

September 2019



Menu is subject to change.



Lunch Fact

MyPlate recommends:
Choose vegetables rich
in color! **Brighten**



your plate with vegetables that are **red**,
orange, or **dark green**. They not only
taste great but also are good for you.

Reference: USDA. MyPlate.gov. Internet:
<http://www.myplate.gov/>.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day!	3 	4 Welcome Back! Chicken Patty on ww Roll (2M,2G) ----- Oven Potatoes 1/2c Steamed Broccoli 1/2c Choice Of Fruit 1/2c	5 Nacho Grande (2M,2G) ----- Garden Corn 1/2c Blackbean Salsa 1/2c Choice of Fruit 1/2c	6 Mac & Cheese w/ ww Dinner Roll (2M,2G) ----- Mixed Veggies 1/2c Cauliflower 1/2cC Choice of Fruit 1/2c
9 Chicken Fajita 10" Shell Salsa (1/4c) (2M,2G) ----- Garden Corn 1/2c Garden Peas 1/2c Choice of Fruit 1/2c	10 Spaghetti and Meat Sauce Dinner Roll (2M,2G) ----- Broccoli 1/2c Green Beans 1/2c Choice of Fruit 1/2c	11 French Toast Sticks Egg Patty (2M,2G) ----- Oven Potatoes 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c	12 Pizza (2M,2G) ----- Romaine Salad 1c Tomato Salad 1/2c Choice of Fruit 1/2c	13 Burrito on 10" Shell (2M,2G) ----- Refried Beans 1/2c Brown Rice 1/2c Choice of Fruit 1/2c
16 Chicken Fries Seasoned Rice (1/4c) (2m,2g) ----- Steamed Broccoli 1/2c Mixed Vegetables 1/2c Choice of Fruit 1/2c	17 Grilled Cheese on Wheat Tomato Soup (2m,2g) ----- Cici Pea Salad 1/2c Garden Peas 1/2c Choice of Fruit 1/2c	18 10" Quesadilla Salsa (1/4c) (2M,2g) ----- Garden Corn 1/2c Mixed Vegetables 1/2c Choice of Fruit 1/2c	19 Meatloaf Burger Roll (2M,2G) ----- Cici Pea Salad Mashed Potatoes 1/2c Choice of Fruit 1/2c	20 Chicken Patty (2M2G) ----- Tator Tots 1/2c Romaine Salad 1c Choice of Fruit 1/2c
23 Nacho Grande & Salsa 1/4C (2M,2G & .25V) ----- Festive Corn 1/2c Blackbean Salsa 1/2c Choice of Fruit 1/2c	24 Chicken Souvlaki Flat Bread (2M,2G) ----- Garden Peas 1/2c Romaine Lettuce 1/2c Choice of Fruit 1/2c	25 Cheeseburger on ww Roll (2M,1.5G) ----- Oven Potatoes 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c	26 Hot Turkey Sandwich On A Roll (2M,2G) ----- Broccoli 1/2c Mashed Potatoes 1/2c Choice of Fruit 1/2c	27 Pizza (2m,2g) ----- Romaine Salad 1c Tomato Salad 1/2c Choice of Fruit 1/2c
30 Chicken Nuggets Steamed Rice (1/4c) (2M,2G) ----- Oven Potatoes 1/2c Mixed Vegetables 1/2c Choice of Fruit 1/2c	A New School Year!	Salads to Go!	Delicious Smoothies! Yogurt Parfaits	

We serve the following Items Daily

Wrap and Sub Bar!

Salad Bar!

PBJ Sandwiches

made fresh daily!!!!

Fresh or prepared fruits and vegetables daily.

(Must take ½ cup of Fruit or Veggies may take one cup)

Non or Low Fat White or Non Fat Chocolate

Need total of three complete components.
(5 components offered)

Must take **fruit** &/or **vegetable**.

-----**Start with a:**-----

- 1• Vegetable** (romaine lettuce 1c, other vegetables 1/2c)
- 2• Fruit** (served by the piece = 1/2c & served by the 1/2c portion, unless otherwise noted)
- 3• Choose whole grains** (all rice, breads and pastas are whole grains)
- 4• Pick a lean protein** (meats, cheeses, yogurts & beans are proteins)
- 5• Add serving of milk** (offer non and low fat milks daily. Chocolate, strawberry or white)

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