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 AVERAGECalories 600-650Sodium <1230Sat. Fat <10Trans Fat zero  | NSLP REQUIRMENTS:Fruit ½ cup dailyVeggie ¾ cup dailyMeat/Alt 1.75oz dailyGrains 1.75oz dailyMilk 1 cup daily | Please advise Ms. Leslie24hrs in advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly |   |
| 4 LABOR DAY HOLIDAY | 5Bean Burrito in a W/G Tortilla,¾ cup of Veggies½ Cup of FruitMilk Variety  | 6Turkey Sandwich in W/G Pita Bread,Veggie Beans,½ cup of Fruit Milk Variety | 7Beef and W/G Noodles,Corn Bread,¾ cup of Veggies½ cup of Fruit,Milk Variety  |
| 11Chicken PastaW/G Roll,  ¾ cup of Veggies ½ Cup of FruitMilk Variety | 12Beefy Nacho’s,W/G Spanish Rice,Refried Beans,½ cup of Fruit,Milk Variety  BOARD MEETING | 13Chicken Nuggets,W/G Rice ¾ cup of Veggies½ cup of FruitMilk Variety | 14W/G Rich Cheese Pizza,Garden Salad, ¾ cup of Veggies½ cup of FruitMilk Variety  |
| 18Hot Dog on a W/G Bun,Baked Fries,½ cup of FruitMilk Variety | 19Orange Chicken,W/G Noodles,¾ cup of Veggies½ cup of FruitMilk Variety  | 20Field TripLunch Provided | 21Tuna Sandwich on W/G Bread,¾ cup of Veggies½ cup of FruitMilk Variety   |
| 25Teriyaki Chicken over Brown Rice, ¾ cups of Veggies½ cup of FruitMilk Variety | 26Grilled Cheese Sandwich On W/G Bread,¾ cup of Veggies½ cup of Fruit,Milk Variety  | 27Corn DogVeggie BeansGram Cracker½ cup FruitMilk Variety | 28Hamburger on a W/G Bun, Roasted Potatoes,½ cup of FruitMilk 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 AVERAGECalories 400-500Sodium <540Sat. Fat <10Trans Fat 0g/serving | SBP REQUIREMENTS:Fruit/Veggie 1 cup dailyGrain 2oz dailyMilk 1 cup dailyMeat/Alt Optional | Please advise Ms. Leslie24hrs in advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly |   |
| 4 LABOR DAY HOLIDAY | 5W/G Waffle,1 cup Fruit,Milk Variety  | 6W/G Toasted Honey Wheat English Muffin,String Cheese,1 cup Fruit,Milk Variety | 7Cheese Omelet,W/G Bread Toasted,1 cup Fruit,Milk Variety |
| 11W/G Pancake,1 cup Fruit,Milk Variety | 12Hard Boiled Egg,W/G Cereal Bar1 cup Fruit,Milk Variety  | 13Fruit Smoothie,W/G Toasted Cinnamon Raisin Bread,1 cup Fruit,Milk Variety | 14W/G Breakfast Sandwich,1 cup Fruit,Milk Variety  |
| 18W/G French Toast,1 cup Fruit,Milk Variety | 19W/G Toasted Bagel,Cream Cheese,1 cup Fruit,Milk Variety  | 20Field TripCereal bars/ gogurt1 cup FruitMilk Variety  | 21W/G Cereal w/Milk, 1 cup Fruit,Milk Variety  |
| 25Oatmeal,Raisins,1 cup FruitMilk Variety | 26W/G Pancake on A Stick,1 cup Fruit,Milk Variety | 27W/G Cereal Bar,Yogurt,1 cup Fruit,Milk Variety | 28W/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