

September

Breakfast Meal Pattern Requirements

Milk: 8 oz. Fruit or Veg: 1c/8oz.

Grain: 2oz.

Lunch Meal Pattern Requirements

Milk: 8 oz. Fruit: 1c/8oz Veg: 1c/8oz. Grain: 2oz. Protein: 2oz.

All meals/food from home must follow Dept. of Ed. Nutritional requirements.

Allergy meal/Diet modification allowed only with school nurse approval

Food products do not contain Peanuts, Tree Nuts, Fish, and Shellfish.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUG 29	AUG 30	AUG 31	SEPTEMBER 1	SEPTEMBER 2
Breakfast: Cereal, Apple, 100%	Breakfast: Pancakes, Orange,	Breakfast: Cereal, Banana,	Breakfast: Muffin Tops, Apple	Breakfast: Cereal, Banana,
Fruit Juice, Milk	100% Fruit Juice, Milk	100% Fruit Juice, Milk	Slices, 100% Fruit Juice, Milk	100% Fruit Juice, Milk
Lunch: Chicken Patty Sandwich	Lunch: Sliced Turkey &	Lunch: WW Spaghetti &	Lunch: Pastelón de Papas,	Lunch: Pizza, Green Beans,
on a WW bun, Carrots,	Cheese Sandwich on WW	Meatballs, Broccoli, Mandarin	WW Dinner Roll, Applesauce,	Pineapple (or substitute),
Peaches, Milk	bread, Corn & BB Salad,	Oranges, Milk	Milk	Milk
	Pears, Milk			
SEPTEMBER 5	SEPTEMBER 6	SEPTEMBER 7	SEPTEMBER 8	SEPTEMBER 9
	Breakfast: Corn Muffin,	Breakfast: Cereal, Banana,	Breakfast: Banana Bread,	Breakfast: Cereal, Banana,
No	Orange, 100% Fruit Juice, Milk	100% Fruit Juice, Milk	Apple Slices, 100% Fruit Juice,	100% Fruit Juice, Milk
110	Lunch: Baked Mac & Cheese,	Lunch: Chicken Fingers, Sweet	Milk	Lunch: Pizza, Green Beans,
	Broccoli, Pears, Milk	Potato Fries, Mix Veg,	Lunch: Burritos, WG Rice,	Pineapple (or substitute),
School		Mandarin Oranges, Milk	Pinto Beans, Lettuce, Tomato,	Milk
3611001			Cheese, Applesauce, Milk	
SEPTEMBER 12	SEPTEMBER 13	SEPTEMBER 14	SEPTEMBER 15	SEPTEMBER 16
Breakfast: Cereal, Apple, 100%	Breakfast: Muffin Tops,	Breakfast: Cereal, Banana,	Breakfast: Pancakes, Apple	Breakfast: Cereal, Banana,
Fruit Juice, Milk	Orange, 100% Fruit Juice, Milk	100% Fruit Juice, Milk	Slices, 100% Fruit Juice, Milk	100% Fruit Juice, Milk
Lunch: Chicken Nuggets, Mixed	Lunch: Baked Ziti w/Chicken	Lunch: Hamburgers, WW Bun,	Lunch: Arroz con Verduras,	Lunch: Pizza, Green Beans,
Mediterranean Veg, WW	and mozz cheese, Broccoli,	Cheese, Crinkle Fries, Carrots,	Habichuela guisada y Pollo,	Pineapple (or substitute),
Dinner Roll, Peaches, Milk	Pears, Milk	Mandarin Oranges, Milk	Applesauce, Milk	Milk
SEPTEMBER 19	SEPTEMBER 20	SEPTEMBER 21	SEPTEMBER 22	SEPTEMBER 23
Breakfast: Cereal, Banana,	Breakfast: Banana Bread,	Breakfast: Cereal, Banana,	Breakfast: Breakfast Buns,	Breakfast: Cereal, Banana,
100% Fruit Juice, Milk	Orange, 100% Fruit Juice, Milk	100% Fruit Juice or Milk	Apple Slices, 100% Fruit Juice,	100% Fruit Juice, Milk
Lunch: Chicken Fingers, Sweet	Lunch: American Chop Suey,	Lunch: Sliced Ham & Cheese	Milk	Lunch: Pizza, Green Beans,
Potato Fries, Mix Veg, Peaches,	Carrots, Pears, Milk	Sandwich on WW bread,	Lunch: Fajitas, WG Rice, Pinto	Pineapple (or substitute),
Milk		Salad, Mandarin Oranges,	Beans, Lettuce, Tomato,	Milk
		Milk	Cheese, Applesauce, Milk	
SEPTEMBER 26	SEPTEMBER 27	SEPTEMBER 28	SEPTEMBER 29	SEPTEMBER 30
Breakfast: Cereal, Apple, 100%	Breakfast: Pancakes, Orange,	Breakfast: Cereal, Banana,	Breakfast: Muffin Tops, Apple	Breakfast: Cereal, Banana,
Breakfast: Cereal, Apple, 100% Fruit Juice, Milk	Breakfast: Pancakes, Orange, 100% Fruit Juice, Milk	Breakfast: Cereal, Banana, 100% Fruit Juice, Milk	Breakfast: Muffin Tops, Apple Slices, 100% Fruit Juice, Milk	Breakfast: Cereal, Banana, 100% Fruit Juice, Milk
Breakfast: Cereal, Apple, 100% Fruit Juice, Milk Lunch: Chicken Patty Sandwich	Breakfast: Pancakes, Orange, 100% Fruit Juice, Milk Lunch: Sliced Turkey &	Breakfast: Cereal, Banana, 100% Fruit Juice, Milk Lunch: WW Spaghetti &	Breakfast: Muffin Tops, Apple Slices, 100% Fruit Juice, Milk Lunch: Pastelón de Papas,	Breakfast: Cereal, Banana, 100% Fruit Juice, Milk Lunch: Pizza, Green Beans,
Breakfast: Cereal, Apple, 100% Fruit Juice, Milk Lunch: Chicken Patty Sandwich on a WW bun, Carrots,	Breakfast: Pancakes, Orange, 100% Fruit Juice, Milk Lunch: Sliced Turkey & Cheese Sandwich on WW	Breakfast: Cereal, Banana, 100% Fruit Juice, Milk Lunch: WW Spaghetti & Meatballs, Broccoli, Mandarin	Breakfast: Muffin Tops, Apple Slices, 100% Fruit Juice, Milk	Breakfast: Cereal, Banana, 100% Fruit Juice, Milk
Breakfast: Cereal, Apple, 100% Fruit Juice, Milk Lunch: Chicken Patty Sandwich	Breakfast: Pancakes, Orange, 100% Fruit Juice, Milk Lunch: Sliced Turkey &	Breakfast: Cereal, Banana, 100% Fruit Juice, Milk Lunch: WW Spaghetti &	Breakfast: Muffin Tops, Apple Slices, 100% Fruit Juice, Milk Lunch: Pastelón de Papas,	Breakfast: Cereal, Banana, 100% Fruit Juice, Milk Lunch: Pizza, Green Beans,

Available milk includes skim, whole and 1%

The USDA is an equal opportunity provider