

Harvest of the month: Apples



					Friday 9/1/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					WHOLE WHEAT MINI BAGEL FRUIT COCKTAIL *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS					MULTI GRAIN RICE CAKES SLICED PEACHES WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					CHICKEN FILET SANDWICH WHOLE WHEAT BUN WATERMELON BROCCOLI FLORETS *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS					ENRICHED GRAHAM CRACKERS BANANA WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					LETTUCE TACO WRAP GROUND BEEF ENRICHED BROWN RICE MANGO CHUNKS ZESTY CORN * MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS					ENRICHED ANIMAL CRACKERS CARROT STICKS 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 Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.					

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	Monday 9/4/23	Tuesday 9/5/23	Wednesday 9/6/23	Thursday 9/7/23	Friday 9/8/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED SAUSAGE/EGG BISCUIT RASPBERRIES *MILK	WHOLE WHEAT BAGEL ORANGE SMILES (SLICES) *MILK	MULTI GRAIN CEREAL GREEN APPLE SLICES *MILK	WHOLE WHEAT WAFFLE STICKS TATOR TOTS *MILK	MULTI GRAIN CHEERIOS BANANAS *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
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	TURKEY PINWHEEL WHOLE WHEAT TORTILLA WATER	ENRICHED BISCUITS W/GRAVY SAUSAGE PATTY WATER	FRUIT PIZZA W/CREAM CHEESE WHOLE GRAIN ENGLISH MUFFIN STRAWBERRY HALVES WATER	YOGURT PARFAIT LOW FAT YOGURT WHOLE GRAIN OATS BLUEBERRIES WATER	WHOLE GRAIN TRISCUIT CRACKERS BOILED EGG HALVES WATER
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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED SHRIMP ENRICHED GRITS WARMED TOMATOES GRILLED PEACHES *MILK	NATIONAL CHEESE PIZZA DAY HOMEMADE XTRA CHEESSY PIZZA WHOLE WHEAT CRUST FRUIT COCKTAIL SWEET PEAS *MILK	ROAST BEEF & SWISS SUB WHOLE WHEAT SUB ROLL SLICED PEARS BABY CARROTS * MILK	CHICKEN NUGGETS WHOLE WHEAT ROLL PLUMS ROASTED BRUSSELL SPROUTS *MILK	BLACK BEAN BURGER WHOLE WHEAT BURGER BUN HONEYDEW MELON SWEET POTATO FRIES *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	ENRICHED CLUB CRACKERS VEGETABLE SOUP WATER	GREEK YOGURT CUCUMBER SALAD WATER	ENRICHED ENGLISH MUFFIN RAISINS WATER	WHOLE GRAIN RICE CAKE 100% FRUIT PUNCH JUICE WATER	WHOLE WHEAT GOLDFISH CELERY STICKS W/DIP WATER
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	GRILLED CHICKEN KABOBS ENRICHED HAWAIIAN BREAD APRICOTS ZUCHINNI *MILK	HONEY HAM WHOLE WHEAT BREADSTICK APPLE SLICES MIXED VEGETABLES * MILK	GROUND TURKEY ENRICHED RICE PILAF GREEN & RED BELL PEPPERS LIMA BEANS * MILK	NATIONAL ACORN SQUASH DAY FISH STICKS ENRICHED CORNBREAD ROASTED ACORN SQUASH COLLARD GREENS *MILK	BEEF SPAGHETTI WHOLE GRAIN PASTA FRESH PINEAPPLE TOSSED 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
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED PRETZELS PEAR STICKS WATER	WHOLE GRAIN RICH TOAST PEANUT/SOY/WOW BUTTER WATER	WHOLE GRAIN PITA CHIPS GUACAMOLE DIP WATER	WHOLE WHEAT RITZ CRACKERS CHEDDAR CHEESE SHAPES WATER	SUGAR SNAP PEAS APPLE SLICES WATER
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
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	Monday 9/11/23	Tuesday 9/12/23	Wednesday 9/13/23	Thursday 9/14/23	Friday 9/15/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT MINI BAGEL RASPBERRIES *MILK	WHOLE GRAIN FRENCH TOAST PEAR HALVES *MILK	AUTUMN EGG & HAM BITES-National CACFP Sponsors Association AUTUMN EGG & HAM BITE SPINACH *MILK	ENRICHED CHEX CEREAL APRICOT HALVES *MILK	ENRICHED CREAM OF WHEAT FRESH BLUEBERRIES *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
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ANTS ON A LOG PEANUT/SOY/WOW BUTTER CELERY STICKS RAISINS WATER	CHICKEN SALAD ENRICHED SALTINE CRACKERS WATER	ENRICHED PITA POCKET HUMMUS/SHREDDED CARROTS WATER	WHOLE GRAIN SUN CHIPS 100% APPLE JUICE WATER	WHOLE GRAIN RICE CAKES PEACHES 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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOMEMADE MAC & CHEESE WHOLE WHEAT NOODLES RED APPLE SLICES GREEN BEANS *MILK	SLICED TURKEY PANINI WHOLE WHEAT SUB ROLL GRAPES (CUT APPROPRIATELY) SWEET PEAS *MILK	FISH FILET SANDWICH WHOLE GRAIN BUN ORANGE SMILES (SLICES) FRENCH FRIES * MILK	ROASTED HAM SLIDERS ENRICHED HAWAIIAN ROLL PINEAPPLE CHUNKS SWEET PEPPER STRIPS *MILK	NATIONAL CHEESE TOAST DAY EXTRA CHEDDAR CHEESE WHOLE WHEAT TOAST STRAWBERRIES TOSSED SALAD *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	PEACH & YOGURT SMOOTHIE ENRICHED ANIMAL CRACKERS WATER	WHOLE GRAIN TRAIL MIX WHEAT CHEX, RAISINS WATER	WHOLE GRAIN SUNCHIPS GRAPE HALVES WATER	ROASTED SWEET POTATO STICKS HUMMUS WATER	ENRICHED CHEERIOS 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	TURKEY MEATBALLS WHOLE GRAIN PASTA HONEYDEW MELON MIXED VEGETABLES *MILK	BEEF & CHEESE NACHOS ENRICHED TORTILLA CHIPS APPLE SLICES ZESTY CORN * MILK	FISH STICKS WHOLE WHEAT BREAD WATERMELON POTATO SALAD * MILK	BBQ PORK SANDWICH WHOLE WHEAT BUN FRUIT COCKTAIL SAUTEED SPINACH *MILK	BEEF LO-MEIN WHOLE GRAIN NOODLES ORANGE SLICES STIR FRY VEGGIES * 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 PRETZELS APPLESAUCE WATER	WHOLE GRAIN SUNCHIPS PLUMS WATER	ENRICHED CHEESE CRACKERS WATERMELON STRIPS WATER	ENRICHED GRAHAM CRACKERS PEARS WATER	PEANUT/SOY/WOW BUTTER & JELLY WHOLE WHEAT BREAD 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
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	Monday 9/18/23	Tuesday 9/19/23	Wednesday 9/20/23	Thursday 9/21/23	Friday 9/22/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED BISCUITS W/GRAVY SAUSAGE PATTY ORANGE SLICES <input type="checkbox"/> Whole Grain	ENRICHED CREAM OF WHEAT PLUMS *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN MINI PANCAKES APPLE SLICES *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT MINI BAGEL RASPBERRIES *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN FRENCH TOAST PEAR HALVES *MILK <input type="checkbox"/> Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	AVOCADO EGG SALAD SANDWICH EGGS WHOLE WHEAT TOAST AVOCADO WATER <input type="checkbox"/> Whole Grain	TURKEY & CHEESE CUBES WHOLE WHEAT SESAME STICKS WATER <input type="checkbox"/> Whole Grain	YOGURT PARFAIT LOW FAT YOGURT WHOLE GRAIN CHEERIOS BLUEBERRIES WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN RICE CAKES WATERMELON STRIPS WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT PIZZA PITA (MOZZARELLA, PEPPERONI) WATER <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN SALAD WHOLE WHEAT BREAD STRAWBERRIES CELERY STICKS *MILK <input type="checkbox"/> Whole Grain	BAKED SHRIMP ENRICHED GRITS GRILLED PEACHES GRILLED TOMATOES *MILK <input type="checkbox"/> Whole Grain	NATIONAL FRIED RICE DAY TERIYAKI CHICKEN ENRICHED FRIED RICE FRUIT COCKTAIL GARLIC BROCCOLI * MILK <input type="checkbox"/> Whole Grain	SAVORY TUNA & CHEESE SUB WHOLE WHEAT SUB ROLL APRICOT HALVES SWEET PEAS *MILK <input type="checkbox"/> Whole Grain	FISH FILET SANDWICH WHOLE GRAIN BUN GREEN BEANS FRENCH FRIES *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN CHEEZ-ITS PEARS WATER <input type="checkbox"/> Whole Grain	ENRICHED TORTILLA CHIPS HOMEMADE SALSA WATER <input type="checkbox"/> Whole Grain	CURRY ROASTED CAULIFLOWER HONEYDEW MELON WATER <input type="checkbox"/> Whole Grain	BANANA SUSHI ROLL WOW/SOY/PEANUT BUTTER WHOLE WHEAT TORTILLA BANANA SUSHI ROLL WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN RICE CRISPS MOZZARELLA STRING CHEESE WATER <input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	NATIONAL CHEESEBURGER DAY CHEESEBURGER WHOLE WHEAT BUN BAKED BEANS SWEET POTATO FRIES *MILK <input type="checkbox"/> Whole Grain	HOMEMADE MAC & CHEESE WHOLE WHEAT NOODLES RED APPLE SLICES CARROT STICKS * MILK <input type="checkbox"/> Whole Grain	TURKEY GROUND SPAGHETTI WHOLE WHEAT NOODLES ORANGE SMILES (SLICES) STEAMED CORN * MILK <input type="checkbox"/> Whole Grain	FISH STICKS WHOLE WHEAT BREADSTICKS PINEAPPLE COLESLAW *MILK <input type="checkbox"/> Whole Grain	CHICKEN NUGGETS WHOLE WHEAT BREAD STICK BLUEBERRIES MIXED VEGETABLES * MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN SALTINE CRACKERS HM CHICKEN NOODLE SOUP WATER <input type="checkbox"/> Whole Grain	ENRICHED ANIMAL CRACKERS HONEYDEW MELON WATER <input type="checkbox"/> Whole Grain	ENRICHED RITZ CRACKERS CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT TOAST EGG SALAD WATER <input type="checkbox"/> Whole Grain	FRUIT & VEGGIE CUP ENRICHED PRETZELS SICKS PINEAPPLE STICKS WATER <input type="checkbox"/> Whole Grain
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	Monday 9/25/23	Tuesday 9/26/23	Wednesday 9/27/23	Thursday 9/28/23	Friday 9/29/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED SAUSAGE/EGG BISCUIT TATOR TOTS *MILK <input type="checkbox"/> Whole Grain	CATERPILLAR PANCAKES NATIONAL PANCAKE DAY WHOLE GRAIN PANCAKES STRAWBERRIES *MILK <input type="checkbox"/> Whole Grain	MULTI GRAIN CEREAL BANANA *MILK <input type="checkbox"/> Whole Grain	<input type="checkbox"/> THURSDAY 9/28/23 BREAKFAST TORTILLA WHOLE GRAIN TORTILLA SCRAMBLED EGGS HM VEGGIE SALSA *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN MAPLE OATMEAL RASPBERRIES *MILK <input type="checkbox"/> Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN TRISCUIT CRACKERS BOILED EGG HALVES WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT BAGEL BLUEBERRIES WATER <input type="checkbox"/> Whole Grain	ENRICHED BISCUITS W/GRAVY SAUSAGE PATTY WATER <input type="checkbox"/> Whole Grain	FRUIT PIZZA W/CREAM CHEESE WHOLE GRAIN ENGLISH MUFFIN PEACHES WATER <input type="checkbox"/> Whole Grain	ENRICHED GRITS ORANGE SMILES (SLICES) WATER <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	NATIONAL QUESADILLA DAY CHEDDAR CHEESE WHOLE WHEAT TORTILLA FRUIT COCKTAIL ZESTY CORN *MILK <input type="checkbox"/> Whole Grain	GROUND BEEF SLOPEY JOE WHOLE WHEAT BUN APRICOT HALVES SAUTEED GREEN BEANS *MILK <input type="checkbox"/> Whole Grain	CRABBY SANDWICH CRABBY SANDWICH ENRICHED CROISSANT GREEN APPLE SLICES BROCCOLI SLAW * MILK <input type="checkbox"/> Whole Grain	SAVORY TUNA FISH ENRICHED FRENCH BREAD GROOVY GRAPES SWEET PEAS *MILK <input type="checkbox"/> Whole Grain	HEALTHY CHICKEN N WAFFLES BAKED CHICKEN WHOLE GRAIN WAFFLES CINNAMON APPLESAUCE GRILLED VEGETABLES *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE WHEAT CHEESE TOAST KIWI WATER <input type="checkbox"/> Whole Grain	CRISPY ROASTED CHICKPEAS WHOLE GRAIN CRACKERS WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN CHEEZ-ITS KIWI WATER <input type="checkbox"/> Whole Grain	YOGURT WHOLE GRAIN RICE CRISPS WATER <input type="checkbox"/> Whole Grain	FISH SWIMMING IN SOUP ENRICHED GOLDFISH TOMATO BISQUE SOUP WATER <input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN NUGGETS WHOLE WHEAT ROLL CANTALOUPE OVEN BAKED KALE *MILK <input type="checkbox"/> Whole Grain	EXTRA CHEESE QUESADILLA WHOLE WHEAT TORTILLA ORANGE SLICES REFRIED PINTO BEANS * MILK <input type="checkbox"/> Whole Grain	BAKED FISH FILLET WHOLE WHEAT ROLL APPLE RAISIN SALAD CORN ON THE COB * MILK <input type="checkbox"/> Whole Grain	BEEF BURRITO BOWL ENRICHED BROWN RICE WATERMELON SHAPES HOMEMADE PICO DE GALLO *MILK <input type="checkbox"/> Whole Grain	HOMEMADE XTRA CHEESSY PIZZA WHOLE WHEAT CRUST PINEAPPLE SLICES BABY CARROTS * MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	SMART POPCORN GREEN APPLE SLICES WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN TRAIL MIX WHOLE WHEAT CHEX, RAISINS WATER <input type="checkbox"/> Whole Grain	CHEESE PINWHEELS WHOLE GRAIN TORTILLA WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN SESAME STICKS PEARS WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN RICE CAKE CELERY STICKS W/RANCH WATER <input type="checkbox"/> Whole Grain
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