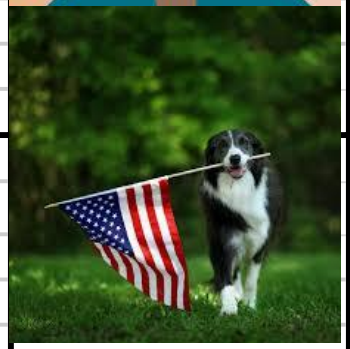
	August/September				
Week 2	**Monday 30**	**Tuesday 31**	**Wednesday 1**	**Thursday 2**	**Friday 3**
Breakfast	Melon	Cream cheese bagel	Waffles	Pancakes	Oranges
7:00AM	Multigrain cheerios	Strawberries	Applesauce	Bananas	Frosted Mini-Wheats
	cereal with milk	Milk	Milk	Milk	Milk
Snack	Club crackers	Apples	Wheat Thins	Triscuit crackers	Cheese cubes
9:30A	American cheese	Oatmeal Squares	Grapes	Apples	Craisins
	Turkey and egg	Chicken Noodle Soup	Whole grain penne with	Borsch-vegetarian soup	Beef meatloaf
Lunch	Fried rice	Wheat thins	with Beef and	Garlic breadsticks	Mash potato, pickles
11:30AM	Cabbage salad	Garden salad / egg	Marinara	Cheese cubes	Whole Wheat bread
12:30PM	Pears	Pineapple	Grapes	Mandarins	Melon
	Milk	Milk	Milk	Milk	Milk
	Sloppy Joe	Turkey and Cheese	Mozzarella	Crunchy tacos	Ritz crackers
	Hamburger roll	Sub	Cheese Pizza	Beef, cheese, sour cream	Turkey and Cheese
Supper	Baby carrots	Lettuce and tomato	Baked beans	Black beans, corn	French fries
4:00P	Apples	Melon	Bananas	Apples	Grapes
	Milk	Milk	Milk	Milk	Milk
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.					
	Vegetable component	**Fruit component**	**Whole grain rich**	**1- 2y old-whole milk; 2 and over-1% milk**	
	This institution is an equal opportunity provider				

	September				
Week 3	**Monday 6**	**Tuesday 7**	**Wednesday 8**	**Thursday 9**	**Friday 10**
Breakfast		Oatmeal	Peaches	Apples	Waffles
7:00AM		Applesauce	Special K Peaches	Berry Kix cereal	Strawberries
		Milk	cereal with milk	Milk	Milk
Snack		Salsa	Oatmeal squares	Rice Krispies	Frosted mini wheats
		Tortilla chips	Raisinets	Milk	Grapes
		Baked chicken	Beef Barley Soup	Whole wheat spaghetti	Tomato soup
Lunch		White rice	Cheese crackers	Beef and	Mozzarella cheese
11:30AM		Tomatoes	Potato tots	Marinara sauce	flatbread
12:30PM		Mixed fruit	Peaches	Pineapples	Mandarines
		Milk	Milk	Milk	Milk
		Loaded Nachos	Turkey Cheese roll on	Grilled Cheese	Beef franks
		Cheese, Sour cream	Wheat tortilla	Sandwich	Bun
Supper		Corn, Beans, Salsa	Potato tots	Garden Salad	Cucumbers
4:00P		Apples	Bananas	Grapes	Watermelon
		Milk	Milk	Milk	Milk

Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.

	Vegetable component	**Fruit component**	**Whole grain rich**	**1 - 2y old-whole milk; 2 and over-1% milk**

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	September				
Week 4	**Monday 13**	**Tuesday 14**	**Wednesday 15**	**Thursday 16**	**Friday 17**
Breakfast	Oatmeal	Bagels, cream cheese	Oranges	Waffles	Strawberries
7:00AM	Applesauce	Grapes	Cheerios	Apples	Special K strawberry
	Milk	Milk	cereal with milk	Milk	cereal with milk
Snack	Rice Krispies	String Cheese	Oatmeal Squares	Corn tortilla chips	Yogurt
9:30A	Milk	Goldfish crackers	Bananas	Salsa	Graham crackers
	Beef Sausage and	Lentil Soup	Turkey and egg	Chicken Soup with	Macaroni and
Lunch	Vegetable Soup	Whole wheat	Fried rice	Brown rice/WW bread	Cheese
11:30AM	Cheese on bread	Grilled cheese	Garden Salad	Cauliflower Frittata	Baked beans
12:30PM	Peaches	Grapes	Melon	Bananas	Pears
	Milk	Milk	Milk	Milk	Milk
Supper	Turkey and Cheese	Crunchy tacos	Ritz crackers	Beef and cheese	Mozzarella cheese
	Sub	Beef, cheese, sour cream	Turkey and Cheese	quesadilla, corn	Pizza
4:00P	Lettuce and tomato	Black beans, Tomatoes	French fries	salsa, sour cream	Baked Beans
	Oranges	Apples	Watermelon	Grapes	Bananas
	Milk	Milk	Milk	Milk	Milk
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.					
	Whole grain rich	vegetable component	fruit component	**1 - 2y old-whole milk; 2 and over-1% milk**	
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	September				
Week 1	**Monday 20**	**Tuesday 21**	**Wednesday 22**	**Thursday 23**	**Friday 24**
Breakfast	Waffles	Special K Blueberries	Pancakes	Kix cereal	Oatmeal squares
7:00AM	Applesauce	Blueberries	Apples	Bananas	Strawberries
	Milk	Milk	Milk	Milk	Milk
Snack	Apples	Milk	Oatmeal squares	Yogurt	String cheese
9:30A	Rice crackers	Rice Krispies	Baked apples	Cheese Crackers	Raisins
	Chicken Alfredo	Zesty Vegetable	Chicken Stir Fry	Split Pea Soup	Tomato soup
Lunch	whole wheat routine	Beef Soup	White rice	with Oatmeal	Grilled cheese/turkey
11:30AM	Steamed vegetables	Whole wheat bread	Asian Vegetables	Grilled Cheese	Whole Wheat Bread
12:30PM	Honey dew	Peaches	Pears	Pineapples	Watermelon
	Milk	Milk	Milk	Milk	Milk
Supper	Beef franks	Turkey Cheese roll on	Whole Wheat bread	Sloppy Joe	Loaded Nachos
	Bun	Wheat tortilla	Turkey breast sandwich	Sliders	Cheese, Sour cream
4:00 P	Garden salad	Potato tots	Lettuce and tomato	Cucumbers	Corn, Beans, Salsa
	Watermelon	Grapes	Bananas	Apples	Oranges
	Milk	Milk	Milk	Milk	Milk
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.					
	whole grain rich	vegetable component	fruit component	**1 - 2y old-whole milk; 2 and over-1% milk**	
	This institution is an equal opportunity provider				