese sandwich, cucumber slices, orange wedges, milk Snack: Rice cakes and sunflower seed butter</p>	<p>04 Morning: Cereal and milk Lunch: Spaghetti with meat sauce, mixed vegetables, applesauce, milk Snack: Carrot sticks and ranch</p>	<p>05 Morning: Whole grain waffles & sliced peaches Lunch: Chicken stir fry with mixed veggies, brown rice, pineapple, milk Snack: Whole grain crackers & hummus</p>
<p>08 Morning: Pancakes and banana slices Lunch: Fish sticks, brown rice, peas, orange slices, milk Snack: Pretzels and cheese cubes</p>	<p>09 Morning: Mini bagel with cream cheese Lunch: Chicken noodle soup, whole wheat roll, apple slices, milk Snack: Yogurt and berries</p>	<p>10 Morning: Dry cereal and milk Lunch: Beef taco, corn, lettuce, salsa, peaches, milk Snack: Cucumber slices and whole grain crackers</p>	<p>11 Morning: Toast with jam Lunch: Mac and cheese, broccoli, mixed fruit, milk Snack: Rice cakes and fruit</p>	<p>12 Morning: Oatmeal with apples Lunch: Bean & veggie quesadilla, corn, grapes, milk Snack: Rice cakes & sunflower butter</p>
<p>15 Morning: Oatmeal with apples Lunch: Grilled chicken, mashed potatoes, peas, fruit cocktail, milk Snack: Whole grain muffin and milk</p>	<p>16 Morning: Waffles and blueberries Lunch: Vegetarian chili, cornbread, carrot sticks, grapes, milk Snack: Cheese stick and crackers</p>	<p>17 Morning: Banana and dry cereal Lunch: Ham and cheese sandwich, cucumbers, apple slices, milk Snack: Yogurt and granola</p>	<p>18 Morning: Toast and orange slices Lunch: Beef stew, biscuit, green beans, peaches, milk Snack: Veggie sticks and dip</p>	<p>19 Morning: Whole grain toast with jam & orange slices Lunch: Pasta with marinara & turkey meatballs, broccoli, mixed fruit, milk Snack: Yogurt & granola</p>
<p>22 Morning: Bagel and cream cheese Lunch: Cheese quesadilla, salsa, black beans, corn, apple slices, milk Snack: Graham crackers and banana</p>	<p>23 Morning: Dry cereal and strawberries Lunch: Turkey sandwich, peas, peaches, milk Snack: Carrot sticks and hummus</p>	<p>24 Morning: Yogurt and granola Lunch: Chicken Alfredo pasta, broccoli, pineapple, milk Snack: Pretzels and fruit</p>	<p>25 Morning: Toast and banana slices Lunch: Lentil soup, whole grain roll, apple slices, milk Snack: Rice cakes and cheese</p>	<p>26 Breakfast: Pancakes & blueberries Lunch: Sloppy joe on whole grain bun, green beans, peaches, milk Snack: Trail mix (Cheerios, raisins, sunflower seeds)</p>
<p>29 Morning: Oatmeal with diced apples Lunch: Grilled chicken, quinoa, steamed green beans, pineapple, milk Snack: Cottage cheese and whole grain crackers</p>	<p>30 Morning: Yogurt and granola Lunch: Cheese quesadilla, black beans, corn, orange slices, milk Snack: Sliced apples and sunflower butter</p>	<p>All meals are prepared on-site and meet USDA CACFP guidelines, with a focus on whole grains, fresh fruits and vegetables, and balanced nutrition. Water is available throughout the day, and milk is served with breakfast and lunch. Menus may change slightly based on availability and seasonality. Have a favorite family recipe that fits our healthy guidelines? We'd love to hear from you—ask your teacher how to share it!</p>		

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<p>06 Morning: Cereal bar and orange slices Lunch: Baked fish, brown rice, green beans, grapes, milk Snack: Whole grain crackers and cheese</p>	<p>07 Morning: English muffin with jam, milk Lunch: Chicken taco bowl, corn, black beans, pineapple, milk Snack: Yogurt and sliced peaches</p>	<p>08 Morning: Mini bagel with cream cheese Lunch: Mac & cheese, broccoli, mixed fruit, milk Snack: Apple slices and whole grain cereal</p>	<p>09 Morning: Toast with sunflower butter Lunch: Turkey sandwich, carrot sticks, orange slices, milk Snack: Rice cakes and banana</p>	<p>10 Morning: Mini bagel with cream cheese & banana slices Lunch: Baked fish, quinoa, peas, applesauce, milk Snack: Cucumber sticks & ranch</p>
<p>13 Morning: Yogurt and blueberries Lunch: Lentil soup, whole grain roll, sliced apples, milk Snack: Trail mix (Cheerios, raisins, sunflower seeds)</p>	<p>14 Morning: Waffles and banana Lunch: Sloppy joe on whole grain bun, peas, peaches, milk Snack: Cucumber sticks and hummus</p>	<p>15 Morning: Toast with jam, orange slices Lunch: Tuna salad sandwich, carrot sticks, pineapple, milk Snack: Yogurt and granola</p>	<p>16 Morning: Cheese stick and crackers Lunch: Baked ziti, green beans, apple slices, milk Snack: Smoothie and rice cakes</p>	<p>17 Morning: Dry cereal & strawberries Lunch: Chicken noodle soup, whole wheat roll, apple slices, milk Snack: Carrot sticks & hummus</p>
<p>20 Morning: Bagel with cream cheese and grapes Lunch: Chicken quesadilla, salsa, corn, peaches, milk Snack: Cottage cheese and crackers</p>	<p>21 Morning: Oatmeal with bananas Lunch: Hamburger, sweet potato fries, apple slices, milk Snack: Yogurt and blueberries</p>	<p>22 Morning: Toast and orange slices Lunch: Veggie pasta, salad, mixed fruit, milk Snack: Cheese cubes and pretzels</p>	<p>23 Morning: Cereal and milk Lunch: Turkey wrap, cucumber slices, pineapple, milk Snack: Rice cakes and sunflower butter</p>	<p>24 Morning: Yogurt & banana slices Lunch: Veggie fried rice with egg, peas/carrots, pineapple, milk Snack: Rice cakes & fruit</p>
<p>27 Morning: Banana slices and whole grain toast Lunch: Grilled cheese sandwich, tomato soup, carrot sticks, milk Snack: Apple slices and cheese cubes</p>	<p>28 Morning: Yogurt with granola Lunch: Chicken and rice casserole, green beans, peaches, milk Snack: Whole grain crackers and hummus</p>	<p>29 Morning: Oatmeal with raisins Lunch: Turkey and cheese sandwich, cucumber slices, orange wedges, milk Snack: Rice cakes and sunflower seed butter</p>	<p>30 Morning: Cereal and milk Lunch: Spaghetti with meat sauce, mixed vegetables, applesauce, milk Snack: Carrot sticks and ranch</p>	<p>31 Morning: Yogurt with berries and granola Lunch: Turkey & cheese wrap, cucumber slices, orange wedges, milk Snack: Pretzels & cheese cubes</p>