

Whole or multigrain bread must be served 3 times

Week of September 21st~25th

*Requirements:
 Meat/Meat alternative 2 oz.
 Fruit/Vegetable ¾ cup
 Bread 8 per week
 Milk (Lowfat & flavored choices) 1 pint*

LUNCH	Mon. Sept. 21	Tues. Sept. 22	Wed. Sept. 23	Thurs. Sept. 24	Fri. Sept. 25
Meat or Meat Alternative (choose one)	Chicken Patty On Whole Wheat Bread Corn Dog	Lasagna Turkey and Cheese on Whole Grain Bread	HB/CB Manager's Choice	Spaghetti with Meat Sauce Chicken Nuggets	Chili Dog Pizza
Vegetables and/or Fruits (choose two)	Sandwich Fixings Cheese Fries Peas and Carrots Fruit	Sandwich Fixings Salad Green Beans Corn on Cob Fresh Fruit	Burger Fixings Oven Fries Baked Beans Vegetable Sticks Fruit	Garden Salad with cucumber, cauliflower, tomatoes Peas Fruit	Potato Wedges Corn Vegetable Sticks Fruit
Bread and Bread Products	Whole Wheat Bread	Pasta Whole Wheat Bread	HB Buns	Texas Toast	Cookie
Other Foods HS Salad Bar Daily	Condiments		Ranch Dressing		Ranch Dressing
Milk skim, 1%, Chocolate	Milk	Milk	Milk	Milk	Milk
BREAKFAST					
Meat or Meat Alternative	Pancake and Sausage on	Breakfast Pizza	Chicken	Ham	White or Chocolate Gravy
Bread Product	Stick Cereal	Cereal	Biscuit Cereal	Biscuit Cereal	Biscuit Cereal
Fruit or Juice	Assorted	Assorted	Assorted	Assorted	Assorted
Milk	Milk	Milk	Milk	Milk	Milk

In accordance with Federal Law, we are prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. Menus are subject to change due to commodities available, school closings, etc.