

L1 - Hot Meal  
L2 - Sandwich Option  
L3 - Salad Option

Meals must be preordered  
by the previous Tuesday

MONDAY 8/29	TUESDAY 8/30	WEDNESDAY 8/31	THURSDAY 9/1	FRIDAY 9/2
<b>BREAKFAST</b>				
		1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz. WHOLE GRAIN MUFFIN	1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING
<b>LUNCH - 1 c milk</b>				
		BBQ CHICKEN ON A BULKIE 2 oz CHICKEN & 1/2 c ROMAINE WHOLE GRAIN BULKIE ROLL 3/4 c POTATO SALAD 1 c FRESH FRUIT	AMERICAN CHOP SUEY 2 oz BEEF & 2 oz WHOLE GRAIN ROTINI w/ TOMATO SAUCE 1 c GREEN BEANS 1 c FRESH FRUIT	FISH PATTY 2 oz FISH WHOLE GRAIN ROLL 1 c CORN 1 c FRESH FRUIT TARTAR SAUCE & KETCHUP
<b>SANDWICH - Tuna Salad, Whole Grain bulkie roll, fruit &amp; veggie</b>				
<b>SALAD -Southwest Salad, Romain, tomato, corn, onion, black beans, string cheese, roll &amp; fruit</b>				
9/5	9/6	9/7	9/8	9/9
<b>BREAKFAST</b>				
	1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz. WHOLE GRAIN MUFFIN	1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING
<b>LUNCH - 1 c milk</b>				
Labor Day No School	CHICKEN TACO 2 oz CHICKEN & SHREDDED CHEESE 1/4 c DICED TOMATOES & 1/2 c SHREDDED ROMAINE (on side) WHOLE WHEAT WRAP 1/2 c POTATO SALAD 1 c FRESH FRUIT	VEGGIE JAMBALAYA 1/2 c BEANS; 1/2 c BROWN RICE; SPAGHETTI SAUCE; 1/6 c CARROTS; 1/6 c GREEN BELL PEPPERS; 1/6 c ONIONS 1 c CILANTRO BEANS 1 c FRESH FRUIT	MEATBALL GRINDER 4 MEATBALLS (2 oz BEEF) & TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c BROCCOLI w/ DIP 1 c FRESH FRUIT	CHEESE PIZZA w/ 2 oz CHEESE & 2 oz WHOLE GRAIN CRUST SALAD w/ 1 c KALE & ROMAINE, 1/4 c TOMATO, 1/4 c CUCUMBER & DRESSING 1 c FRESH FRUIT
<b>SANDWICH - BBQ Chicken, whole grain bulkie roll, fruit &amp; veggie</b>				
<b>SALAD -Tossed Salad w/Tuna, kale &amp; spring mix, tomatoes, carrots, roll &amp; fruit</b>				
9/12	9/13	9/14	9/15	9/16
<b>BREAKFAST</b>				
1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL		1/2 c WHOLE FRUIT, 100% FRUIT JUICE 2 oz. WHOLE GRAIN MUFFIN	1/2 c Whole Fruit, 1/2 c 100% Juice 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING
<b>LUNCH - 1 c milk</b>				
5 Whole Grain CHICKEN NUGGETS w/ 2 oz CHICKEN 1/2 c BROWN RICE 1/2 c SALSA (all vegetables) 1/2 c CILANTRO BEANS 1 c FRESH FRUIT	PD - No School	4 FISH STICKS 2 oz FISH 2 slices WHOLE WHEAT BREAD 1 c SPRING MIX, 1/4 c TOMATOES & 1/4 c CUCUMBERS 1 c FRESH FRUIT	BREAKFAST FOR LUNCH 2 oz TURKEY SAUSAGE PATTY 3 WHOLE GRAIN PANCAKES-SYRUP 1 c ROASTED POTATOES 1 c FRESH FRUIT	SESAME CHICKEN LO MEIN 2 oz CHICKEN, 2 oz WHOLE GRAIN NOODLES, 1/4 c WATER CHESTNUTS & 1/4 c GREEN PEAS 1/2 c RED BELL PEPPERS w/ DIP 1 c FRESH FRUIT
<b>SANDWICH - Turkey Wrap, Whole Wheat Wrap, Fruit &amp; Veggie</b>				
<b>SALAD - Caprese Salad, Greens Tomatoes, Mozzarella, roll &amp; fruit</b>				
9/19	9/20	9/21	9/22	9/23
<b>BREAKFAST</b>				
1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING	1/2 c WHOLE FRUIT, 100% FRUIT JUICE 2 oz. WHOLE GRAIN MUFFIN	1/2 c Whole Fruit, 1/2 c 100% Juice 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING
<b>LUNCH - 1 c milk</b>				
SLOPPY JOES 2 oz TURKEY; TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c CUCUMBERS w/ DIP 1 c FRESH FRUIT	MACARONI & CHEESE 2 oz WHOLE GRAIN ROTINI & 2 oz CHEESE 1 c SPINACH 1 c FRESH FRUIT	CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL 1 c SWEET POTATO 1 c FRESH FRUIT KETCHUP	MEXICAN RICE & BEEF TACOS 2 oz BEEF, 1/2 c BROWN RICE & 1/2 c ONION & GREEN PEPPERS 1 oz TORTILLA SCOOPS 1/2 c SOUTHWEST BEANS 1 c FRESH FRUIT	PASTA FASULE w/ 3/8 c BEANS, 1/2 oz CHEESE, 1/2 c GREEN BELL PEPPERS & ONIONS & 1/4 c VV PASTA WHOLE WHEAT WRAP 1/2 c CORN 1 c FRESH FRUIT
<b>SANDWICH - Egg Salad, Whole Grain bulkie roll, fruit &amp; veggie</b>				
<b>SALAD - Garden Salad w/citrus chicken, spring mix, bell peppers, cucumbers, carrots &amp; tomatoes, roll &amp; fruit</b>				
9/26	9/27	9/28	9/29	9/30
<b>BREAKFAST</b>				
1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING	1/2 c WHOLE FRUIT, 100% FRUIT JUICE 2 oz. WHOLE GRAIN MUFFIN	1/2 c Whole Fruit, 1/2 c 100% Juice 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING
<b>LUNCH 1 c milk</b>				
4 SWEDISH MEATBALLS 2 oz BEEF 1 c WHOLE GRAIN NOODLES 1 c CARROTS w/ DIP 1 c FRESH FRUIT	CHICKEN & VEGGIE STIR FRY 2 oz CHICKEN, 1/2 c BROWN RICE, 1/4 c PEAS & 1/4 c CARROTS 1 slice WHOLE WHEAT BREAD 1/2 c RASPBERRY BEANS 1 c FRESH FRUIT	CHICKEN TACO 2 oz CHICKEN & SHREDDED CHEESE 1/4 c DICED TOMATOES & 1/2 c SHREDDED ROMAINE (on side) 1/2 c POTATO SALAD WHOLE WHEAT WRAP 1 c FRESH FRUIT	CHEESE PIZZA w/ 2 oz WHOLE GRAIN CRUST & 2 oz STRING CHEESE 1 c BROCCOLI w/ DIP 1 c FRESH FRUIT	FISH PATTY 2 oz FISH WHOLE GRAIN ROLL 1 c CUCUMBERS w/ DIP 1 c FRESH FRUIT TARTAR SAUCE & KETCHUP
<b>SANDWICH - Chicken Salad , whole grain bulkie roll, fruit &amp; veggie</b>				
<b>SALAD - Chef Salad w/turkey, ham &amp; cheese, romaine, cucumber,carrots &amp; tomatoes, roll &amp; fruit</b>				