LUNCH SEPTEMBER 2017

Reduced Price .40 (child) Full Price $2.85 (Child) Adult Price $2.85

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| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| WEEKLY AVERAGE  Calories 600-650  Sodium <1230  Sat. Fat <10  Trans Fat zero | NSLP REQUIRMENTS:  Fruit ½ cup daily  Veggie ¾ cup daily  Meat/Alt 1.75oz daily  Grains 1.75oz daily  Milk 1 cup daily | Please advise Ms. Leslie  24hrs in advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly |  |
| 4  LABOR DAY  HOLIDAY | 5  Bean Burrito in a  W/G Tortilla,  ¾ cup of Veggies  ½ Cup of Fruit  Milk Variety | 6  Turkey Sandwich in  W/G Pita Bread,  Veggie Beans,  ½ cup of Fruit  Milk Variety | 7  Beef and W/G Noodles,  Corn Bread,  ¾ cup of Veggies  ½ cup of Fruit,  Milk Variety |
| 11  Chicken Pasta  W/G Roll,  ¾ cup of Veggies  ½ Cup of Fruit  Milk Variety | 12  Beefy Nacho’s,  W/G Spanish Rice,  Refried Beans,  ½ cup of Fruit,  Milk Variety  BOARD MEETING | 13  Chicken Nuggets,  W/G Rice  ¾ cup of Veggies  ½ cup of Fruit  Milk Variety | 14  W/G Rich Cheese Pizza,  Garden Salad,  ¾ cup of Veggies  ½ cup of Fruit  Milk Variety |
| 18  Hot Dog on a W/G Bun,  Baked Fries,  ½ cup of Fruit  Milk Variety | 19  Orange Chicken,  W/G Noodles,  ¾ cup of Veggies  ½ cup of Fruit  Milk Variety | 20  Field Trip  Lunch Provided | 21  Tuna Sandwich on  W/G Bread,  ¾ cup of Veggies  ½ cup of Fruit  Milk Variety |
| 25  Teriyaki Chicken over Brown Rice,  ¾ cups of Veggies  ½ cup of Fruit  Milk Variety | 26  Grilled Cheese Sandwich On W/G Bread,  ¾ cup of Veggies  ½ cup of Fruit,  Milk Variety | 27  Corn Dog  Veggie Beans  Gram Cracker  ½ cup Fruit  Milk Variety | 28  Hamburger on a  W/G Bun,  Roasted Potatoes,  ½ cup of Fruit  Milk Variety  END OF FIRST QUARTER |

“This institution is an equal opportunity provider.”

Menu is subject to change without notice.

Milk Variety: Low Fat 1% White or Non Fat Chocolate or Non Fat Strawberry

BREAKFAST SEPTEMBER 2017

Breakfast in Classroom Adult Price $2.85

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| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| WEEKLY AVERAGE  Calories 400-500  Sodium <540  Sat. Fat <10  Trans Fat 0g/serving | SBP REQUIREMENTS:  Fruit/Veggie 1 cup daily  Grain 2oz daily  Milk 1 cup daily  Meat/Alt Optional | Please advise Ms. Leslie  24hrs in advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly |  |
| 4  LABOR DAY  HOLIDAY | 5  W/G Waffle,  1 cup Fruit,  Milk Variety | 6  W/G Toasted Honey Wheat English Muffin,  String Cheese,  1 cup Fruit,  Milk Variety | 7  Cheese Omelet,  W/G Bread Toasted,  1 cup Fruit,  Milk Variety |
| 11  W/G Pancake,  1 cup Fruit,  Milk Variety | 12  Hard Boiled Egg,  W/G Cereal Bar  1 cup Fruit,  Milk Variety | 13  Fruit Smoothie,  W/G Toasted Cinnamon Raisin Bread,  1 cup Fruit,  Milk Variety | 14  W/G Breakfast Sandwich,  1 cup Fruit,  Milk Variety |
| 18  W/G French Toast,  1 cup Fruit,  Milk Variety | 19  W/G Toasted Bagel,  Cream Cheese,  1 cup Fruit,  Milk Variety | 20  Field Trip  Cereal bars/ gogurt  1 cup Fruit  Milk Variety | 21  W/G Cereal w/Milk,  1 cup Fruit,  Milk Variety |
| 25  Oatmeal,  Raisins,  1 cup Fruit  Milk Variety | 26  W/G Pancake on A Stick,  1 cup Fruit,  Milk Variety | 27  W/G Cereal Bar,  Yogurt,  1 cup Fruit,  Milk Variety | 28  W/G Breakfast Burrito  (Scrambled Eggs in a W/G Tortilla),  1 cup Fruit,  Milk Variety |

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Milk Variety Low Fat 1% White or Non Fat Chocolate or Non Fat Strawberry