



This institution is an equal opportunity provider.



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

2) Labor Day
Vacation

Tuesday

3) Hamburger Patty/ Bun
Oven Fries, Garden Bar
Banana
Low fat milk

Wednesday

4) Beef Hot Dog on a Bun
Baked Beans, Coleslaw
Garden Bar
Oranges
Low fat milk

Thursday

5) Chicken Drumsticks
Steamed Broccoli
WG Biscuit, Garden Bar
Pineapple Tidbits
Low fat milk

Friday

6) Cheese Pizza or
Sausage Pizza, Carrots
Garden Bar
Fresh Apple
Low fat milk

9) Chicken Corn Dog
California Mixed Vegetable
Garden Bar
Peaches
Low fat milk

10) Beef Spaghetti
WG Garlic Toast
Caesar Salad, Garden Bar
Banana, Low fat milk

11) Rib-B-Que on a Bun
Curly Fries
Garden Bar
Apple Crisp
Low fat milk

12) Chicken Patty on a Bun
Green Beans
Garden Bar
Apples
Low fat milk

13) Brunch 4 Lunch!!!
French Toast Sticks,
Turkey Sausage Patty
Hash Brown Potato,
Oranges, Low fat milk

16) Tater Tot Casserole
Green Beans, Garden Bar
Mixed Fruit
Low fat milk

17) Chicken Fajita Wrap
Corn Tortilla Chips, Salsa
Refried Beans, Garden Bar
Banana, Low fat milk

18) Chili and Baked Potato
Cheese, Crackers, Fixings
Garden Bar
Applesauce Cup, Milk

19) Meatball Sub
Mozzarella Cheese
Steamed Carrots
Garden Bar, Fruit, Milk

20) WG Pizza Dippers
Marinara Sauce
Steamed Corn, Garden Bar
Fresh Apple, Low fat milk

23) Chicken Gravy
Mashed Potatoes, Steamed
Carrots, Garden Bar
Pears, Low fat milk

24) Build Your Own Pasta
Alfredo or Marinara Sauce
Broccoli, Chicken,
Breadstick, Caesar Salad
Banana, Low fat milk

25) Beef Tacos, Corn
Tortilla Chips, Refried Beans
Salsa, Cheese, Lettuce
Garden Bar, Oranges, Milk

26) BBQ Pulled Pork/ Bun
Coleslaw, Baked Beans
Garden Bar, Strawberries
Low fat milk

27) Cheese Quesadilla
Mixed Vegetables
Garden Bar
Fresh Apple, Low fat milk

30) Chicken Nuggets
Brown Rice, Broccoli
Garden Bar, Pineapple
Tidbits, Low fat milk

