

*Milk is served with every meal

*Whole Grain served daily

Lunch Menu September 2020



Monday	Tuesday	Wednesday	Thursday	Friday
31 Pizza Fruit Vegetable	1 Beef Tacos Lettuce/Tomato Cheese Fruit	2 Turkey Sloppy Joes Hamburger Bun Tomato Salad Fruit	3 Cheeseburger Wrap Vegetable Fruit	4 Turkey Sandwich Vegetable Fruit
7 Pizza Wrap Fruit Vegetable	8 Baked Orange Chicken Brown Rice Vegetable Fruit	9 Cheese Egg Bake Sausage Bread Vegetable Fruit	10 Beef Stew with Vegetables Bread Fruit	11 Ham Sliders Pickles Fruit
14 Pizza Fruit Vegetable	15 Baked Ham Potatoes Bread Vegetable Fruit	16 Lasagna Bread Vegetable Fruit	17 Cheesy Ham and Potato Casserole Bread Vegetable Fruit	18 Cheese Ravioli Breadsticks Vegetable Fruit
21 Homemade Sausage Pizza Vegetable Fruit	22 Pumpkin French Toast Bake Vegetable Fruit	23 Pork Roast Baked Mac and Cheese Vegetable Fruit	24 Hearty Chicken Casserole Bread Fruit	25 Pork Enchiladas Black Bean Salad Fruit
28 Pizza Vegetable Fruit	29 Beef Tacos Lettuce/Tomato Cheese Fruit	30 Cheeseburgers Fries Vegetable Fruit	1 Cheese Tortellina Vegetable Fruit	2 Turkey Sandwiches Vegetable Fruit

Breakfast consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

Afternoon snack consists of one grain, protein, or dairy product and one fruit or vegetable.

Note: non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.