

September Lunch Menu



	Mon	Tue	Wed	Thu	Fri	Sat
Ages 1-2 Grain 1/2 oz Meat 1 oz Veg 1/8 cup Fruit 1/8 cup Milk 1/2 cup 11			1 Chicken Quesadilla w/ Spanish Rice Corn Pears	2 Sloppy Joes Sweet Potato Fries Fruit Cocktail	3 Grilled Turkey & Cheese Sandwich (WG) Mixed Veggies Mandarin Oranges	4 **This institution is an equal opportunity provider**
Ages 3-5 Grain 1/2 oz Meat 1 1/2 oz Veg 1/4 cup Fruit 1/4 cup Milk 3/4 cup	6 Labor Day (No School)	7 Baked Beans w/ (WG) Roll Green Salad Peaches	8 Baked Ziti (WG) w/ Turkey Cucumbers Pineapple	9 Turkey Tacos w/ Spanish Rice Corn Pears	10 Turkey & Cheese Wrap (WG) Steamed Carrots Applesauce	**Whole, unflavored, milk is served to children 1 year of age** **1 %, unflavored , milk to all children 2 years of age and older **
12	13 Macaroni & Cheese (WG) w/ Ground Turkey Peas Pears	14 Turkey Slider (WG) Green Salad Fruit Cocktail	15 Turkey Lasagna (WG) Corn Mandarin Oranges	16 Mini Cheese Pizza w/ Turkey (WG) Mix Veggies Pineapple	17 Grilled Turkey Cheese Sandwich (WG) Peas Applesauce	18 *WG= whole grain
19	20 Spaghetti (WG) w/Ground Turkey Mixed Veggies Mandarin Oranges	21 BBQ Chicken w/ (WG) Roll Green Salad Pineapple	22 Chicken Noodle Soup w/ Mix Veggies Applesauce	23 Chicken Teriyaki & Brown Rice Broccoli Peaches	24 Chicken Salad Sandwiches (WG) Cucumbers Apples	25
26	27 Chicken Fettuccini Alfredo (WG) Salad Pineapple	28 Bean & Cheese Burritos (WG) Mix Veggies Applesauce	29 Chicken Quesadilla w/ Spanish Rice Corn Pears	30 Sloppy Joes Sweet Potato Fries Fruit Cocktail		