

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

Meals must be preordered
by the previous Tuesday

MONDAY 8/28	TUESDAY 8/29	WEDNESDAY 8/30	THURSDAY 8/31	FRIDAY 9/1
BREAKFAST				
		1/2 c Whole Fruit, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPINGS	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz WHOLE GRAIN MUFFIN
LUNCH - 1 c milk				
		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 CUCUMBERS w/ DIP 1 c FRESH FRUIT	5 Whole Grain CHICKEN NUGGETS w/ 2 oz CHICKEN WHEAT ROLL 1 c ROASTED POTATOES 1 c FRESH FRUIT	CHEESE PIZZA w/ 2 oz WHOLE GRAIN CRUST & 2 oz STRING CHEESE 1 c CARROTS w/ DIP 1 c FRESH FRUIT
SANDWICH - Turkey & Cheese, Whole Wheat Bread, Fruit & Veggie				
SALAD - Caprese Salad, Greens Tomatoes, Mozzarella, roll & fruit				
9/4	9/5	9/6	9/7	9/8
BREAKFAST				
	1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c whole fruit 2 oz WHOLE GRAIN MUFFIN	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz WHOLE GRAIN MUFFIN
LUNCH - 1 c milk				
Labor Day - No School	MACARONI & CHEESE 2 oz WHOLE GRAIN ROTINI & 2 oz CHEESE 1 c BROCCOLI w/ DIP 1 c FRESH FRUIT	CHICKEN TACO 2 oz CHICKEN & SHREDDED CHEESE 1/4 c DICED TOMATOES & 1/2 c SHREDDED ROMAINE (on side) WHOLE WHEAT WRAP 1 c FRESH FRUIT	AMERICAN CHOP SUEY 2 oz BEEF & 2 oz WHOLE GRAIN ROTTINI w/ TOMATO SAUCE 1 c GREEN BEANS 1 c FRESH FRUIT	CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL 1 c CORN 1 c FRESH FRUIT KETCHUP
SANDWICH - Tuna Salad, Whole Grain bulkie roll, fruit & veggie				
SALAD -Southwest Salad, Romain, tomato, corn, onion, black beans, string cheese, roll & fruit				
9/11	9/12	9/13	9/14	9/15
BREAKFAST				
1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING	1/2 c WHOLE FRUIT, 1/2 c whole fruit 2 oz WHOLE GRAIN MUFFIN	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz, WG BAGEL W/TOPPING
LUNCH - 1 c milk				
SLOPPY JOES 2 oz TURKEY, TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c ZUCCHINI w/ DIP 1 c FRESH FRUIT	2 oz HAMBURGER WHOLE WHEAT ROLL 1 c POTATO SALAD 1 c FRESH FRUIT	MACARONI & CHEESE 2 oz WHOLE GRAIN ROTINI & 2 oz CHEESE 1 c CUCUMBERS w/ DIP 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
SANDWICH, BBQ Chicken, whole grain bulkie roll , Fruit & Veggie				
SALAD - Tossed Salad w/Tuna, kale, spring mix, tomatoes, carrots, roll & fruit				
9/18	9/19	9/20	9/21	9/22
BREAKFAST				
1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING	1/2 c WHOLE FRUIT, 1/2 c whole fruit 2 oz WHOLE GRAIN MUFFIN	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz, WG BAGEL W/TOPPING
LUNCH - 1 c milk				
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	4 SWEDISH MEATBALLS 2 oz BEEF 1 c WHOLE GRAIN NOODLES 1 c CARROTS w/ DIP 1 c FRESH FRUIT	CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL 1/2 c SPRING MIX, 1/4 c TOMATOES & 1/4 c CUCUMBERS 1 c FRESH FRUIT	BREAKFAST FOR LUNCH TURKEY SAUSAGE PATTY 2 WHOLE GRAIN FT STICKS-SYRUP 1 c. TATER TOTS 1 c FRESH FRUIT KETCHUP	CHEESE PIZZA w/ 2 oz WHOLE GRAIN CRUST & 2 oz STRING CHEESE 1 c RED BELL PEPPERS w/ DIP 1 c FRESH FRUIT
SANDWICH - Turkey Wrap, Whole Wheat Wrap, Fruit & Veggie				
SALAD - Caprese Salad, Greens Tomatoes, Mozzarella, roll & fruit				
9/25	9/26	9/27	9/28	9/29
BREAKFAST				
1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING	1/2 c WHOLE FRUIT, 1/2 c whole fruit 2 oz WHOLE GRAIN MUFFIN	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz, WG BAGEL W/TOPPING
LUNCH 1 c milk				
SLOPPY JOES 2 oz TURKEY, TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c CUCUMBERS w/ DIP 1 c FRESH FRUIT	2 oz HAMBURGER WHOLE WHEAT ROLL 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	5 Whole Grain CHICKEN NUGGETS w/ 2 oz CHICKEN 1/2 c BROWN RICE 1/2 c SALSA (all vegetables) 1/2 c CORN 1 c FRESH FRUIT
SANDWICH - Egg Salad, Whole Grain bulkie roll, fruit & veggie				
SALAD - Garden Salad w/citrus chicken, spring mix, bell peppers, cucumbers, carrots & tomatoes, roll & fruit				