

# 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 <b>Labor Day!</b>	3 	4 <b>Welcome Back!</b> 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 on a 8" 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 8" 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 8" 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 On Roll (2M,2G) ----- 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 (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	<b>A New School Year!</b>	<b>Salads to Go!</b>	<b>Delicious Smoothies!</b>  <b>Yogurt Parfaits</b>	

### We serve the following Items Daily

#### Salads 2m2gr

#### Assorted Sandwiches 2m2gr

#### PBJ Sandwiches 2m2gr

#### 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)

This institution is an equal opportunity employer & provider.