

| | 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 TWO COMPONENTS | 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 |
| 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 |
| | * 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 |
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| 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 | 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 |
| | * 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 |
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| BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk | BLUEBERRY PANCAKES BANANA * MILK <input type="checkbox"/> Whole Grain | APPLE BAKED FRUDEL PEACHES * MILK <input type="checkbox"/> Whole Grain | WHOLE GRAIN OATMEAL FRESH BLUEBERRIES *MILK <input type="checkbox"/> Whole Grain | LOWFAT YOGURT CANTELOUPE * MILK <input type="checkbox"/> Whole Grain | CINNAMON RAISIN BAGEL APPLESAUCE * MILK <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 <input type="checkbox"/> Whole Grain | BEEF RAVIOLI WHOLE GRAIN TEXAS TOAST GREEN BEANS WATERMELON * MILK <input type="checkbox"/> Whole Grain | FOUR CHEESE WG PANINI BROCCOLI FLORETS W/DIP STRAWBERRY HALVES * MILK <input type="checkbox"/> Whole Grain | CHICKEN NUGGETS WHOLE WHEAT ROLL FRENCH FRIES PEACHES * MILK <input type="checkbox"/> Whole Grain | BAKED SPAGHETTI WHOLE GRAIN ROLL CANTALOUPE SPINACH SALAD * MILK <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 <input type="checkbox"/> Whole Grain | CELERY STICKS & RAISINS PEANUT/SOY BUTTER WATER <input type="checkbox"/> Whole Grain | WHOLE GRAIN CRACKERS TANGERINES WATER <input type="checkbox"/> Whole Grain | ENRICHED ANIMAL CRACKERS PINEAPPLE CHUNKS WATER <input type="checkbox"/> Whole Grain | WHOLE GRAIN TORTILLA CHIPS SALSA/CHEESE DIP 100% FRUIT PUNCH <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 <input type="checkbox"/> Whole Grain | BBQ PULLED PORK WHOLE WHEAT BUN BAKED BEANS COLESLAW * MILK <input type="checkbox"/> Whole Grain | BAKED CHICKEN AND RICE WHOLE WHEAT ROLL SWEET PEAS APPLESAUCE * MILK <input type="checkbox"/> Whole Grain | TURKEY & CHEESE ON WHOLE WHEAT PITA WRAP POTATO SALAD FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain | BAKED COD WHOLE WHEAT PASTA SALAD BROCCOLI W/ CHEESE PEARS * 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 9/23/19 | Tuesday 9/24/19 | Wednesday 9/25/19 | Thursday 9/26/19 | Friday 9/27/19 |
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| 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 |
| | * 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 |
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| 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 TWO COMPONENTS | 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 |
| 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 |
| | * 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. | | | | |