

Whole or multigrain bread must be served 3 times

Week of September 28th~October 2nd

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

LUNCH	Mon. Sept. 28th	Tues. Sept. 29th	Wed. Sept. 30th	Thurs. Oct. 1st	Fri. Oct. 2nd
Meat or Meat Alternative (choose one)	Grilled Cheese Sandwich on whole wheat white Baked Ham	Pizza Corn Dog	Chicken Fajitas with shredded cheese Chicken Casserole	HB/CB Burrito	Taco Salad Chicken Nuggets
Vegetables and/or Fruits (choose two)	Creamed Potatoes Peas and Carrots Reg. Sweet Potatoes (candied if you choose)	Potato Smiles Green Beans Veggie cup(broccoli, cauliflower, cherry tomatoes) Peaches Pears	Cheese Rice Corn Refried Beans Peaches	Sandwich trimmings Baked Beans French Fries Veggie Sticks Mixed Fruit	Salad Fixings Corn Pinto Beans Tossed Salad Apple
Bread and Bread Products	Biscuits		School Made Rolls	HB Bun	Nacho Chips
Other Foods HS Salad Bar Daily		Cobbler	Sour Cream Taco Sauce		Cookie
Milk skim, 1%, Chocolate	Milk	Milk	Milk	Milk	Milk
BREAKFAST					
Meat or Meat Alternative	Ham and	Chicken	Breakfast Pizza	Pancake on a stick	Choice of Gravy
Bread Product	Biscuit Cereal	Biscuit Cereal	Cereal	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.