



|  | Monday   | Tuesday                              | Wednesday 9/1/21   | Thursday 9/2/21  | Friday 9/3/21   |
|--|--|--------------------------------------|--|--|---|
| <b>BREAKFAST</b><br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk  |  |                                      | WHOLE WHEAT BAGEL<br>FRUIT COCKTAIL<br>* MILK  | MULTIGRAIN CHEX<br>SLICED PLUMS<br>* MILK  | ENRICHED SAUSAGE BISCUIT<br>HASHBROWN<br>* 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  |
| <b>LUNCH</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk              |  |                                      | SLICED HONEY HAM<br>WHOLE WHEAT CLUB CRACKERS<br>RED APPLE SLICES<br>CUCUMBER SLICES<br>* MILK | CHICKEN FILET SANDWICH<br>WHOLE WHEAT BUN<br>WATERMELON<br>BROCCOLI FLORETS<br>* MILK    | ROAST BEEF & SWISS SUB<br>WHOLE WHEAT SUB ROLL<br>TROPICAL FRUIT SALAD<br>CELERY STICKS<br>* 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  |
| <b>DINNER</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk             |  |                                      | GROUND BEEF & BROWN RICE<br>LETTUCE WRAP TACO<br>MANGO CHUNCKS<br>ZESTY CORN<br>* MILK         | BAKED FISH FILET<br>ENRICHED HUSH PUPPY<br>STRAWBERRY HALVES<br>PEAS & CARROTS<br>* MILK | GRILLED CHICKEN STRIPS<br>WHOLE WHEAT BREAD STICK<br>SPINACH & TOMATO SALAD<br>TANGERINES<br>* 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  |
| <b>EVENING SNACK</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk<br>TWO COMPONENTS |  |                                      | LOWFAT GREEK YOGURT<br>ENRICHED ANIMAL CRACKERS<br>WATER                                       | RED PEPPER HUMMUS<br>WHOLE GRAIN PITA CHIPS<br>WATER                                     | PEANUT/SOY/WOW BUTTER<br>GREEN APPLE SLICES<br>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 9/6/21  | Tuesday 9/7/21  | Wednesday 9/8/21   | Thursday 9/9/21  | Friday 9/10/21   |
|--|--|---|--|--|--|
| <b>BREAKFAST</b><br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk                                  | WHOLE WHEAT BAGEL<br>SLICED STRAWBERRIES<br>*MILK  | MULTI GRAIN CEREAL<br>100% ORANGE JUICE<br>* MILK                                   | ENRICHED<br>APPLE CINNAMON MUFFIN<br>BANANA<br>* MILK                                | LOWFAT YOGURT<br>FRESH BLUEBERRIES<br>* MILK                                       | ENRICHED CHICKEN BISCUIT<br>PEAR SLICES<br>* 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   |
| <b>LUNCH</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk  | BEEF FRANKS<br>WHOLE WHEAT BUN<br>DELI BAKED BEANS<br>COLESLAW<br>*MILK  | CHICKEN QUESADILLA<br>WHOLE WHEAT TORTILLA<br>SLICED KIWI<br>REFRIED BEANS<br>*MILK | THREE CHEESE PIZZA<br>WHOLE WHEAT CRUST<br>HONEYDEW MELON<br>CARROT STICKS<br>* MILK | BEEF MEATBALL SUBS<br>MULTIGRAIN BUN<br>SLICED PEACHES<br>TATOR TOTS<br>* MILK     | TURKEY AND CHEESE<br>WHOLE WHEAT BREAD<br>FRESH APPLE<br>SWEET PEAS<br>*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   |
| <b>DINNER</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk | ROASTED TURKEY<br>BROWN RICE WITH GRAVY<br>PINEAPPLE CHUNKS<br>GREEN BEANS<br>*MILK  | STEAK FINGERS<br>MULTIGRAIN ROLL<br>ORANGE SLICES<br>MIXED VEGETABLES<br>* MILK     | BBQ PORK SANDWICH<br>WHOLE WHEAT BUN<br>FRUIT COCKTAIL<br>MINI CORN ON COB<br>* MILK | CHICKEN SALAD<br>WHOLE WHEAT CRACKERS<br>GRAPE HALVES<br>BROCCOLI FLORETS<br>*MILK | FISH STICKS<br>WHOLE WHEAT BREAD<br>WATERMELON<br>POTATO SALAD<br>*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   |
| <b>EVENING SNACK</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk       | ENRICHED RITZ CRACKERS<br>SLICED CHEDDAR CHEESE<br>WATER   | WHOLE GRAIN TRAIL MIX<br>WHEAT CHEX, RAISINS<br>WATER                               | ENRICHED CHEESE CRACKERS<br>SLICED PEARS<br>WATER                                    | PEANUT/SOY BUTTER AND JELLY<br>WHOLE WHEAT BREAD<br>WATER                          | MOZZARELLA STRING CHEESE<br>CHERRY TOMATO HALVES<br>WATER                    |
| <b>TWO COMPONENTS</b>  | <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 9/13/21   | Tuesday 9/14/21  | Wednesday 9/15/21   | Thursday 9/16/21  | Friday 9/17/21  |
|--|--|--|---|---|---|
| <b>BREAKFAST</b><br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk                                  | MULTI GRAIN TOAST<br>DICED PEACHES<br>* MILK   | MULTI GRAIN CEREAL<br>SLICED BANANA<br>* MILK  | ENRICHED ENGLISH MUFFIN<br>FRESH BLUEBERRIES<br>*MILK   | SCRAMBLED EGGS<br>HASHBROWN<br>* MILK   | ENRICHED SAUSAGE BISCUIT<br>SLICED APPLES<br>* 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  |
| <b>LUNCH</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk  | HAM AND CHEESE<br>ENRICHED CROISSANT<br>SLICED PEARS<br>TATER TOTS<br>* MILK   | FISH TACOS<br>WHOLE CORN TORTILLA<br>APPLE SLICES<br>COLESLAW<br>* MILK                  | CHICKEN FILET SANDWICH<br>WHOLE WHEAT BUN<br>STRAWBERRY HALVES<br>CARROT STICKS<br>* MILK     | BAKED TURKEY SPAGHETTI<br>WHOLE WHEAT ROLL<br>ORANGE SLICES<br>GREEN BEANS<br>* MILK    | GRILLED PEPPERONI & CHEESE<br>WHOLE WHEAT BREAD<br>CANTALOUPE CHUNKS<br>CUCUMBER & TOMATO SALAD<br>* 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  |
| <b>DINNER</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk | SLICED GRILLED CHICKEN<br>WHOLE WHEAT BREAD STICK<br>SPINACH TOSSED SALAD<br>APPLE WEDGES<br>* MILK  | BEEF PATTY WITH GRAVY<br>WHOLE WHEAT ROLL<br>FRUIT COCKTAIL<br>MASHED POTATOES<br>* MILK | ROASTED TURKEY SLIDERS<br>ENRICHED HAWAIIAN ROLL<br>PINEAPPLE CHUNKS<br>GREEN BEANS<br>* MILK | BBQ PULLED PORK<br>ENRICHED TEXAS TOAST<br>APRICOT SLICES<br>OVEN BAKED FRIES<br>* MILK | BEEF AND CHEESE NACHOS<br>ENRICHED TORTILLA CHIPS<br>FRUIT COCKTAIL<br>STEAMED CORN<br>* 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  |
| <b>EVENING SNACK</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk       | BEEF HOTDOG<br>WHOLE WHEAT BUN<br>WATER  | ENRICHED PITA POCKET<br>HUMMUS/SHREDDED CARROTS<br>WATER                                 | CHEDDER CHEESE CUBES<br>CUCUMBER SLICES<br>WATER  | MOZZARELLA STICKS<br>MARINARA SAUCE<br>WATER  | ENRICHED MUFFIN<br>BANANA<br>WATER  |
| <b>TWO COMPONENTS</b>  | <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 9/20/21   | Tuesday 9/21/21  | Wednesday 9/22/21   | Thursday 9/23/21  | Friday 9/24/21   |
|--|--|--|---|---|--|
| <b>BREAKFAST</b><br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk  | MULTI GRAIN CEREAL<br>100% ORANGE JUICE<br>* MILK  | WHOLE WHEAT TOAST<br>FRUIT COCKTAIL<br>* MILK  | ENRICHED CINNAMON BAGEL<br>PLUMS<br>* MILK  | MULTI GRAIN RICE CAKES<br>SLICED PEACHES<br>*MILK                                   | ENRICHED SAUSAGE BISCUIT<br>HASHBROWN<br>*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   |
| <b>LUNCH</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk              | SLICED TURKEY SUB<br>WHOLE WHEAT ROLL<br>CARROT STICKS<br>FRESH BLUEBERRIES<br>* MILK  | HOMEMADE CHILI MAC<br>WHOLE WHEAT NOODLES<br>APPLE SLICES<br>TOSSED SALAD<br>* MILK  | BEEF SAUSAGE & BELL PEPPERS<br>WHOLE WHEAT BUN<br>SLICED PEARS<br>BAKED BEANS<br>* MILK | GROUND BEEF SLOPEY JOE<br>WHOLE WHEAT BUN<br>APRICOT HALVES<br>SWEET PEAS<br>* MILK | CHICKEN NUGGETS<br>WHOLE WHEAT BREAD STICK<br>FRUIT COCKTAIL<br>MIXED VEGETABLES<br>* 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   |
| <b>DINNER</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk             | BEEF SPAGHETTI<br>WHOLE WHEAT NOODLES<br>ORANGE SLICES<br>STEAMED CORN<br>* MILK   | ROTISSERIE CHICKEN<br>WHOLE WHEAT ROLL<br>CANTALOUPE CHUNKS<br>POTATO SALAD<br>*MILK | TURKEY BURGER<br>WHOLE WHEAT BUN<br>WATERMELON<br>ZESTY CORN<br>* MILK                  | FISH STICKS<br>WHOLE WHEAT MAC & CHEESE<br>GRAPE HALVES<br>GREEN BEANS<br>* MILK    | BBQ PORK SANDWICH<br>MULTI GRAIN BUN<br>HONEYDEW MELON<br>COLESLAW<br>*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   |
| <b>EVENING SNACK</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk<br>TWO COMPONENTS | ENRICHED RITZ CRACKERS<br>SLICED CHEDDAR CHEESE<br>WATER   | WHOLE GRAIN TRAIL MIX<br>WHEAT CHEX, RAISINS<br>WATER                                | ENRICHED CHEESE CRACKERS<br>SLICED PEARS<br>WATER                                       | PEANUT/SOY BUTTER AND JELLY<br>WHOLE WHEAT BREAD<br>WATER                           | MOZZARELLA STRING CHEESE<br>CHERRY TOMATO HALVES<br>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 9/27/21   | Tuesday 9/28/21   | Wednesday 9/29/21   | Thursday 9/30/21  | Friday                               |
|--|--|---|---|---|--------------------------------------|
| <b>BREAKFAST</b><br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk  | WHOLE WHEAT PANCAKES<br>BAKED APPLES<br>* MILK   | WHOLE GRAIN ENGLISH MUFFIN<br>STRAWBERRY HALVES<br>* MILK   | MULTI GRAIN CERRIOS<br>100% ORANGE JUICE<br>*MILK                                   | WHOLE WHEAT BAGEL<br>FRUIT COCKTAIL<br>* 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 |
| <b>LUNCH</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk              | BEEF MEATBALL SUBS<br>MULTIGRAIN BUN<br>SLICED PEACHES<br>TOSSED SALAD<br>* MILK   | EXTRA CHEESE MINI PIZZA<br>WHOLE WHEAT ENGLISH MUFFIN<br>WATERMELON CHUNKS<br>SWEET PEAS<br>*MILK | ROASTED TURKEY<br>WHOLE WHEAT ROLLS<br>APPLESAUCE<br>BLACKEYE PEAS<br>* MILK        | SLICED HONEY HAM<br>WHOLE WHEAT CLUB CRACKERS<br>_RED APPLE SLICES<br>CUCUMBER SLICES<br>* 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 |
| <b>DINNER</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk             | GRILLED CHICKEN<br>WHOLE WHEAT BREAD<br>GREEN BEANS<br>FRUIT COCKTAIL<br>*MILK   | SLICED HAM WRAP<br>WHOLE WHEAT TORTILLA<br>PINEAPPLE CHUNKS<br>CARROT STICKS<br>* MILK            | ROAST BEEF SLIDER<br>WHOLE WHEAT SLIDER BUN<br>TATOR TOTS<br>STEAMED CORN<br>* MILK | GROUND BEEF & BROWN RICE<br>LETTUCE WRAP TACO<br>MANGO CHUNCKS<br>ZESTY CORN<br>* 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 |
| <b>EVENING SNACK</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk<br>TWO COMPONENTS | WHOLE GRAIN RICE CAKES<br>BANANA SLICES<br>WATER   | TURKEY HOTDOG<br>WHOLE WHEAT BUN<br>WATER   | ENRICHED TORTILLA CHIPS<br>HOMEMADE SALSA<br>WATER                                  | LOWFAT GREEK YOGURT<br>ENRICHED ANIMAL CRACKERS<br>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. |   |   |   |                                      |