




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					
WEEK OF 3 RD -7 TH Cycle		Chicken Jambalaya Peas and Carrots Garden Salad Biscuit	Beef A Roni Italian Green Beans Yam Patties Roll	Chicken Fajita on Bun or Wrap Potato, French Fries Carrots	Pizza, Variety Corn (cob or nuggets) Romaine & Tomatoes Cookie, WG Sugar
WEEK OF 10 TH -14 TH Cycle	Chicken Wings or Nuggets Potato Wedges (Parmesan) Broccoli Hushpuppies (4)	Pork Patty or Beef Patty on Bun Baked Beans Potato Salad Fruit Crisp	Spaghetti* or Meatball Sub Romaine & Tomato Salad Italian Green Beans Roll or Breadstick*	Chicken, Tenderloins Breaded w/Waffles (3) Sweet Potato Fries Coleslaw	Deli Turkey or Ham w/Cheese on Bun Romaine & Tomato Baby Carrots Pickle Spear Dorito or Sun Chips
WEEK OF 17 TH -21 ST Cycle	Salisbury Steak Mashed Potatoes w/Gravy Peas & Carrots Biscuit Sugar Cookie	Chicken Patty (Breaded or Grilled) on Bun Cheese Slice (Parmesan) Broccoli Sweet Potato Fries	Santé Fe Soup (Buttered) Carrots Garden Salad Corn Chips	Oven Roasted Chicken Rice Pilaf Mixed Veggies Squash Biscuit	Chili Crispito Black Beans Corn (Nuggets) Brownie
WEEK OF 24 TH -28 TH Cycle	Fish Nuggets, Fish Patty or Beef Patty on Bun Mixed Veggies Fries Romaine & Tomato	Sloppy Joe or Cheese Burger Potato, Tater Tots Carrots Pickle Spear	Bacon Potato Soup (Parmesan) Broccoli Mozzarella Cheese Sticks	Chicken Bites or Nuggets Green Beans or Peas Sweet Potato Fries Roll	Corndog Coleslaw Baked Beans Rice Krispy Treat

SEPTEMBER

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

ALL MEALS SERVED WITH CHOICE OF MILK:

- UNFLAVORED 1% LOW FAT
- UNFLAVORED SKIM
- FAT FREE STRAWBERRY
- FAT FREE CHOCOLATE

FRESH, CANNED OR FROZEN FRUIT SERVED DAILY

100% FORTIFIED FRUIT JUICE SERVED TWICE PER WEEK

Fact: More than 90% of both adults and children do not eat the amount of fruit and vegetables recommended by Dietary Guidelines for Americans and the MyPlate nutrition guide.

Remembering to fill half your plate with fruit and veggies at every eating occasion, can help to increase the daily intake of fruit and vegetables.

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