

Milk is served with lunch

## Lunch Menu September 2024



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b> CLOSED FOR LABOR DAY	<b>3</b> Chicken Quesadillas Cucumbers and Tomatoes Nectarines	<b>4</b> Meatsauce and Pasta Green Beans Plums	<b>5</b> Turkey Sandwich Carrots Melon	<b>6</b> Chili Bread Sticks Mixed Fruit
<b>9</b> Pizza Carrots Pineapple	<b>10</b> Pork Roast Rosemary Potatoes Green Beans Applesauce Roll	<b>11</b> Chicken Tacos Lettuce, Tomato and Cheese Bananas	<b>12</b> Chicken Alfredo with Pasta Broccoli Apples	<b>13</b> Sloppy Joes Potato Salad Nectarines
<b>16</b> Pizza Cucumbers Berries	<b>17</b> Canadian Bacon Pesto Pasta Green Beans Pears	<b>18</b> Meatloaf Roasted Potatoes Corn Melon	<b>19</b> Tator Tot Casserole with Vegetables Apples Roll	<b>20</b> Ham and Cheese on a Croissant Mixed Vegetables Mixed Fruit
<b>23</b> Pizza Carrots Oranges	<b>24</b> Brisket Mashed Potatoes Corn Apples	<b>25</b> Black Bean Enchiladas Pears	<b>26</b> Beef Stew Berries Rye Rolls	<b>27</b> Tomato Soup Cheese Sandwich Mixed Fruit
<b>30</b> Pizza Cucumbers and Tomatoes Pineapple	<b>1</b> Lasagna Zucchini Berries	<b>2</b> Roast Turkey Stuffing Green Beans Cranberries	<b>3</b> Hamburger on a Bun Corn Melon	<b>4</b> Turkey Casserole with Rice Mixed 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: Cheerios, 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.