

Harvest of the month: Apples



	Monday 9/2/2024	Tuesday 9/3/2024	Wednesday 9/4/2024	Thursday 9/5/2024	Friday 9/6/2024
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	NATIONAL GRITS FOR BREAKFAST ENRICHED GRITS CINNAMON PEACHES *MILK	WHOLE GRAIN PANCAKES STRAWBERRIES *MILK	MULTI GRAIN CEREAL FRUIT COCKTAIL *MILK	WHOLE GRAIN TORTILLA SCRAMBLED EGGS HM VEGGIE SALSA *MILK	WHOLE WHEAT FRENCH TOAST STICKS CINNAMON APPLES *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	MULTI GRAIN RICE CAKES 100% FRUIT JUICE WATER	WHOLE WHEAT BAGEL BLUEBERRIES WATER	WHOLE GRAIN TRISCUIT CRACKERS BOILED EGG HALVES WATER	BANANA PARTFAIT ENRICHED GRAHAM CRACKER YOGURT BANANA WATER	WHOLE WHEAT CHEESE TOAST STRAWBERRIES 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	CHICK-FIL-A WITH A TWIST CHICKEN FILET SANDWICH WHOLE WHEAT BUN WATERMELON BROCCOLI FLORETS *MILK	GROUND BEEF SLOPEY JOE (MINIS) ENRICHED HAWAIIAN BREAD APRICOT HALVES SAUTEED GREEN BEANS *MILK	TURKEY SANDWICH ENRICHED CROISSANT GREEN APPLE SLICES BROCCOLI SLAW * MILK	HOMEMADE XTRA CHEESSY PIZZA WHOLE WHEAT CRUST FRUIT COCKTAIL SWEET PEAS *MILK	SAVORY TUNA FISH ENRICHED FRENCH BREAD GROOVY GRAPES BABY CARROTS *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 TWO COMPONENTS	ENRICHED GRAHAM CRACKERS BANANA WATER	CRISPY ROASTED CHICKPEAS RASPBERRIES WATER	FISH SWIMMING IN SOUP ENRICHED GOLDFISH TOMATO BISQUE SOUP WATER	AVOCADO RICE CAKE RECIPE ENRICHED RICE CAKE AVOCADO CHERRY TOMATO WATER	WHOLE GRAIN CHEEZ-ITS KIWI 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	LETTUCE TACO WRAP GROUND TURKEY ENRICHED BROWN RICE MANGO CHUNCKS ZESTY CORN * MILK	EXTRA CHEESE QUESADILLA WHOLE WHEAT TORTILLA ORANGE SLICES REFRIED PINTO BEANS * MILK	GREEN LENTILS WHOLE GRAIN TACO SHELLS GROOVY GRAPES HM PICO DE GALLO SALSA *MILK	STEW CHICKEN ENRICHED BREADSTICK APRICOT CREAMED SPINACH *MILK	BAKED FISH FILLET WHOLE WHEAT ROLL APPLE RAISIN SALAD CORN ON THE COB * 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 ANIMAL CRACKERS CARROT STICKS WATER	YOGURT GRILLED PEACHES WATER	WHOLE GRAIN SUNCHIPS 100% BERRY JUICE WATER	WHOLE GRAIN SESAME STICKS PEARS WATER	ENRICHED OYSTER CRACKERS SPLIT PEA SOUP 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 9/9/24	Tuesday 9/10/24	Wednesday 9/11/24	Thursday 9/12/24	Friday 9/13/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN TOAST RASPBERRIES *MILK	WHOLE WHEAT BAGEL ORANGE SMILES (SLICES) *MILK	MULTI GRAIN CEREAL HONEYDEW MELON *MILK	WHOLE WHEAT WAFFLE STICKS TATER 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 TWO COMPONENTS	TURKEY PINWHEEL WHOLE GRAIN 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 WHEAT TOAST CHEESY SCRAMBLED EGGS 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	BAKED SHRIMP ENRICHED GRITS GRILLED PEACHES ROASTED TOMATOES *MILK	<u>TUMERIC PEANUT BUTTER CHICKEN BOWL RECIPE</u> CHICKEN SLICES ENRICHED BROWN RICE CANTALOUPE BROCCOLI *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 TWO COMPONENTS	ENRICHED CLUB CRACKERS VEGETABLE SOUP WATER	NATIONAL ANTS ON A LOG DAY PEANUT BUTTER/WOW/SOY CELERY STICKS RAISINS WATER	ENRICHED BAGEL FRUIT SALAD WATER	ENRICHED PITA BREAD APRICOTS 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
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	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 TWO COMPONENTS	WHOLE WHEAT PRETZELS PEAR STICKS WATER	ENRICHED ANIMAL CRACKERS PEACHES WATER	WHOLE GRAIN PITA CHIPS GUACAMOLE DIP WATER	WHOLE WHEAT RITZ CRACKERS CHEDDAR CHEESE SHAPES WATER	SUGAR SNAP PEAS APPLE SLICES 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 9/16/24	Tuesday 9/17/24	Wednesday 9/18/24	Thursday 9/19/24	Friday 9/20/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT MINI BAGEL RASPBERRIES *MILK	WHOLE GRAIN FRENCH TOAST PEAR HALVES *MILK	ENRICHED MINI PANCAKES CINNAMON APPLES *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	SAVORY HUMMUS ENRICHED PITA BREAD TRIANGLES WATER	CHICKEN SALAD ENRICHED SALTINE CRACKERS WATER	ENRICHED PITA POCKET HUMMUS/SHREDDED CARROTS WATER	WHOLE GRAIN ENGLISH MUFFIN CANTALOUPE WATER	WHOLE GRAIN RICE CAKES PEACHES 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	HOMEMADE MAC & CHEESE WHOLE WHEAT NOODLES RED APPLE SLICES GREEN BEANS *MILK	SLICED TURKEY PANINI WHOLE WHEAT BREAD GRAPES (CUT APPROPRIATELY) SWEET PEAS & CARROTS *MILK	NATIONAL CHEESEBURGER DAY BEEF CHEESEBUGER WHOLE GRAIN BUN ORANGE SMILES (SLICES) OVEN BAKED FRENCH FRIES * MILK	ROASTED HAM SLIDERS ENRICHED HAWAIIAN ROLL PLUMS SWEET PEPPER STRIPS *MILK	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	PEACH & YOGURT SMOOTHIE ENRICHED ANIMAL CRACKERS WATER	ENRICHED SMART POPCORN MIXED FRUIT SALAD WATER	ENRICHED MUFFIN KIWI WATER	ROASTED SWEET POTATO STICKS YOGURT DIP WATER	NATIONAL STRING CHEESE DAY MOZZARELLA STRING CHEESE ENRCHED GRAHAM CRACKERS 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	TURKEY MEATBALLS WHOLE GRAIN PASTA HONEYDEW MELON MIXED VEGETABLES *MILK	SHREDDED CHICKEN NACHOS ENRICHED TORTILLA CHIPS APPLE SLICES ZESTY CORN * MILK	FISH STICKS ENRICHED FRENCH 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	ENRICHED PRETZELS APPLESAUCE WATER	WHOLE GRAIN SUNCHIPS PLUMS WATER	ENRICHED CLUB CRACKERS PINEAPPLE STRIPS WATER	ENRICHED GRAHAM CRACKERS PEARS WATER	PEANUT/SOY/WOW BUTTER & JELLY WHOLE WHEAT BREAD APRICOTS 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 9/23/24	Tuesday 9/24/24	Wednesday 9/25/24	Thursday 9/26/24	Friday 9/27/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED BISCUITS W/GRAVY SAUSAGE PATTY ORANGE SLICES *MILK	ENRICHED CREAM OF WHEAT PLUMS *MILK	WHOLE GRAIN MINI BAGELS APPLE SLICES *MILK	NATIONAL PANCAKE DAY WHOLE GRAIN MINI PANCAKES RASPBERRIES *MILK	WHOLE GRAIN FRENCH TOAST PEAR HALVES *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	AVOCADO EGG SALAD SANDWICH EGGS WHOLE WHEAT TOAST AVOCADO WATER	CHEDDAR CHEESE CUBES WHOLE WHEAT SESAME STICKS WATER	YOGURT PARFAIT LOW FAT YOGURT WHOLE GRAIN CHEERIOS BLUEBERRIES WATER	TURKEY ROLL UP SWEET BELL PEPPERS WATER	WHOLE WHEAT PIZZA PITA (MOZZARELLA, PEPPERONI) 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	CHICKEN SALAD ENRICHED CROISSANT STRAWBERRIES CELERY STICKS *MILK	BAKED SHRIMP ENRICHED GRITS GRILLED PEACHES TOMATO BISQUE SOUP *MILK	NATIONAL QUESADILLA DAY CHEDDAR CHEESE WHOLE WHEAT TORTILLA FRUIT COCKTAIL CREAMED SPINACH * MILK	SAVORY TUNA & CHEESE SUB WHOLE WHEAT SUB ROLL APRICOT HALVES SWEET PEAS *MILK	FISH FILET SANDWICH WHOLE GRAIN BUN GREEN BEANS APPLES *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	WHOLE GRAIN CHEEZ-ITS PEARS WATER	ENRICHED TORTILLA CHIPS HOMEMADE SALSA WATER	CURRY ROASTED CAULIFLOWER HONEYDEW MELON WATER	BANANA SUSHI ROLL WOW/SOY/PEANUT BUTTER WHOLE WHEAT TORTILLA BANANA SUSHI ROLL WATER	TRY A NEW FRUIT DAY FIGS CUCUMBER CHUNKS 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	TERIYAKI CHICKEN ENRICHED FRIED RICE FRUIT COCKTAIL GARLIC BROCCOLI *MILK	HOMEMADE MAC & CHEESE WHOLE WHEAT NOODLES RED APPLE SLICES CARROT STICKS * MILK	FISH STICKS MULTIGRAIN BREADSTICKS PINEAPPLE COLESLAW * MILK	TURKEY GROUND SPAGHETTI WHOLE WHEAT NOODLES ORANGE SMILES (SLICES) MIXED VEGETABLES *MILK	CHICKEN NUGGETS WHOLE WHEAT ROLL BLUEBERRIES ZUCCHINI SQUASH * 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	WHOLE GRAIN SALTINE CRACKERS HM CHICKEN NOODLE SOUP WATER	ENRICHED ANIMAL CRACKERS KIWI WATER	ENRICHED RITZ CRACKERS 100% APPLE JUICE WATER	WHOLE WHEAT TOAST EGG SALAD WATER	FRUIT & VEGGIE CUP ENRICHED PRETZELS SICKS PINEAPPLE 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
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	Monday 9/30/24			<input type="checkbox"/>	
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED SAUSAGE/EGG BISCUIT TATER TOTS *MILK				
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	FRUIT PIZZA WHOLE GRAIN ENGLISH MUFFIN PEACHES/KIWI WATER				
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HEALTHY CHICKEN N WAFFLES BAKED CHICKEN WHOLE GRAIN WAFFLES CINNAMON APPLESAUCE GRILLED VEGETABLES *MILK				
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE WHEAT CHEESE TOAST STRAWBERRIES WATER				
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	TURKEY PINWHEELS WHOLE GRAIN TORTILLA WATER				
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
* 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.					