

Milk is served with lunch

## Lunch Menu September 2022



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>29</b> Pizza Vegetable Fruit	<b>30</b> Pasta Salad Cheese Sticks Fruit	<b>31</b> Beef Wrap Vegetable Fruit	<b>1</b> Hamburgers Vegetable Fruit	<b>2</b> Ham and Cheese Sandwich Vegetable Fruit
<b>5</b> <b>CLOSED FOR LABOR DAY</b>	<b>6</b> Turkey and Cheese Sandwich Vegetable Fruit	<b>7</b> Chicken and Rice Casserole Broccoli Fruit	<b>8</b> Meatloaf Mashed Potatoes Corn Fruit	<b>9</b> Black Bean and Corn Enchiladas Fruit
<b>12</b> Pizza Vegetable Fruit	<b>13</b> Beef Tacos Tomatoes, Cheese and Lettuce Fruit	<b>14</b> Italian Chicken Vegetable Rice Fruit	<b>15</b> Lasagna Vegetable Fruit Garlic Bread Sticks	<b>16</b> Chicken Chili Crackers Cheese Fruit
<b>19</b> Pizza Vegetable Fruit	<b>20</b> Chicken Enchiladas Black Beans Fruit	<b>21</b> Sausage and Cheese Egg Bake Vegetable Fruit	<b>22</b> Pasta and Meat Sauce Vegetable Fruit	<b>23</b> Chili Cheese Crackers Fruit
<b>26</b> Pizza Vegetable Fruit	<b>27</b> Pork Potatoes Vegetable Fruit	<b>28</b> Berry French Toast Sausage Vegetable Fruit	<b>29</b> Hamburgers Baked Fries Fruit	<b>30</b> Ham and Cheese Sandwich 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. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.