



SEPTEMBER MENU



Monday	Tuesday	Wednesday	Thursday	Friday
		A Hamburger/Cheeseburger / or Turkey Burger on A Bun B Tuna Salad Roll Green Beans Fresh Fruit 2	A Pasta W/Marinara Sauce or Meat Sauce Breadstick B Baked Chicken Broccoli Apples 3	A Waffles W/ Fruit Topping B Hot Ham & Cheese Wrap Hashbrowns Carrots Oranges Halves 4
NO SCHOOL 7	A Quesadilla B Egg Salad Roll Sweet Potato, Baked Salsa, Sour Cream 8	A Pretzel W/Cheese Sauce B Chicken Fajitas Peas Oatmeal Raisin Cookies 9	A Cheese Ravioli B Taco Beef Wrap White Rice Broccoli Salad Peas 10	A Turkey Italian Sandwich B B-B-Qued Rib Pasta Salad Watermelon Chunks 11
A Sloppy Joe on A Bun B Ham & Noodle Au Gratin Carrot Sticks Apples 14	A Pizza Wrap B BBQ Chicken Wheat Rolls Wild Blueberry Cobbler 15	A Chicken Pot Pie B Pulled Pork Sandwich Broccoli Fresh Fruit Gingerbread 16	A Shepherd's Pie B Shrimp Poppers Mashed Potato Winter Squash Kiwi 17	A Tomato Soup and Grilled Cheese Sandwich - Lo Fat B Fun Fish Corn On The Cob Pears 18
A Meatball Sub B Asian Chicken Brown Rice Green Beans Fruit Cocktail 21	A Cheese or Ham Pizza B Chicken Salad Sandwich Macaroni Salad Carrots Fresh Fruit 22	A Hot Turkey Sandwich B Hot Dog on A Roll Mashed Potatoes Mixed Vegetables Oranges Pumpkin Cake 23	A Chicken or Vegetable Burger B Roast Beef & Cheddar Melt Wrap French Fries Cole Slaw Fresh Fruit 24	A Parmesan Turkey Ranch Wrap B Chicken Nuggets Baked Potato Bananas 25
A Macaroni And Cheese Wheat Rolls B Ham Italian Sandwich Garden Salad Peas & Carrots Mandarin Oranges 28	A Roast Pork B Tuna Melt Wrap Mashed Potatoes (Pearls) Green Beans Apples 29	A Nachos B Fishwich Broccoli Salad Melon Fruit Juice 30		

****Served Daily: Juice, Fresh Fruit at Breakfast, Vegetable Bar at Lunch, Variety of Milk at all meals. Menu is subject to change without notice.****

Breakfast:
Monday: ½ Bagel w/cream cheese or Cereal or Yogurt
Tuesday: Breakfast Sandwich or Cereal or Yogurt
Wednesday: French Toast or Waffle w/Fruit Topping or Cereal or Yogurt
Thursday: ½ Bagel w/cream cheese or Cereal or Yogurt
Friday: Breakfast Burrito or Cereal or Yogurt

Choice C Everyday: Peanut Butter & Jelly Sandwich on 100% Whole Wheat Bread

	<u>Average</u>	<u>Target</u>	<u>% of Target</u>		<u>Average</u>	<u>% of Target</u>	<u>Target</u>
Calories	635	645	98%	Total Fat	19.00 g	26.95%	<30.00%
				Sat. Fat	6.08 g	8.63%	<10.00%

NOTE: * denotes missing or incomplete nutrient data