

Harvest of the month: Apples



					Friday 9/1/23
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					ENRICHED GRAHAM CRACKERS BANANA  WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					LETTUCE TACO WRAP GROUND BEEF ENRICHED BROWN RICE MANGO CHUNCKS ZESTY CORN * MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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
<b>BREAKFAST</b> 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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED SHRIMP ENRICHED GRITS WARMED TOMATOES GRILLED PEACHES *MILK	<b>NATIONAL CHEESE PIZZA DAY</b> 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>	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
	<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> 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	<b>NATIONAL ACORN SQUASH DAY</b> 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
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	Monday 9/11/23	Tuesday 9/12/23	Wednesday 9/13/23	Thursday 9/14/23	Friday 9/15/23
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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
<b>PM SNACK</b> 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
<b>DINNER</b> 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
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	Monday 9/18/23	Tuesday 9/19/23	Wednesday 9/20/23	Thursday 9/21/23	Friday 9/22/23
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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	<b>NATIONAL FRIED RICE DAY</b> 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	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
<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<b>NATIONAL CHEESEBURGER DAY</b> 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
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	Monday 9/25/23	Tuesday 9/26/23	Wednesday 9/27/23	<input type="checkbox"/> Thursday 9/28/23	Friday 9/29/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED SAUSAGE/EGG BISCUIT TATOR TOTS *MILK  <input type="checkbox"/> Whole Grain	<b>CATERPILLAR PANCAKES</b> 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"/> 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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<b>NATIONAL QUESADILLA DAY</b> 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	<b>CRABBY SANDWICH</b> 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	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
<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
<b>DINNER</b> 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
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