

Menu for Week of September 27 through October 3, 2020

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
B R E A K F A S T	100% Fruit Juice Dry Cereal WG Waffles SF Pancake Syrup Spiced Apples Milk	4 oz 1 bx 2 ea. 1 ea. ½ C 8 oz	100% Fruit Juice Oatmeal Sugar Breakfast Sliders Fresh Fruit Cup Milk	4 oz ¾ c 3 pk 3 ea 1 cup 8 oz	100% Fruit Juice Dry Cereal Yogurt -Greek WG English Muffin Margarine Jelly Banana Milk	4 oz 1 bx 1 ea. 1 ea 1 pk 1 pk 1 ea. 8 oz	100% Fruit Juice WG Cream o Wheat Breakfast Wrap Mandarin Oranges Milk Sugar	4 oz ¾ c 1 ea. 1/2 C 8 oz 3 pk	100% Fruit Juice Dry Cereal WG Cinnamon Roll Yogurt-Greek Banana Milk	4 oz 1 bx 1 ea 1 ea 1 ea 8 oz	100% Fruit Juice Oatmeal WG English Muffin Turkey Sausage American Cheese Sugar Spiced Apple Milk	4 oz ¾ c 1 ea. 1 ea 1 sl 3 pk ½ C 8 oz	100% Fruit Juice Dry Cereal Hash Brown Ketchup HC Egg Mrs. Dash Orange-Fresh Milk	4 oz 1 bx 1 ea. 2 ea 1 ea. 1 pk 1 ea. 1 pk 8 oz
L U N C H	Salisbury Steak Mashed Potatoes Gravy Broccoli WG Dinner Roll Margarine Fresh Fruit Cup Milk Options 100% Fruit Juice	1 pc ½ c. 2 oz. 1 C 2 ea. 1 pk. 1 C 8 oz 4 oz	Blackened Chicken Sand. Seasoned Grilled Chicken WG Hamburger Bun Lettuce & Tomato Seasoned Fries Ketchup/Lt Mayo Tossed Salad FF Ranch Dressing Orange-Fresh Milk Options 100% Fruit Juice	3 oz 1 ea ½ c. ½ c 4/1pk 1.5 C 3 pk 1 ea. 8 oz 4 oz	Cheeseburger Deluxe Beef Patty American Cheese Lettuce, Onion & Tomato Potato Wedges Ketchup R/S Carrot Sticks FF Ranch Lt. Mayo & Mustard Apple-Fresh Milk Options 100% Fruit Juice	2 oz 1 sl ½ C ½ C 4 pks 6 ea 3 pk 1/1 pk 1 ea 8 oz 4 oz	Chipotle Rice Bowl Diced Chicken Shredded Cheese Shredded Lettuce Diced Tomatoes Salsa FF Sour Cream WG Brown Rice Corn & Black Beans Fresh Fruit Cup Milk Options 100% Fruit Juice	1 ea. 3 oz. ½ oz ½ c ½ c ¼ c 1 pk 1 C. 1 C. 1 C. 8 oz 4 oz	Spaghetti WG Meat Sauce Parmesan Cheese Green Beans Tossed Salad FF Ranch Dressing WG Bread Stick Margarine Pear-Whole Milk Options 100% Fruit Juice	3/4 c. ¾ c. 1 pk 1 c. 1.5 c. 3 pk 1 ea 1 pk 1 ea. 8 oz 4 oz	Hot Roast Beef Sandwich Roast Beef American Cheese WG Hamburger Bun Lettuce & Tomato Seasoned Fries Ketchup/Lt Mayo Tossed Salad FF Ranch Orange-Fresh Milk Options 100% Fruit Juice	2 oz 1 sl 1 ea. ½ c. ½ c. 4/1 pk 1.5 C. 3 pk 1 ea 8 oz 4 oz	Fish Sandwich WG Fish Fillet WG Hamburger Bun Lettuce & Tomato Baked Potato Shredded Cheddar Tartar Sauce Sour Cream Sliced Peaches Milk Options 100% Fruit Juice	3.5 oz 1 ea ½ c 1 ea 1/2 oz 1 pk 1 pk 1/2 c. 8 oz 4 oz
D I N N E R	Hearty Vegetable Soup Saltine Crackers Hot Ham & Cheese Sub Potato Chips Mixed Vegetables Lt Mayo & Mustard Ice-cream Milk Options 100% Fruit Juice	1 C 2 pk 1 ea 1 pk. 1 C 2/1 pk 1 ea. 2/8oz 2/4oz	Baked Ziti Garlic Bread Tossed Salad Salad Dressing Fresh Fruit Fresh Baked Cookies Milk Options 100% Fruit Juice	1.5 C 2 ea 1 C 3 pk 1 ea 3 ea 2/8oz 2/4oz	Chicken Tenders French Fries Ketchup Turnip Green Honey Mustard WG Dinner Rolls Margarine Iced Cake Milk Options 100% Fruit Juice	4 ea 1 c 4 pk 1 C 2 pk 2 ea 2 pk 1 pc 2/8oz 2/4oz	BBQ Beef Cubes Mac & Cheese Broccoli Honey Cornbread Margarine Apple Pie Turnover Milk Options 100% Fruit Juice	1 C 1 C 1 C 2 sq 2 ea 1 pc 2/8oz 2/4oz	Southern Fried Chic'n Sand Chicken Patty's Hamburger Buns Lettuce & Tomato French Fries Ketchup /Mayo Corn on the Cob Ice-cream Milk Options 100% Fruit Juice	2 ea 2 ea 1/2 C 1 c. 4/2 pks 2 pc 1 ea 2/8oz 2/4oz	Wellness Meal Meal pattern: Meat Fruit promotion Veg. promotion Starch Bread Dessert Milk Fruit Juice	4 oz 1 C 1 C 1 C 2 ea. 1 ea. 16 oz 8 oz.	Chili Cheese Dogs Beef Knockwurst Beef Chili Cheddar Cheese Sauce Hot Dog Buns Tater Tots Ketchup Corn Fresh Baked Cookies Milk Options 100% Fruit Juice	2 ea. 2 ea 4 oz 2 oz 2 ea 1 C 4 pk 1 C 3 ea. 2/8oz 2/4oz
S N A C K	Blueberry Muffin Assorted Drink	1 ea 8 oz	Rold Gold Pretzels Assorted Drink	1 pk 8 oz	Strawberry Nutragrain Bar Fresh Fruit Assorted Drink	1 ea 1 pc 8 oz	Baked BBQ Chips Assorted Drink	1 pk 8 oz	100 cal Oreo Cookies Fresh Fruit Assorted Drink	1 pk 1 pc 8 oz	Sun Chips-Garden Salsa Assorted Drink	1 pk 8 oz	Pop Tarts-Cinnamon Assorted Drink	1 pk 8 oz

Use only 1% or Fat Free Milk. Use only 100% Fruit Juice