

	Monday 9/2/19	Tuesday 9/3/19	Wednesday 9/4/19	Thursday 9/5/19	Friday 9/6/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	SCRAMBLED EGGS W/ CHEESE HASHBROWNS * MILK <input type="checkbox"/> Whole Grain	<u>BREAKFAST PEAR PARFAIT</u> (CHEERIOS, PEARS, YOGURT) * MILK <input type="checkbox"/> Whole Grain	CORN CHEX CEREAL DICED PEACHES * MILK <input type="checkbox"/> Whole Grain	BLUEBERRY MUFFIN CANTALOUPE * MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT CINNAMON TOAST APRICOT HALVES * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOMEMADE MAC & CHEESE W/ WHOLE WHEAT NOODLES PEAS & CARROTS CANTALOUPE * MILK <input type="checkbox"/> Whole Grain	SLICED TURKEY & CHEESE WHOLE WHEAT WRAP CUCUMBER SLICES APPLE WEDGES *MILK <input type="checkbox"/> Whole Grain	MEATLOAF W/ GRAVY WHOLE WHEAT ROLL SPINACH & TOMATO SALAD MASH POTATOES * MILK <input type="checkbox"/> Whole Grain	FISH STICKS WHOLE WHEAT ROLL COLESLAW PEARS * MILK <input type="checkbox"/> Whole Grain	CHICKEN ALFREDO W/ WHOLE GRAIN PENNE STRAWBERRY APPLESAUCE PEAS & CARROTS * MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MINI BLUEBERRY BAGEL CREAM CHEESE WATER <input type="checkbox"/> Whole Grain	TRISCUT CRACKERS BOILED EGG HALVES WATER <input type="checkbox"/> Whole Grain	CHEESE TOAST HONEYDEW MELON WATER <input type="checkbox"/> Whole Grain	LOWFAT YOGURT BANANA WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN TORTILLA CHIPS <u>AVOCADO & CORN SALSA</u> WATER <input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN SALAD WHOLE WHEAT CROSSIANT BROCCOLI FLORETS W/DIP PINEAPPLE CHINKS * MILK <input type="checkbox"/> Whole Grain	BEEF SPAGHETTI WHOLE WHEAT NOODLES SWEET PEAS PEACHES *MILK <input type="checkbox"/> Whole Grain	HONEY GLAZED CHICKEN WHOLE WHEAT ROLL BLACKEYE PEAS FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain	ROASTED TURKEY WHOLE WHEAT ROLL MASHED POTATOES LIMA BEANS * MILK <input type="checkbox"/> Whole Grain	3 CHEESE PIZZA ON WW FLATBREAD TOSSED SALAD ORANGE SLICES * MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	BLUEBERRY BAGEL STRAWBERRY W/ COOL WHIP WATER <input type="checkbox"/> Whole Grain	CELERY STICKS PEANUT/SOY BUTTER WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT HARD PRETZELS TANGERINE WATER <input type="checkbox"/> Whole Grain	APPLE CINNAMON MUFFIN CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain	BANANA NUT BREAD PINEAPPLE WATER <input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 9/9/19	Tuesday 9/10/19	Wednesday 9/11/19	Thursday 9/12/19	Friday 9/13/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	CINNAMON RAISIN TOAST PINEAPPLE CHUNKS *MILK <input type="checkbox"/> Whole Grain	BREAKFAST PIZZA WHOLE GRAIN ENGLISH MUFFIN, CREAM CHEESE & STRAWBERRIES *MILK <input type="checkbox"/> Whole Grain	EGGO BITES CANTELOUPE * MILK <input type="checkbox"/> Whole Grain	CRANBERRY ORANGE MUFFIN WARMED CINNAMON APPLES * MILK <input type="checkbox"/> Whole Grain	ENRICHED GRITS PEAR SLICES * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SWEDISH MEATBALLS W/ WHOLE WHEAT NOODLES MIXED VEGGIES WATERMELON *MILK <input type="checkbox"/> Whole Grain	GROUND BEEF SLOPPY JOE WHOLE WHEAT BUN FRUIT COCKTAIL COLESLAW *MILK <input type="checkbox"/> Whole Grain	SLICED ROASTED TURKEY BROWN RICE W/ GRAVY <u>GLAZED PEARS</u> GREEN BEANS * MILK <input type="checkbox"/> Whole Grain	CHICKEN TERIYAKI FRIED RICE (BROWN RICE) BROCCOLI & CARROT STIR FRY PINEAPPLE RINGS * MILK <input type="checkbox"/> Whole Grain	CHEESE & PEPPERONI PIZZA WHOLE WHEAT FLATBREAD CARROT STICKS W/DIP HONEYDEW MELON *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	BELVITA CRACKERS APPLE SLICES WATER <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS *MILK <input type="checkbox"/> Whole Grain	LOWFAT YOGURT FRESH BLUEBERRIES WATER <input type="checkbox"/> Whole Grain	GOLDFISH ORANGE SLICES WATER <input type="checkbox"/> Whole Grain	SUNCHIPS 100% FRUIT PUNCH <input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk TWO COMPONENTS	BAKED BBQ CHICKEN WHOLE WHEAT TOAST MASH POTATOES SWEET PEAS *MILK <input type="checkbox"/> Whole Grain	HAM & CHEESE WRAP SPINACH & TOMATO SALAD RASPBERRY VINAIGRETTE MANDARIAN ORANGES * MILK <input type="checkbox"/> Whole Grain	CHICKEN NUGGETS WHOLE WHEAT ROLL STRAWBERRY HALVES STEAMED CORN * MILK <input type="checkbox"/> Whole Grain	<u>TURKEY GUMBO OVER</u> BROWN RICE POTATO SALAD BAKED BEANS *MILK <input type="checkbox"/> Whole Grain	SCRAMBLED EGGS WHOLE WHEAT TOAST HASHBROWNS CITRUS SALAD *MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	TEDDY GRAHAM CRACKERS PEAR HALVES WATER <input type="checkbox"/> Whole Grain	CHEDDAR CHEESE CUBES HARD PRETZELS WATER <input type="checkbox"/> Whole Grain	CHEEZ-ITS APPLESAUCE WATER <input type="checkbox"/> Whole Grain	<u>BANANA WALDORF</u> WITH LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT SALTINES PEANUT/SOY BUTTER WATER <input type="checkbox"/> Whole Grain
* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.					

	Monday 9/16/19	Tuesday 9/17/19	Wednesday 9/18/19	Thursday 9/19/19	Friday 9/20/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	BLUEBERRY PANCAKES BANANA * MILK	APPLE BAKED FRUDEL PEACHES * MILK	WHOLE GRAIN OATMEAL FRESH BLUEBERRIES *MILK	LOWFAT YOGURT CANTELOUPE * MILK	CINNAMON RAISIN BAGEL APPLESAUCE * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN PARMESAN WHOLE WHEAT TORTILLA CHOPPED ROMAINE SALAD APPLE SLICES * MILK	BEEF RAVIOLI WHOLE GRAIN TEXAS TOAST GREEN BEANS WATERMELON * MILK	<u>FOUR CHEESE WG PANINI</u> BROCCOLI FLORETS W/DIP STRAWBERRY HALVES * MILK	CHICKEN NUGGETS WHOLE WHEAT ROLL FRENCH FRIES PEACHES * MILK	BAKED SPAGHETTI WHOLE GRAIN ROLL CANTALOUPE SPINACH SALAD * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED PRETZELS HONEYDEW MELON WATER	CELERY STICKS & RAISINS PEANUT/SOY BUTTER WATER	WHOLE GRAIN CRACKERS TANGERINES WATER	ENRICHED ANIMAL CRACKERS PINEAPPLE CHUNKS WATER	WHOLE GRAIN TORTILLA CHIPS SALSA/CHEESE DIP 100% FRUIT PUNCH
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HAMURGER STEAK BROWN RICE W/GRAVY PEACHES CORN * MILK	BBQ PULLED PORK WHOLE WHEAT BUN BAKED BEANS COLESLAW * MILK	BAKED CHICKEN AND RICE WHOLE WHEAT ROLL SWEET PEAS APPLESAUCE * MILK	TURKEY & CHEESE ON WHOLE WHEAT PITA WRAP POTATO SALAD FRUIT COCKTAIL * MILK	BAKED COD WHOLE WHEAT PASTA SALAD BROCCOLI W/ CHEESE PEARS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED BANANA BREAD *MILK	TORTILLA CHIPS QUESO WATER	TRAIL MIX PEAR SLICES WATER	APRICOT SLICES COTTAGE CHEESE WATER	BLUEBERRY MUFFIN BANANA WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 9/23/19	Tuesday 9/24/19	Wednesday 9/25/19	Thursday 9/26/19	Friday 9/27/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	EGG & CHEESE ON ENGLISH MUFFIN HONEYDEW MELON * MILK <input type="checkbox"/> Whole Grain	ENRICHED CREAM OF WHEAT APPLESAUCE * MILK <input type="checkbox"/> Whole Grain	MULTIGRAIN CHEERIOS PEAR HALVES * MILK <input type="checkbox"/> Whole Grain	MINI BLUEBERRY PANCAKES APRICOT HALVES *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT CINNAMON CROSSIANT PEACHES *MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN QUESADILLA WHOLE WHEAT TORTILLA SEASONED CORN REFRIED BEANS * MILK <input type="checkbox"/> Whole Grain	SALSIBURY STEAK W/ GRAVY BROWN RICE TOSSED SALAD PEACHES * MILK <input type="checkbox"/> Whole Grain	BAKED FISH FILET ENRICHED CORN MUFFIN MASHED POTATOES GREEN BEANS * MILK <input type="checkbox"/> Whole Grain	GROUND BEEF SLOPEY JOE WHOLE WHEAT BUN <u>APPLE COLESLAW</u> BAKED BEANS * MILK <input type="checkbox"/> Whole Grain	TURKEY CHILLI MULIGRAIN ROLL CUCUMBER SLICES CANTELOUPE * MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE WHEAT CHEX * MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT CRACKERS WATERMELON WATER <input type="checkbox"/> Whole Grain	HAM & CHEESE WRAP WHOLE WHEAT TORTILLA WATER <input type="checkbox"/> Whole Grain	ENRICHED ANIMAL CRACKERS LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain	SUNCHIPS 100% BERRY JUICE <input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SLICED HONEY HAM ENRICHED CORNBREAD BAKED SWEET POTATO GREEN BEANS * MILK <input type="checkbox"/> Whole Grain	ROTISSERIE CHICKEN WHOLE GRAIN ROLL STEAMED ZUCHINNI FRUIT COCKTAIL *MILK <input type="checkbox"/> Whole Grain	TUNA & APPLE SALAD WHOLE GRAIN CRACKERS PINEAPPLE CHUNKS SHREDDED CARROTS * MILK <input type="checkbox"/> Whole Grain	CHICKEN NUGGETS WHOLE WHEAT MAC & CHEESE WATERMELON SWEET PEAS * MILK <input type="checkbox"/> Whole Grain	CHEF SALAD WITH RANCH (TURKEY, CHEESE, BOILED EGG) WHOLE WHEAT BREAD STICK ORANGE WEDGES *MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED BISCUIT PEAR HALVES WATER <input type="checkbox"/> Whole Grain	TURKEY SANDWICH WHOLE WHEAT BREAD WATER <input type="checkbox"/> Whole Grain	ENRICHED HARD PRETZELS TANGERINES WATER <input type="checkbox"/> Whole Grain	CARROT & CELERY STICKS CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain	CINNAMON BELVITA CRACKERS *MILK <input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 9/30/19	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	CINNAMON FRENCH TOAST GRAPES *MILK <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<u>HAWAIIAN TURKEY SLIDER</u> WHOLE WHEAT BUN MANGO-PINEAPPLE SALSA CELERY STICKS W/ RANCH *MILK <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	FISH STICKS <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED ANIMAL CRACKERS *MILK <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HAM & CHEESE ON WW PITA SPINACH & TOMATO SALAD RASPBERRY VINAIGRETTE KIWI & STRAWBERRY SLICES *MILK <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED RICE CAKES APPLESAUCE WATER <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				