

# 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
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<b>NATIONAL GRITS FOR BREAKFAST</b> ENRICHED GRITS CINNAMON PEACHES *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN PANCAKES STRAWBERRIES *MILK <input type="checkbox"/> Whole Grain	MULTI GRAIN CEREAL FRUIT COCKTAIL *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN TORTILLA SCRAMBLED EGGS HM VEGGIE SALSA *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT FRENCH TOAST STICKS CINNAMON APPLES *MILK <input type="checkbox"/> Whole Grain
	<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<b>CHICK-FIL-A WITH A TWIST</b> CHICKEN FILET SANDWICH WHOLE WHEAT BUN WATERMELON BROCCOLI FLORETS *MILK <input type="checkbox"/> Whole Grain	GROUND BEEF SLOPEY JOE (MINIS) ENRICHED HAWAIIAN BREAD APRICOT HALVES SAUTEED GREEN BEANS *MILK <input type="checkbox"/> Whole Grain	TURKEY SANDWICH ENRICHED CROISSANT GREEN APPLE SLICES BROCCOLI SLAW * MILK <input type="checkbox"/> Whole Grain	HOMEMADE XTRA CHEESSY PIZZA WHOLE WHEAT CRUST FRUIT COCKTAIL SWEET PEAS *MILK <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 GRAHAM CRACKERS BANANA WATER <input type="checkbox"/> Whole Grain	CRISPY ROASTED CHICKPEAS RASPBERRIES WATER <input type="checkbox"/> Whole Grain	<b>FISH SWIMMING IN SOUP</b> ENRICHED GOLDFISH TOMATO BISQUE SOUP WATER <input type="checkbox"/> Whole Grain	<b>AVOCADO RICE CAKE RECIPE</b> ENRICHED RICE CAKE AVOCADO CHERRY TOMATO WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN CHEEZ-ITS KIWI WATER <input type="checkbox"/> Whole Grain
	<i>* 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.</i>				

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	Monday 9/9/24	Tuesday 9/10/24	Wednesday 9/11/24	Thursday 9/12/24	Friday 9/13/24
<b>BREAKFAST</b> 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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED SHRIMP ENRICHED GRITS GRILLED PEACHES ROASTED TOMATOES *MILK	TUMERIC PEANUT BUTTER CHICKEN BOWL RECIPE 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	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
<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
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	Monday 9/16/24	Tuesday 9/17/24	Wednesday 9/18/24	Thursday 9/19/24	Friday 9/20/24
<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	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
<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 BREAD GRAPES (CUT APPROPRIATELY) SWEET PEAS & CARROTS *MILK	<b>NATIONAL CHEESEBURGER DAY</b> BEEF CHEESEBURGER 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
<b>PM SNACK</b> 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	<b>NATIONAL STRING CHEESE DAY</b> MOZZARELLA STRING CHEESE ENRCHED GRAHAM CRACKERS  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
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	Monday 9/23/24	Tuesday 9/24/24	Wednesday 9/25/24	Thursday 9/26/24	Friday 9/27/24
<b>BREAKFAST</b> 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	<b>NATIONAL PANCAKE DAY</b> 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
<b>LUNCH</b> 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	<b>NATIONAL QUESADILLA DAY</b> 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
<b>PM SNACK</b> 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	<b>BANANA SUSHI ROLL</b> WOW/SOY/PEANUT BUTTER WHOLE WHEAT TORTILLA BANANA SUSHI ROLL WATER	<b>TRY A NEW FRUIT DAY</b> 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
<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
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	Monday 9/30/24			<input type="checkbox"/>	
<b>BREAKFAST</b> 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"/>
<b>LUNCH</b> 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"/>
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT CHEESE TOAST STRAWBERRIES WATER				
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TWO COMPONENTS</b>					
* 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.					