UCHRA Van Buen Head Start Menus 20202021 September 2020

Week 1 of 5 Meal Pattern Monday 8/31		nber 2020		
	Tuesday 9/1	Wednesday 9/2	Thursday 9/3	Friday 9/4
	Breakfast	Breakfast	Breakfast	Breakfast
	1% Milk Diced Strawberries & Blueberries	1% Milk 1/2 Banana	1% Milk Orange Wedges (C)	1% Milk Diced Peaches (C)
		General Mills Multi-Grain Cheerios		
Bread/Alternate WW Biscuits V Other/Notes Gravy	WW Oatmeal	Cereal	Toasted English Muffin Jelly	WW Pillsbury Mini Pancakes
Other/Notes Gravy			Jeny	Syrup
	Lunch	Lunch	Lunch	Lunch
	1% Milk @Ground Beef Meat Sauce	1% Milk Los Cabos Sausage, Egg, & Cheese	1% Milk CN label Hormel Turkey	1% Milk High Liner WG Breaded Fish Fillet (I)
			•	
Vegetable 1/4 c (2oz) @Cole Slaw	Green Beans	Baked Hashbrown	Mashed Potatoes	Raw Broccoli (A,C)
Fruit 1/4 c (2oz) Tomato Wedges (A,C)	Diced Pears	Orange Wedges (C)	Green Peas	Tropical Fruit Cocktail
(Vegies can replace fruits)		. , ,		•
	WW Spaghetti Noodles	(Burritto wrap)	Healthy Life WW Bread	Sister Schubert's WW Roll
	Parmesean Cheese *Serve as @Spaghetti	Ketchup, Salsa	Turkey Gravy *Serve as Open Face Sandwich	Ranch
Week 2 of 5 Monday 9/7	Tuesday 9/8	Wednesday 9/9	Thursday 9/10	Friday 9/11
Meal Pattern	<u> </u>	•	•	,
	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk
	Diced Peaches (C)	Banana Slices	Strawberries Slices (C)	Orange Wedges (C)
	WW Pillsbury Mini Pancakes	Apple Jacks Cereal	WW Oatmeal	WW Healthy Life Toast
Other/Notes S	Syrup			American Cheese *Serve as Cheese Toast
Lunch	Lunch	Lunch	Lunch	Lunch
	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	High Liner WG Breaded Fish Fillet (I)	WW Tony's Smart Pizza Pepporoni and cheese CN label	Tyson WG Breaded Chicken Patties (I)	Chef Boyardee Beef Ravioli CN labol
Industrial I II A	ginc. ito breaded i isii i illet (i)	and choose our most		(Tomato sauce A & C)
Vegetable 1/4 c (2oz)	Raw Broccoli (A,C)	Corn	Green Peas (A & C)	Green Beans
Fruit 1/4 c (2oz) 1	Tropical Fruit Cocktail	Tomato Wedges (A,C) with salad :	Diced Apricots (A)	Diced Pears
(Vegies can replace fruits)	Tropical Fruit Cocktail	Shredded carrots & mixed greens	Diced Apricols (A)	Diced rears
	Cornbread Muffiin	WW (Pizza Crust)	Sister Schubert's WW Roll	(Pasta)
Other/Notes F	Danah	Danah	Vetebure	
Other/Notes	Ranch	Ranch	Ketchup	
Week 3 of 5 Monday 9/14	Tuesday 9/15	Wednesday 9/16	Thursday 9/17	Friday 9/18
Meal Pattern		-	-	-
	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk
	Banana Slices	Orange Wedges (C)	Blueberries	Cooked Apple Slices (C)
-				Pillsbury Frozen Southern Style WW
Bread/Alternate WW Cream of Wheat Properties of Wheat WW Cream of Wheat Properties of	Kellogg's Rice Krispies WW Cereal	Healthy Life WW Toast American Cheese	WW Oatmeal	Biscuit
Otherwood		*Serve as Cheese Toast		
	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c 1% Milk 1	1% Milk	1% Milk	1% Milk	1% Milk WW Tony's Smart Pizza Pepperoni
Meat/Alternate 1 1/2 oz Tyson WG Chicken Patty (I)	Pinto Beans(I)	Hamburger Steak	@Tuna Salad	and cheese CN Label
Magaziahia 4/4 a /2am) Bakad Cuulu Frian 1	Turnin Croons (A.C.)	Machael Datatage	Towata Madaga (A.C.)	Cream Basins
Vegetable 1/4 c (2oz) Baked Curly Fries T	Turnip Greens (A,C)	Mashed Potatoes	Tomato Wedges (A,C)	Green Beans
			Romaine Lettuce/Spinach mix	
	Corn	Green Peas (A & C)	Romaine Lettuce/Spinach mix Tropical Fruit	Diced Peaches (C)
(Vegies can replace fruits) Romaine Lettuce/Spinach mix			Tropical Fruit	` '
(Vegies can replace fruits) Romaine Lettuce/Spinach mix	Corn Cornbread Muffin	Green Peas (A & C) Sister's Schubert's WW Roll		Diced Peaches (C) WW (Pizza crust)
(Vegies can replace fruits) Romaine Lettuce/Spinach mix Bread/Alternate Ultra WW Bun Other/Notes Ketchup, Mustard, Mayo			Tropical Fruit Healthy Life WW Bread	` '
(Vegies can replace fruits) Romaine Lettuce/Spinach mix Bread/Alternate Ultra WW Bun C Other/Notes Ketchup, Mustard, Mayo "Serve as Sandwich		Sister's Schubert's WW Roll	Tropical Fruit	, ,
(Vegies can replace fruits) Romaine Lettuce/Spinach mix Bread/Alternate Ultra WW Bun Other/Notes Ketchup, Mustard, Mayo Serve as Sandwich Week 4 of 5 Monday 9/21		Sister's Schubert's WW Roll	Tropical Fruit Healthy Life WW Bread	, ,
(Vegies can replace fruits) Romaine Lettuce/Spinach mix Bread/Alternate Ultra WW Bun Other/Notes Ketchup, Mustard, Mayo *Serve as Sandwich *Serve as Sandwich Meal Pattern Monday 9/21 Breakfast Breakfast	Cornbread Muffin Tuesday 9/22 Breakfast	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast	Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Thursday 9/24 Breakfast	WW (Pizza crust) Friday 9/25 Breakfast
(Vegies can replace fruits) Romaine Lettuce/Spinach mix Bread/Alternate Uitra WW Bun Other/Notes Ketchup, Mustard, Mayo "Serve as Sandwich *Serve as Sandwich Weal Pattern Monday 9/21 Breakfast Breakfast E Milk 3/4 c 1% Milk 1	Cornbread Muffin Tuesday 9/22 Breakfast 1% Milk	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk	Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Thursday 9/24 Breakfast 1% Milk	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk
(Vegies can replace fruits) Romaine Lettuce/Spinach mix Bread/Alternate Uitra WW Bun Other/Notes Ketchup, Mustard, Mayo "Serve as Sandwich Weak 4 of 5 Monday 9/21 Breakfast Breakfast E Milk 3/4 c 1% Milk 1	Cornbread Muffin Tuesday 9/22 Breakfast	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast	Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Thursday 9/24 Breakfast	WW (Pizza crust) Friday 9/25 Breakfast 1'% Milk Cooked Apple Slices (C)
(Vegies can replace fruits) Romaine Lettuce/Spinach mix Bread/Alternate Ultra WW Bun Other/Notes Ketchup, Mustard, Mayo "Serve as Sandwich *Serve as Sandwich Meal Pattern Monday 9/21 Breakfast Breakfast E Milk 3/4 c 1% Milk 1 Fruit/Vegetable/Juice 1/2 c Orange Wedges (C) A Bread/Alternate Toasted English Muffin V	Cornbread Muffin Tuesday 9/22 Breakfast 1% Milk	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk	Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Thursday 9/24 Breakfast 1% Milk	WW (Pizza crust) Friday 9/25 Breakfast 1'% Milk Cooked Apple Slices (C)
(Vegies can replace fruits) Romaine Lettuce/Spinach mix Bread/Alternate Ultra WW Bun Other/Notes Ketchup, Mustard, Mayo *Serve as Sandwich *Serve as Sandwich Meal Pattern Monday 9/21 Breakfast Breakfast E Milk 3/4 c 1% Milk 1 Fruit/Vegetable/Juice 1/2 c Orange Wedges (C) A	Tuesday 9/22 Breakfast 1/5 Milk Applesauce (C) with Cinnamon	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana	Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW
Vegies can replace fruits Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 1/5 Milk Applesauce (C) with Cinnamon	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana	Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW
(Vegies can replace fruits) Romaine Lettuce/Spinach mix Bread/Alternate Ultra WW Bun Other/Notes Ketchup, Mustard, Mayo "Serve as Sandwich Monday 9/21 Meal Pattern Breakfast Breakfast Breakfast Breakfast E Milik 3/4 c 1% Milk 1 Fruit/Vegetable/Juice 1/2 c Orange Wedges (C) /////>///>///>//>//>//>//>//>//>//>//>	Tuesday 9/22 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk	Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk
(Vegies can replace fruits) Romaine Lettuce/Spinach mix Bread/Alternate Ultra WW Bun Other/Notes Ketchup, Mustard, Mayo "Serve as Sandwich Monday 9/21 Meal Pattern Breakfast Breakfast Breakfast Breakfast E Milik 3/4 c 1% Milk 1 Fruit/Vegetable/Juice 1/2 c Orange Wedges (C) /////>///>///>//>//>//>//>//>//>//>//>	Tuesday 9/22 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch	*Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Biscuit Lunch Lunch 1% Milk Chef Boyardee Beef Ravloli CN label
(Vegles can replace fruits) Bread/Alternate Ultra WW Bun Cher/Notes Ketchup, Mustard, Mayo "Serve as Sandwich Week 4 of 5 Meal Pattern Breakfast Breakfast Breakfast Breakfast Fruit/Vegetable/Juice 1/2 c Corange Wedges (C) Bread/Alternate Other/Notes Lunch Milk 3/4 c Lunch Lunch Milk 3/4 c Lunch Meat/Alternate 1 1/2 oz Ground Beef Chili with Beans	Tuesday 9/22 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk	Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk
(Vegies can replace fruits) Romaine Lettuce/Spinach mix Bread/Alternate Ultra WW Bun Other/Notes Ketchup, Mustard, Mayo *Serve as Sandwich *Serve as Sandwich Weak 4 of 5 Monday 9/21 Breakfast Breakfast E Milk 3/4 c 1% Milk 1 Fruit/Vegetable/Juice 1/2 c Orange Wedges (C) /////>///>///>///>///>///>////>///>//	Tuesday 9/22 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Milk CD Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop	Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans
(Vegies can replace fruits) Bread/Alternate Other/Notes Ketchup, Mustard, Mayo "Serve as Sandwich Week 4 of 5 Meal Pattern Breakfast Breakfast Breakfast Breakfast Fruit/Vegetable/Juice 1/2 c Orange Wedges (C) Bread/Alternate Other/Notes Lunch Milk 3/4 c Corange Wedges (C) Lunch Milk 3/4 c Lunch Milk 3/4 c Lunch Milk 3/4 c Corange Wedges (C) Lunch Lunch Lunch Lunch Milk 3/4 c Corange Wedges (C) Lunch Milk 3/4 c Corange Wedges (C) Lunch Milk 3/4 c Corange Wedges (C) Lunch Lunch Lunch Lunch Milk 3/4 c Corange Wedges (C) Lunch Lunch Lunch Lunch Milk 3/4 c Corange Wedges (C) Lunch Lunch Lunch Milk 3/4 c Corange Wedges (C) Lunch Lunch Milk 3/4 c Corange Wedges (C) Lunch Lunch Lunch Lunch Milk 3/4 c Corange Wedges (C) Lunch Lunch Lunch Milk 3/4 c Corange Wedges (C) Lunch Lunch Lunch Lunch Lunch Lunch Lunch Milk 3/4 c Corange Wedges (C) Lunch Lunch Lunch Lunch Lunch Lunch Lunch Lunch Milk 3/4 c Corange Wedges (C) Lunch Lunch Lunch Lunch Lunch Lunch Milk 3/4 c Corange Wedges (C) Arguetable 1/4 c (2 oz) Diced Pears	Tuesday 9/22 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C)	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop	Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C)	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C)
Vegies can replace fruits Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Milk CD Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop	Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C)	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans
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Vegies can replace fruits Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 11% Millk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Millk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C)	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots	Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears
(Vegies can replace fruits) Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 11% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettruce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots	Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Don Pancho WW Tortiallias Shell	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears
(Vegies can replace fruits) Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 11% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots	Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Don Pancho WW Tortiallias Shell Shredded Sharp Cheese, Salsa	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears
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(Vegies can replace fruits) Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 11% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo 'Serve as Hoagie Tuesday 9/29 Breakfast 11% Milk	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Wednesday 9/30 Breakfast 1% Milk	Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Don Pancho WW Tortiallias Shell Shredded Sharp Cheese, Salsa *Serve as Tortialla Pie Thursday 10/1 Breakfast 1% Milk	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravioli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) Friday 10/2 Breakfast 1% Milk
(Vegies can replace fruits) Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 11% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Milk CON Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo 'Serve as Hoagie Tuesday 9/29 Breakfast 11% Milk	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Wednesday 9/30 Breakfast 1/% Milk 1/2 Banana	Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Don Pancho WW Tortiallias Shell Shredded Sharp Cheese, Salsa "Serve as Tortialla Pie Thursday 10/1 Breakfast	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Silices (C) Pilisbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta)
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(Vegies can replace fruits) Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Uitra WW Bun Ketchup, Mustard, Mayo 'Serve as Hoagie Tuesday 9/29 Breakfast 1% Milk Diced Strawberries & Blueberries	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Wednesday 9/30 Breakfast 1% Milk 1/2 Banana WW General Mills Multi-Grain	Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Don Pancho WW Tortiallias Shell Shredded Sharp Cheese, Salsa "Serve as Tortialla Pie Thursday 10/1 Breakfast 1% Milk Orange Wedges (C)	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) Friday 10/2 Breakfast 1% Milk Diced Peaches (C)
(Vegies can replace fruits) Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 11% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Milk CDL Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Uitra WW Bun Ketchup, Mustard, Mayo 'Serve as Hoagie Tuesday 9/29 Breakfast 11% Milk Diced Strawberries & Blueberries WW Oatmeal	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Wednesday 9/30 Breakfast 1% Milk 1/2 Banana WW General Mills Multi-Grain Cheerios Cereal	Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Don Pancho WW Tortiallias Shell Shredded Sharp Cheese, Salsa *Serve as Tortialla Pie Thursday 10/1 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) Friday 10/2 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup
Vegies can replace fruits Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 1% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Uitra WW Bun Ketchup, Mustard, Mayo 'Serve as Hoagie Tuesday 9/29 Breakfast 1% Milk Diced Strawberries & Blueberries	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Wednesday 9/30 Breakfast 1% Milk 1/2 Banana WW General Mills Multi-Grain	Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Don Pancho WW Tortiallias Shell Shredded Sharp Cheese, Salsa *Serve as Tortialla Pie Thursday 10/1 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) Friday 10/2 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes
(Vegies can replace fruits) Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 11% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Uitra WW Bun Ketchup, Mustard, Mayo 'Serve as Hoagie Tuesday 9/29 Breakfast 11% Milk Diced Strawberries & Blueberries WW Oatmeal	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Wednesday 9/30 Breakfast 1% Milk 1/2 Banana WW General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese	Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Don Pancho WW Tortiallias Shell Shredded Sharp Cheese, Salsa *Serve as Tortialla Pie Thursday 10/1 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) Friday 10/2 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk
(Vegies can replace fruits) Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 11% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Milk CON Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo 'Serve as Hoagie Tuesday 9/29 Breakfast 11% Milk Diced Strawberries & Blueberries WW Oatmeal	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Wednesday 9/30 Breakfast 1% Milk 11/2 Banana WW General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk	Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Don Pancho WW Tortiallias Shell Shredded Sharp Cheese, Salsa "Serve as Tortialla Pie Thursday 10/1 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) Friday 10/2 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk
(Vegies can replace fruits) Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 11% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Uitra WW Bun Ketchup, Mustard, Mayo 'Serve as Hoagie Tuesday 9/29 Breakfast 11% Milk Diced Strawberries & Blueberries WW Oatmeal	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Wednesday 9/30 Breakfast 1% Milk 1/2 Banana WW General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese	Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Don Pancho WW Tortiallias Shell Shredded Sharp Cheese, Salsa *Serve as Tortialla Pie Thursday 10/1 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) Friday 10/2 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk
Vegeles can replace fruits Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 11% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Uitra WW Bun Ketchup, Mustard, Mayo "Serve as Hoagie Tuesday 9/29 Breakfast 11% Milk Diced Strawberries & Blueberries WW Oatmeal Lunch 11% Milk @Ground Beef Meat Sauce Green Beans	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Wednesday 9/30 Breakfast 1% Milk 1/2 Banana WW General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown	Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Don Pancho WW Tortiallias Shell Shredded Sharp Cheese, Salsa "Serve as Tortialla Pie Thursday 10/1 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk CN label Hormel Turkey Mashed Potatoes	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) Friday 10/2 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C)
Vegies can replace fruits Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 11% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Uitra WW Bun Ketchup, Mustard, Mayo 'Serve as Hoagie Tuesday 9/29 Breakfast 11% Milk Diced Strawberries & Blueberries WW Oatmeal Lunch 11% Milk @Ground Beef Meat Sauce	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Wednesday 9/30 Breakfast 1% Milk 1/2 Banana WW General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto	Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Don Pancho WW Tortiallias Shell Shredded Sharp Cheese, Salsa "Serve as Tortialla Pie Thursday 10/1 Breakfast 1% Milk Orange Wedges (C) Toasted English Mufflin Jelly Lunch 1% Milk CN label Hormel Turkey	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) Friday 10/2 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Minl Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I)
(Vegies can replace fruits) Romaine Lettuce/Spinach mix Bread/Alternate Ultra WW Bun Combined	Tuesday 9/22 Breakfast 11% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Uitra WW Bun Ketchup, Mustard, Mayo Serve as Hoagie Tuesday 9/29 Breakfast 11% Milk Diced Strawberries & Blueberries WW Oatmeal Lunch 11% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Wednesday 9/30 Breakfast 1% Milk 1/2 Banana WW General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap)	Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Don Pancho WW Tortiallias Shell Shredded Sharp Cheese, Salsa "Serve as Tortialla Pie Thursday 10/1 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk CN label Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Cooked Apple Slices (C) Green Beans Diced Pears (Pasta) Friday 10/2 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C)
(Vegies can replace fruits) Romaine Lettuce/Spinach mix	Tuesday 9/22 Breakfast 11% Milk Applesauce (C) with Cinnamon WW French Toast Lunch 11% Milk CON Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo 'Serve as Hoagie Tuesday 9/29 Breakfast 11% Milk Diced Strawberries & Blueberries WW Oatmeal Lunch 11% Milk @Ground Beef Meat Sauce Green Beans Diced Pears	Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Wednesday 9/23 Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Wednesday 9/30 Breakfast 1% Milk 1/2 Banana WW General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown Orange Wedges (C)	Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Thursday 9/24 Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Don Pancho WW Tortiallias Shell Shredded Sharp Cheese, Salsa "Serve as Tortialla Pie Thursday 10/1 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk CN label Hormel Turkey Mashed Potatoes Green Peas	WW (Pizza crust) Friday 9/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravioli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) Friday 10/2 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail

@= Recipe in recipe book WW=Whole Wheat or Whole Grain (I)=High Source of Iron, (A)=High Source of Vitamin A, (C)=High Source of Vitamin C, CN=Child Nutrition Label Substitutions will be made in accordance with individually identified needs.