

Milk is served with lunch

Lunch Menu September 2023



Monday	Tuesday	Wednesday	Thursday	Friday
4 CLOSED FOR LABOR DAY	5 Pizza Carrots Melon	6 Chicken and Rice Casserole Mixed Vegetables Pears	7 Meatloaf Parsley Potatoes Roll Apples	8 Turkey Sandwich Cucumbers Watermelon
11 Pizza Broccoli Pears	12 Chicken Quesadillas Tomatoes and Cucumbers Bananas	13 Chicken Drumsticks Green Beans Roll Berries	14 Spanish Rice with Black Beans and Peppers Apples	15 Fish Sticks Roasted Potatoes Roll Melon
18 Pizza Oranges Peppers	19 Beef Tacos Lettuce, Tomatoes and Cheese Sliced Apples	20 Pork Roast Green Beans Roll Applesauce	21 Beef Chilli Cheese Crackers Banana	22 Stir Fried Meat and Vegetables Rice Pineapple
25 Pizza Cucumbers Bananas	26 Hamburgers Corn Apples	27 Ham Sandwiches Carrots Melon	28 Pasta and Meat Sauce Peas Fruit	29 Chicken Enchiladas Mixed Vegetables Mixed Berries

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.

Fresh Fruit - May vary depending on the time of year. This will consist of any of the following: Apples, Oranges, Pears, Nectarines, Bananas, Blueberries, Strawberries, Black or Red Berries and Melons.