



Lunch Menu September 2021

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 4oz Plain Whole Milk
(menu modifications in italics)

24months – 36months Old - m/ma 1oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 4oz Plain 1% Milk
(menu modifications in italics)

3-5 Year Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ½ c, vegetables ¾ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
		September 1 Chicken Taco Salad WG Tortilla Chips Lettuce w/ Cheddar Cheese Corn & Black Bean Salad Ranch Dressing Fruit Milk	September 2 Turkey Sausage French Toast Breakfast Potatoes Fruit Milk	September 3 Pizza Bagel WG Bagel w/ Marinara Sauce & Mozzarella Cheese Celery Sticks Ranch Dressing Fruit Milk
September 6 Labor Day School Holiday	September 7 Scrambled Eggs w/ Cheese WG English Muffin Breakfast Potatoes Fruit Milk	September 8 Turkey and American on WG Bun Mayo Side Garden Salad w/ Italian Dressing <i>(Diced and Peeled Cucumber)</i> Fruit Milk	September 9 Beef and Cheese Taco WG Flour Tortilla Corn & Black Bean Salad Fruit Milk	September 10 Pizza Bagel WG Bagel w/ Marinara Sauce & Mozzarella Cheese Celery Sticks Ranch Dressing Fruit Milk
September 13 Meatball Parm WG Garlic Toast Mixed Veg Fruit Milk	September 14 Greek Chicken and Feta WG Pita Bread Tzatziki Sauce Cucumbers Fruit Milk	September 15 Roast Beef and American Cheese WG Sandwich Roll Celery Sticks w/ Ranch Fruit Milk	September 16 WG Chicken Patty Sandwich American Cheese Coleslaw WG Sandwich Roll Ketchup Fruit Milk	September 17 Pizza Bagel WG Bagel w/ Marinara Sauce & Mozzarella Cheese Celery Sticks Ranch Dressing Fruit Milk
September 20 Swedish Meatballs WG Buttered Noodles Corn Fruit Milk	September 21 Grilled Chicken Garden Salad w/ Cheese & Tomato Ranch Dressing Dinner Roll w/ Butter Fruit Milk	September 22 Turkey Ham & Cheese Sandwich Whole Grain Sandwich Roll Tomato/Cucumber Salad Fruit Milk	September 23 Chicken Nuggets Potato Wedges Ketchup Fruit Cocktail Milk	September 24 Pizza Bagel WG Bagel w/ Marinara Sauce & Mozzarella Cheese Celery Sticks Ranch Dressing Fruit Milk
September 27 Hamburger w/ American Cheese WG Sandwich Roll Tator Tots Fruit Milk	September 28 Mac and Cheese w/ WG Pasta Cooked Broccoli Fruit Milk Lunch Alt: Turkey & Cheese Sandwich	September 29 Turkey Ham & Cheese Sandwich WG Sandwich Roll Tomato/Cucumber Salad Fruit Milk	September 30 Beef BBQ WG Sandwich Roll Chopped Broccoli Salad Fruit Milk	

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos