| | | | | | Friday 9/1/23 |
|----------------------------------|---------------|-------------|-------------|-------------|--|
| EAKFAST | | | | | |
| ole Grain/Grain Alternate | | | | | WHOLE WHEAT MINI BAGEL |
| etable or Fruit d Milk | | | | | FRUIT COCKTAIL *MILK |
| | | | | | MILK |
| | | | | | U Whole Grain |
| SNACK | | | | | |
| at/Meat Alternate | | | | | MULTI GRAIN RICE CAKES |
| ole Grain/Grain Alternate | | | | | SLICED PEACHES |
| getable or Fruit | | | | | |
| iid Milk VO COMPONENTS | | | | | WATER |
| | | | | | |
| NCH | | | | | CHICKEN FILET SANDWICH |
| eat/Meat Alternate | | | | | WHOLE WHEAT BUN |
| getable or Fruit | | | | | WATERMELON |
| getable getable | | | | | BROCCOLI FLORETS |
| id Milk | | | | | *MILK |
| | | | | | 🗌 Whole Grain |
| N SNACK | | | | | |
| eat/Meat Alternate | | | | | ENRICHED GRAHAM CRACKER |
| ole Grain/Grain Alternate | | | | | BANANA |
| getable or Fruit | | | | | |
| uid Milk | | | | | WATER |
| VO COMPONENTS | | | | | 🗌 Whole Grain |
| INNER | | | | | LETTUCE TACO WRAP |
| at/Meat Alternate | | | | | GROUND BEEF |
| ole Grain/Grain Alternate | | | | | ENRICHED BROWN RICE |
| getable or Fruit | | | | | MANGO CHUNCKS |
| getable | | | | | ZESTY CORN |
| id Milk | | | | | * MILK |
| | | | | | Whole Grain |
| ENING SNACK at/Meat Alternate | | | | | |
| ole Grain/Grain Alternate | | | | | ENRICHED ANIMAL CRACKER CARROT STICKS |
| getable or Fruit | | | | | |
| uid Milk | | | | | WATER |
| VO COMPONENTS | U Whole Grain | Whole Grain | Whole Grain | Whole Grain | U Whole Grain |









| | 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 | ENRICHED SAUSAGE/EGG BISCUIT | WHOLE WHEAT BAGEL | MULTI GRAIN CEREAL | WHOLE WHEAT WAFFLE STICKS | MULTI GRAIN CHEERIOS |
| Vegetable or Fruit | RASPBERRIES | ORANGE SMILES (SLICES) | GREEN APPLE SLICES | TATOR TOTS | BANANAS |
| Fluid Milk | *MILK | *MILK | *MILK | *MILK | *MILK |
| | MILK | MEER | MEER | MEER | MILK |
| | 🗌 Whole Grain | □ Whole Grain | 🗌 Whole Grain | 🗌 Whole Grain | □ Whole Grain |
| AM SNACK | | | FRUIT PIZZA W/CREAM CHEESE | YOGURT PARFAIT | |
| Meat/Meat Alternate | TURKEY PINWHEEL | ENRICHED BISCUITS W/GRAVY | WHOLE GRAIN ENGLISH MUFFIN | LOW FAT YOGURT | WHOLE GRAIN TRISCUIT CRACKERS |
| Whole Grain/Grain Alternate | WHOLE WHEAT TORTILLA | SAUSAGE PATTY | STRAWBERRY HALVES | WHOLE GRAIN OATS | BOILED EGG HALVES |
| Vegetable or Fruit | | | | BLUEBERRIES | |
| Fluid Milk | WATER | WATER | WATER | WATER | WATER |
| TWO COMPONENTS | 🗌 Whole Grain | □ Whole Grain | Whole Grain | Whole Grain | U Whole Grain |
| LUNCH | | NATIONAL CHEESE PIZZA DAY | | | |
| Meat/Meat Alternate | BAKED SHRIMP | HOMEMADE XTRA CHEESSYY PIZZA | ROAST BEEF & SWISS SUB | CHICKEN NUGGETS | BLACK BEAN BURGER |
| Whole Grain/Grain Alternate | ENRICHED GRITS | WHOLE WHEAT CRUST | WHOLE WHEAT SUB ROLL | WHOLE WHEAT ROLL | WHOLE WHEAT BURGER BUN |
| Vegetable or Fruit | WARMED TOMATOES | FRUIT COCKTAIL | SLICED PEARS | PLUMS | HONEYDEW MELON |
| Vegetable | GRILLED PEACHES | SWEET PEAS | BABY CARROTS | ROASTED BRUSSELL SPROUTS | SWEET POTATO FRIES |
| Fluid Milk | *MILK | *MILK | * MILK | *MILK | *MILK |
| | 🗌 Whole Grain | ☐ Whole Grain | Whole Grain | □ Whole Grain | □ Whole Grain |
| PM SNACK | | | | | |
| Meat/Meat Alternate | ENRICHED CLUB CRACKERS | GREEK YOGURT | ENRICHED ENGLISH MUFFIN | WHOLE GRAIN RICE CAKE | WHOLE WHEAT GOLDFISH |
| Whole Grain/Grain Alternate | VEGETABLE SOUP | CUCUMBER SALAD | RAISINS | 100% FRUIT PUNCH JUICE | CELERY STICKS W/DIP |
| Vegetable or Fruit | | | | | |
| Fluid Milk | WATER | WATER | WATER | WATER | WATER |
| TWO COMPONENTS | Whole Grain | U Whole Grain | □ Whole Grain | □ Whole Grain | □ Whole Grain |
| DINNER | | | | NATIONAL ACORN SQUASH DAY | |
| Meat/Meat Alternate | GRILLED CHICKEN KABOBS | HONEY HAM | GROUND TURKEY | FISH STICKS | BEEF SPAGHETTI |
| Whole Grain/Grain Alternate | ENRICHED HAWAIAN BREAD | WHOLE WHEAT BREADSTICK | ENRICHED RICE PILAF | ENRICHED CORNBREAD | WHOLE GRAIN PASTA |
| Vegetable or Fruit | APRICOTS | APPLE SLICES | GREEN & RED BELL PEPPERS | ROASTED ACORN SQUASH | FRESH PINEAPPLE |
| Vegetable | ZUCHINNI | MIXED VEGETABLES | LIMA BEANS | COLLARD GREENS | TOSSED SALAD |
| Fluid Milk | *MILK | * MILK | * MILK | *MILK | * MILK |
| | 🗌 Whole Grain | □ Whole Grain | 🗌 Whole Grain | Whole Grain | U Whole Grain |
| EVENING SNACK | | | | | |
| Meat/Meat Alternate | ENRICHED PRETZELS | WHOLE GRAIN RICH TOAST | WHOLE GRAIN PITA CHIPS | WHOLE WHEAT RITZ CRACKERS | SUGAR SNAP PEAS |
| Whole Grain/Grain Alternate | PEAR STICKS | PEANUT/SOY/WOW BUTTER | GUACAMOLE DIP | CHEDDAR CHEESE SHAPES | APPLE SLICES |
| Vegetable or Fruit | | | | | |
| Fluid Milk | WATER | WATER | WATER | WATER | WATER |
| TWO COMPONENTS | 🗌 Whole Grain | □ Whole Grain | 🗌 Whole Grain | Whole Grain | 🗌 Whole Grain |
| | * 0 11 1 | Unflavored Whole Milk. Two years o | | | |





| Monday 9/11/23 Tuesday 9/12/23 Wednesday 9/13/23 Thursday 9/14/23 Friday 9/15/23 SREAKFAST Whole Grain/Grain Alternate WHOLE WHEAT MINI BAGEL WHOLE GRAIN FRENCH TOAST AUTUMN EGG A HAM BITES-Mailonal CACPE Sponsora Association ENRICHED CHEX CEREAL ENRICHED CHE |
|--|
| SREAR AS I Whole Grain/Grain Alternate WHOLE WHEAT MINI BAGEL WHOLE GRAIN FRENCH TOAST AUTUMN EG6 & HAM BITE ENRICHED CHEX CEREAL BRICHED CHEX CEREAL BRICHES CHEX CHEX CHEX CEREAR |
| Whole Grain/Grain Alternate (septable or Fruit) WHOLE WHEAT MINI BAGEL RASPBERRIES WHOLE GRAIN FRENCH TOAST FEAR HALVES AUTUMN EGG & HAM BITE STINACH ENRICHED CHEX CEREAL APRICOT HALVES ENRICHED CHEX CHEX CEREAL APRICOT HALVES ENRICHED CHEX CEREAL APRICOT HALVES ENRICHED |
| "MILK "MILK <th< td=""></th<> |
| "MILK MILK MILK MILK MILK MILK MILK MILK Whole Grain Whole Grain <td< td=""></td<> |
| AM SNACK ANTS ON A LO6 CHICKEN SALAD CHICKEN SALAD ENRICHED PITA POCKET WHOLE GRAIN SUN CHIPS Whole Grain/Grain Alternate PEANUT/SOY/WOW BUTTER CHICKEN SALAD ENRICHED PITA POCKET WHOLE GRAIN SUN CHIPS WHOLE GRAIN RICE CAKES Viegetable or Fruit RAISINS WATER WATER WATER WATER WATER WO COMPONENTS Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain LUNCH Whole Grain Whole Grain SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEEDBAR CHEESE WHOLE WHEAT NOODLES SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEEDBAR CHEESE Whole Grain Alternate WHOLE WHEAT NOODLES SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEEDBAR CHEESE Whole Grain Alternate WHOLE WHEAT NOODLES GRAPES (CUT APPROPRIATELY) ORANGE SMILES (SLICES) SWEET PEPAS STRAWBERRIES TOSSED SALAD "Wulk Milk *MILK *M |
| AM SNACK ANTS ON A LO6 CHICKEN SALAD CHICKEN SALAD ENRICHED PITA POCKET WHOLE GRAIN SUN CHIPS Whole Grain/Grain Alternate PEANUT/SOY/WOW BUTTER CHICKEN SALAD ENRICHED PITA POCKET WHOLE GRAIN SUN CHIPS WHOLE GRAIN RICE CAKES Viegetable or Fruit RAISINS WATER WATER WATER WATER WATER WO COMPONENTS Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain LUNCH Whole Grain Whole Grain SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEEDBAR CHEESE WHOLE WHEAT NOODLES SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEEDBAR CHEESE Whole Grain Alternate WHOLE WHEAT NOODLES SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEEDBAR CHEESE Whole Grain Alternate WHOLE WHEAT NOODLES GRAPES (CUT APPROPRIATELY) ORANGE SMILES (SLICES) SWEET PEPAS STRAWBERRIES TOSSED SALAD "Wulk Milk *MILK *M |
| Weat/Meat Alternate PEANUT/SOY/WOW BUTTER CHICKEN SALAD ENRICHED PITA POCKET WHOLE GRAIN SUN CHIPS WHOLE GRAIN RICE CAKES Vibile Grain/Grain Alternate CELERY STICKS RAISINS WATER |
| Whole Grain/Grain Alternate /egetable or Fruit CELERY STICKS RAISINS ENRICHED SALTINE CRACKERS HUMMUS/SHREDDED CARROTS 100% APPLE JUICE PEACHES "luid Milk WATER WATER WATER WATER WATER WATER "luid Milk WATER WATER WATER WATER WATER WATER UNCH Whole Grain Whole Grain Whole Grain Whole Grain NATIONAL CHEESE TOAST DA UNCH HomeMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS ENRICHED HAW ALLAR CHEESE TOAST DA Whole Grain/Grain Alternate HOMEMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS ENRICHED HAW ALLAR CHEESE TOAST DA Vhole Grain/Grain Alternate HOMEMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS ENRICHED ANZIAR CHEESE (egetable or Fruit GREEN BEANS SWEET PEAS FRENCH FRIES SWEET PEPPER STRIPS STAWBERRIES "luid Milk *MILK *MILK *MILK *MILK *MILK *MILK "Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain |
| Regetable or Fruit RAISINS WATER WATER WATER WATER WATER WATER WATER Fluid Milk WATER Whole Grain NATIONAL CHEESE TOAST DA JUNCH HOMEMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEDDAR CHEESE TOAST DA Vegetable or Fruit HOMEMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEDDAR CHEESE TOAST DA Vegetable or Fruit HOMEMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEDDAR CHEESE TOAST DA Vegetable or Fruit HOMEMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEDDAR CHEESE Vegetable or Fruit GRAPES (CLT APPROPRIATELY) ORANGE SMILES (SLICES) FRENCH FRIES SWEET PEPPER STRIPS STRAWBERRIES Vidid Milk *MILk *MILk *MILK *MILK *MILK *MILK *Mole Grain Whole Grain Whole Grain Whole Grain Whole Grain *MSACK Whole Grain Alternate PEACH & YOGURT SMOOTHIE |
| Huid Milk WATER WATER WATER WATER WATER WATER WATER COORDONENTS Whole Grain NATIONAL CHEESE TOAST DA LUNCH HOMEMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEDDAR CHEESE Whole Grain/Grain Alternate HOMEMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEDDAR CHEESE Vegetable or Fruit HOMEMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEDDAR CHEESE Vegetable WHOLE WHEAT NOODLES RED APPLE SLICES SWEET PEAS FRENCH FRIES SWEET PEPPER STRIPS STRAWBERRIES STRAWBERRIES Vegetable GREEN BEANS *MILK *MILK< |
| TWO COMPONENTS Whole Grain Whole Grain Whole Grain Whole Grain NATIONAL CHEESE TOAST DA JUNCH HOMEMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEDDAR CHEESE Whole Grain/Grain Alternate HOMEMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEDDAR CHEESE Whole Grain/Grain Alternate WHOLE WHEAT NOODLES WHOLE WHEAT SUB ROLL WHOLE GRAIN BUN ENRICHED HAWAIIAN ROLL WHOLE WHEAT TOAST /egetable GREEN BEANS SWEET PEAS FRENCH FRIES SWEET PEPPER STRIPS TOSSED SALAD * MILK * MILK * MILK * MILK * MILK * MILK Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain PM SNACK Whole Grain WHOLE GRAIN TRAIL MIX WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS Whole Grain/Grain Alternate PEACH & YOGURT SMOOTHIE WHOLE GRAIN TRAIL MIX WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS Whole Grain/Grain Alternate PEACH & YOGURT SMOOTHIE WHOLE GRAIN TRAIL MIX WHOLE GRAIN SUNCHIPS GRAPE |
| LUNCH HOMEMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS NATIONAL CHEESE TOAST DA Weat/Meat Alternate HOMEMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEDDAR CHEESE Whole Grain/Grain Alternate WHOLE WHEAT NOODLES SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEDDAR CHEESE Vegetable GREEN BEANS SWEET PEAS SWEET PEAS FRENCH FRIES SWEET PEPPER STRIPS TOSSED SALAD *MILK Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain *M SNACK PEACH & YOGURT SMOOTHIE WHOLE GRAIN TRAIL MIX WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS Whole Grain/Grain Alternate VHOLE ANIMAL CRACKERS WHEAT CHEX, RAISINS WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS |
| Meat/Meat Alternate HOMEMADE MAC & CHEESE SLICED TURKEY PANINI FISH FILET SANDWICH ROASTED HAM SLIDERS EXTRA CHEDDAR CHEESE Whole Grain/Grain Alternate WHOLE WHEAT NOODLES RED APPLE SLICES SLICED TURKEY PANINI HUMEAT SUB ROLL GRAPES (CUT APPROPRIATELY) ORANGE SMILES (SLICES) FISH FILET SANDWICH PINEAPPLE CHUNKS STRAWBERRIES Vegetable GREEN BEANS SWEET PEAS FRENCH FRIES SWEET PEPPER STRIPS TOSSED SALAD *MILK *MILK *MILK Mhole Grain Whole Grain Whole Grain Whole Grain Whole Grain *M SNACK Weat/Meat Alternate PEACH & YOGURT SMOOTHIE WHOLE GRAIN TRAIL MIX WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS Whole Grain/Grain Alternate VHOLE ANIMAL CRACKERS WHEAT CHEX, RAISINS WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS BANANA BANANA BANANA BANANA BANANA BANANA |
| Whole Grain/Grain Alternate WHOLE WHEAT NOODLES WHOLE WHEAT SUB ROLL WHOLE WHEAT SUB ROLL GRAPES (CUT APPROPRIATELY) WHOLE GRAIN BUN ENRICHED HAWAIIAN ROLL WHOLE WHEAT TOAST Vegetable GREEN BEANS SWEET PEAS FRENCH FRIES SWEET PEPPER STRIPS STRAWBERRIES Fluid Milk Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain/Grain Alternate PEACH & YOGURT SMOOTHIE WHOLE GRAIN TRAIL MIX WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS Vhole Grain/Grain Alternate VHOLE ON Fruit WHOLE GRAIN TRAIL MIX WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS Vhole Grain/Grain Alternate VHOLE ON Fruit WHOLE GRAIN TRAIL MIX WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS Vhole Grain/Grain Alternate VHOLE ON Fruit WHOLE GRAIN TRAIL MIX WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS Vhole Grain/Grain Alternate VHOLE ON Fruit WHOLE GRAIN TRAIL MIX WHOLE GRAIN SUNCHIPS BANANA |
| //ggetable or Fruit RED APPLE SLICES GRAPES (CUT APPROPRIATELY) ORANGE SMILES (SLICES) PINEAPPLE CHUNKS STRAWBERRIES //ggetable GREEN BEANS SWEET PEAS FRENCH FRIES SWEET PEPPER STRIPS TOSSED SALAD *MILK Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain PACH & YOGURT SMOOTHIE WHOLE GRAIN TRAIL MIX WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS //ggetable or Fruit PEACH & YOGURT SMOOTHIE WHOLE GRAIN TRAIL MIX WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS |
| GREEN BEANS SWEET PEAS FRENCH FRIES SWEET PEPPER STRIPS TOSSED SALAD *MILk MILk *MILk |
| Fluid Milk * MILK * MILK * MILK * MILK * MILK Image: Whole Grain |
| Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain PM SNACK PEACH & YOGURT SMOOTHIE WHOLE GRAIN TRAIL MIX WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS Whole Grain/Grain Alternate PEACH & YOGURT SMOOTHIE WHOLE GRAIN TRAIL MIX WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS Vhole Grain/Grain Alternate PEACH & YOGURT SMOOTHIE WHEAT CHEX, RAISINS WHOLE GRAIN SUNCHIPS ROASTED SWEET POTATO STICKS ENRICHED CHEERIOS |
| PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit PEACH & YOGURT SMOOTHIE ENRICHED ANIMAL CRACKERS WHEAT CHEX, RAISINS WHEAT CHEX, RAISINS WHEAT CHEX, RAISINS WHEAT CHEX, RAISINS WHEAT CHEX, RAISINS WHEAT CHEX, RAISINS WHEAT CHEX, RAISINS WHOLE GRAIN SUNCHIPS GRAPE HALVES HUMMUS BANANA |
| Meat/Meat Alternate Whole Grain/Grain Alternate /egetable or Fruit |
| Whole Grain/Grain Alternate ENRICHED ANIMAL CRACKERS WHEAT CHEX, RAISINS GRAPE HALVES HUMMUS BANANA /egetable or Fruit Environment < |
| /egetable or Fruit |
| |
| |
| Fluid Milk WATER WATER WATER WATER WATER WATER |
| TWO COMPONENTS 🗌 Whole Grain 🗌 Whole Grain 🗌 Whole Grain 🗌 Whole Grain |
| DINNER |
| Aeat/Meat Alternate TURKEY MEATBALLS BEEF & CHEESE NACHOS FISH STICKS BBQ PORK SANDWICH BEEF LO-MEIN |
| Whole Grain/Grain Alternate WHOLE GRAIN PASTA ENRICHED TORTILLA CHIPS WHOLE WHEAT BREAD WHOLE WHEAT BUN WHOLE GRAIN NOODLES |
| /egetable or Fruit HONEYDEW MELON APPLE SLICES WATERMELON FRUIT COCKTAIL ORANGE SLICES |
| /egetable MIXED VEGETABLES ZESTY CORN POTATO SALAD SAUTEED SPINACH STIR FRY VEGGIES |
| Fluid Milk * MILK * MILK * MILK * MILK * MILK |
| Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain |
| EVENING SNACK |
| Meat/Meat Alternate ENRICHED PRETZELS WHOLE GRAIN SUNCHIPS ENRICHED CHEESE CRACKERS ENRICHED GRAHAM CRACKERS PEANUT/SOY/WOW BUTTER & JEL |
| Whole Grain/Grain Alternate APPLESAUCE PLUMS WATERMELON STRIPS PEARS WHOLE WHEAT BREAD |
| legetable or Fruit |
| |
| Fluid Milk WATER WATER WATER WATER WATER WATER |
| Fluid Milk WATER WATER WATER WATER TWO COMPONENTS Whole Grain |





| | 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 | ENRICHED BISCUITS W/GRAVY | ENRICHED CREAM OF WHEAT | WHOLE GRAIN MINI PANCAKES | WHOLE WHEAT MINI BAGEL | WHOLE GRAIN FRENCH TOAST |
| Vegetable or Fruit | SAUSAGE PATTY | PLUMS | APPLE SLICES | RASPBERRIES | PEAR HALVES |
| Fluid Milk | ORANGE SLICES | *MILK | *MILK | *MILK | *MILK |
| | | | | | |
| | U Whole Grain | 🗌 Whole Grain | ☐ Whole Grain | 🗌 Whole Grain | 🗌 Whole Grain |
| AM SNACK | AVOCADO EGG SALAD SANDWICH | | YOGURT PARFAIT | | |
| Meat/Meat Alternate | EGGS | TURKEY & CHEESE CUBES | LOW FAT YOGURT | WHOLE GRAIN RICE CAKES | WHOLE WHEAT PIZZA PITA |
| Whole Grain/Grain Alternate | WHOLE WHEAT TOAST | WHOLE WHEAT SESAME STICKS | WHOLE GRAIN CHEERIOS | WATERMELON STRIPS | (MOZZARELLA, PEPPERONI) |
| Vegetable or Fruit | AVOCADO | | BLUEBERRIES | | |
| Fluid Milk | WATER | WATER | WATER | WATER | WATER |
| TWO COMPONENTS | 🗌 Whole Grain | 🗌 Whole Grain | ☐ Whole Grain | Whole Grain | Whole Grain |
| LUNCH | | | NATIONAL FRIED RICE DAY | | |
| Meat/Meat Alternate | CHICKEN SALAD | BAKED SHRIMP | TERIYAKI CHICKEN | SAVORY TUNA & CHEESE SUB | FISH FILET SANDWICH |
| Whole Grain/Grain Alternate | WHOLE WHEAT BREAD | ENRICHED GRITS | ENRICHED FRIED RICE | WHOLE WHEAT SUB ROLL | WHOLE GRAIN BUN |
| Vegetable or Fruit | STRAWBERRIES | GRILLED PEACHES | FRUIT COCKTAIL | APRICOT HALVES | GREEN BEANS |
| Vegetable | CELERY STICKS | GRILLED TOMATOES | GARLIC BROCCOLI | SWEET PEAS | FRENCH FRIES |
| Fluid Milk | *MILK | *MILK | * MILK | *MILK | *MILK |
| | 🗌 Whole Grain | 🗌 Whole Grain | □ Whole Grain | □ Whole Grain | 🗌 Whole Grain |
| PM SNACK | | | | BANANA SUSHI ROLL | |
| Meat/Meat Alternate | WHOLE GRAIN CHEEZ-ITS | ENRICHED TORTILLA CHIPS | CURRY ROASTED CAULIFLOWER | WOW/SOY/PEANUT BUTTER | WHOLE GRAIN RICE CRISPS |
| Whole Grain/Grain Alternate | PEARS | HOMEMADE SALSA | HONEYDEW MELON | WHOLE WHEAT TORTILLA | MOZZARELLA STRING CHEESE |
| Vegetable or Fruit | | | | BANANA SUSHI ROLL | |
| Fluid Milk | WATER | WATER | WATER | WATER | WATER |
| TWO COMPONENTS | Whole Grain | Whole Grain | ☐ Whole Grain | □ Whole Grain | 🗌 Whole Grain |
| DINNER | NATIONAL CHEESEBURGER DAY | | | | |
| Meat/Meat Alternate | CHEESEBURGER | HOMEMADE MAC & CHEESE | TURKEY GROUND SPAGHETTI | FISH STICKS | CHICKEN NUGGETS |
| Whole Grain/Grain Alternate | WHOLE WHEAT BUN | WHOLE WHEAT NOODLES | WHOLE WHEAT NOODLES | WHOLE WHEAT BREADSTICKS | WHOLE WHEAT BREAD STICK |
| Vegetable or Fruit | BAKED BEANS | RED APPLE SLICES | ORANGE SMILES (SLICES) | PINEAPPLE | BLUEBERRIES |
| Vegetable | SWEET POTATO FRIES | CARROT STICKS | STEAMED CORN | COLESLAW | MIXED VEGETABLES |
| Fluid Milk | *MILK | * MILK | * MILK | *MILK | * MILK |
| | Whole Grain | 🗌 Whole Grain | □ Whole Grain | U Whole Grain | 🔲 Whole Grain |
| EVENING SNACK | | | | | FRUIT & VEGGIE CUP |
| Meat/Meat Alternate | WHOLE GRAIN SALTINE CRACKERS | ENRICHED ANIMAL CRACKERS | ENRICHED RITZ CRACKERS | WHOLE WHEAT TOAST | ENRICHED PRETZELS SICKS |
| Whole Grain/Grain Alternate | HM CHICKEN NOODLE SOUP | HONEYDEW MELON | CHEDDAR CHEESE CUBES | EGG SALAD | PINEAPPLE STICKS |
| Vegetable or Fruit | | | | | |
| Fluid Milk | WATER | WATER | WATER | WATER | WATER |
| TWO COMPONENTS | Whole Grain | □ Whole Grain | Whole Grain | □ Whole Grain | U Whole Grain |
| | * One year olds are served | Unflavored Whole Milk. Two years ol | d and older are served unflavored 19 | % or Fat Free Milk. Milk substitutes n | nust have a medical statement. |
| | | | | | |





| | Monday 9/25/23 | Tuesday 9/26/23 | Wednesday 9/27/23 | □ Thursday 9/28/23 | Friday 9/29/23 | | |
|-----------------------------|-------------------------------|--|---------------------------|----------------------------|-----------------------------|--|--|
| BREAKFAST | | CATERPILLAR PANCAKES | | BREAKFAST TORTILLA | | | |
| Whole Grain/Grain Alternate | ENRICHED SAUSAGE/EGG BISCUIT | NATIONAL PANCAKE DAY | MULTI GRAIN CEREAL | WHOLE GRAIN TORTILLA | WHOLE GRAIN MAPLE OATMEAL | | |
| Vegetable or Fruit | TATOR TOTS | WHOLE GRAIN PANCAKES | BANANA | SCRAMBLED EGGS | RASPBERRIES | | |
| Fluid Milk | *MILK | STRAWBERRIES | *MILK | HM VEGGIE SALSA | *MILK | | |
| | | *MILK | | *MILK | | | |
| | □ Whole Grain | Whole Grain | Whole Grain | □ Whole Grain | Whole Grain | | |
| AM SNACK | | | | FRUIT PIZZA W/CREAM CHEESE | | | |
| Meat/Meat Alternate | WHOLE GRAIN TRISCUIT CRACKERS | WHOLE WHEAT BAGEL | ENRICHED BISCUITS W/GRAVY | WHOLE GRAIN ENGLISH MUFFIN | ENRICHED GRITS | | |
| Whole Grain/Grain Alternate | BOILED EGG HALVES | BLUEBERRIES | SAUSAGE PATTY | PEACHES | ORANGE SMILES (SLICES) | | |
| Vegetable or Fruit | | | | | | | |
| Fluid Milk | WATER | WATER | WATER | WATER | WATER | | |
| TWO COMPONENTS | 🗌 Whole Grain | Whole Grain | Whole Grain | Whole Grain | Whole Grain | | |
| LUNCH | NATIONAL QUESADILLA DAY | | CRABBY SANDWICH | | HEALTHY CHICKEN N WAFFLES | | |
| Meat/Meat Alternate | CHEDDAR CHEESE | GROUND BEEF SLOPPEY JOE | CRABBY SANDWICH | SAVORY TUNA FISH | BAKED CHICKEN | | |
| Whole Grain/Grain Alternate | WHOLE WHEAT TORTILLA | WHOLE WHEAT BUN | ENRICHED CROISSANT | ENRICHED FRENCH BREAD | WHOLE GRAIN WAFFLES | | |
| Vegetable or Fruit | FRUIT COCKTAIL | APRICOT HALVES | GREEN APPLE SLICES | GROOVY GRAPES | CINNAMON APPLESAUCE | | |
| Vegetable | ZESTY CORN | SAUTEED GREEN BEANS | BROCCOLI SLAW | SWEET PEAS | GRILLED VEGETABLES | | |
| Fluid Milk | *MILK | *MILK | * MILK | *MILK | *MILK | | |
| | Whole Grain | 🗌 Whole Grain | Whole Grain | U Whole Grain | Whole Grain | | |
| PM SNACK | | | | | FISH SWIMMING IN SOUP | | |
| Meat/Meat Alternate | WHOLE WHEAT CHEESE TOAST | CRISPY ROASTED CHICKPEAS | WHOLE GRAIN CHEEZ-ITS | YOGURT | ENRICHED GOLDFISH | | |
| Whole Grain/Grain Alternate | KIWI | WHOLE GRAIN CRACKERS | KIWI | WHOLE GRAIN RICE CRISPS | TOMATO BISQUE SOUP | | |
| Vegetable or Fruit | | | | | | | |
| Fluid Milk | WATER | WATER | WATER | WATER | WATER | | |
| TWO COMPONENTS | Whole Grain | Whole Grain | Whole Grain | Whole Grain | □ Whole Grain | | |
| DINNER | | | | | | | |
| Meat/Meat Alternate | CHICKEN NUGGETS | EXTRA CHEESE QUESADILLA | BAKED FISH FILLET | BEEF BURRITO BOWL | HOMEMADE XTRA CHEESSYY PIZZ | | |
| Whole Grain/Grain Alternate | WHOLE WHEAT ROLL | WHOLE WHEAT TORTILLA | WHOLE WHEAT ROLL | ENRICHED BROWN RICE | WHOLE WHEAT CRUST | | |
| Vegetable or Fruit | CANTALOUPE | ORANGE SLICES | APPLE RAISIN SALAD | WATERMELON SHAPES | PINEAPPLE SLICES | | |
| Vegetable | OVEN BAKED KALE | REFRIED PINTO BEANS | CORN ON THE COB | HOMEMADE PICO DE GALLO | BABY CARROTS | | |
| Fluid Milk | *MILK | * MILK | * MILK | *MILK | * MILK | | |
| | Whole Grain | 🗌 Whole Grain | □ Whole Grain | 🗌 Whole Grain | Whole Grain | | |
| EVENING SNACK | | | | | | | |
| Meat/Meat Alternate | SMART POPCORN | WHOLE GRAIN TRAIL MIX | CHEESE PINWHEELS | WHOLE GRAIN SESAME STICKS | WHOLE GRAIN RICE CAKE | | |
| Whole Grain/Grain Alternate | GREEN APPLE SLICES | WHOLE WHEAT CHEX, RAISINS | WHOLE GRAIN TORTILLA | PEARS | CELERY STICKS W/RANCH | | |
| Vegetable or Fruit | | | | | | | |
| Fluid Milk | WATER | WATER | WATER | WATER | WATER | | |
| TWO COMPONENTS | Whole Grain | Whole Grain | Whole Grain | Whole Grain | 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. | | | | | |