




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					
WEEK OF 3 RD -7 TH Cycle 5		Sloppy Joe or Cheeseburger Carrots, sliced Potato, Tater Tots	Potato Soup with Turkey Bacon Broccoli Mozzarella Cheese Stick	Breaded Chicken Bites Beans, Green Sweet Potato Fries Roll	Corndog Cole Slaw Baked Beans Rice Krispy Treat
WEEK OF 10 TH -14 TH Cycle 1	Chicken Alfredo (Hoagie) or Ranch Baked Chicken Carrots Romaine & Tomatoes	Beef Taco Meat w/Romaine & Tomatoes Chips, Tortilla or Jumbo Taco Shell Rice, Spanish Black Beans	Breaded Chicken, Tenderloins or Chicken Bites Mashed Potatoes Mixed Vegetables Biscuit	Sliced Ham or Turkey Roast Beans, Green or Lima Sweet Potato Mini Sweetlings or Yams Roll Dough	Hot Dog w/Chili & Cheese Baked Beans Potato, French Fries Brownie
WEEK OF 17 TH -21 ST Cycle 2	Breaded Steak Patty Or Steak Nuggets Peas, Black-Eyed Greens, Turnips or Collards Cornbread	Chicken Jambalaya Mixed Veggies Garden Salad Biscuit	Beef A Roni Italian Green Beans Yams Roll	BBQ Fajita Chicken on Bun or Wrap Potato, French Fries Carrots	Pizza, Variety or Pizza Pocket Corn (Cob or Nuggets) Salad, Chef Cookie, WG Sugar
WEEK OF 24 TH -28 TH Cycle 3	Chicken, Wings or Nuggets Potato, Wedges Broccoli Hushpuppies or Roll	Pork Patty or Beef Patty on Bun Baked Beans Potato Salad Fruit Crisp	Spaghetti or Meatball Sub Beans, Green Romaine & Tomatoes	Chicken, Tenderloins Breaded Waffle Sticks (3) Sweet Potato Fries Cole Slaw	Deli Turkey or Ham w/Cheese Sub Baby Carrots Romaine & Tomatoes Pickle Spear & Chips

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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