



This year is off to a great start! We hope you are as excited as we are to begin this journey towards school readiness with you and your child. With only the first few weeks behind us, we have already had several new experiences: meeting and making new friends, learning about safety, teaching the children about good hygiene, meeting the dentist, getting visual screenings, plus so much more... and there is much more to come! Remember to check the school calendar online to view upcoming activities in the classroom and events @ www.ucvbheadstart.org

Hours of Service

- All children should arrive at the center between the hours of 7:00 a.m. and 7:30 a.m.
 Children should leave the center by 2:15 p.m. no later than 2:30 p.m.
 Guardians who will be late picking up their child, or need to make any changes to their bus route should call the center no later than 1:00 p.m.
 - Children will not be allowed into the classroom before their scheduled time.

Reminder

In order to receive the benefits of the program, Head Start children are expected to attend all Monday through Friday class sessions. Regular attendance helps our program schedule an individualized education curriculum ensuring your child's academic success, field trips, appointments, and meal plan. You must notify Head Start as early as possible if your child is ill or will be absent for a day or more. If a child misses four (4) days of school without prior notice from the guardian, or five (5) days in a two-week period, or your child misses more than half the school days within a month attendance period or excessive absences within an indicated time frame the Family/Community Partnership Specialist will contact the guardian by telephone, letter, or home visit and without response, the child can be dropped from the program. PLEASE SEE PARENTS HANDBOOK FOR FURTHER DETAILS @ www.ucybheadstart.org

September Events

- Labor Day Monday, September 2nd : NO SCHOOL
 - Wednesday, September 4th : Picture Day
- Friday, September 6th : NO SCHOOL Professional Development Day
- Friday, September 20th Family Reading Night at 5 pm at Head Start

Van Buren County Head Start!

If you are currently not following us on Facebook please Like and Follow Us. Some of the benefits include: photo galleries, special news and updates, plus the ability to connect and chat online with other people who share your interest.



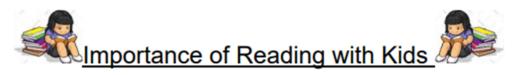


August Perfect Attendance Ava Katie Chloee Aarya Kesslynn Ruthie Eden Harmon Emma Rexx Grace Stetson





Van Buren County Head Start, a NAEYC (National Association of Education for Young Children) accredited preschool provides many opportunities to assist parents in preparing their child to transition to Kindergarten. Each month we will list some activities/ways you can partner with us in helping your child prepare for this important transition. During the year, we will help them transition from family-style meals to carrying their food trays in the lunchroom, host a county bus training to help them prepare for riding the "big" bus, and meet the principal and kindergarten teachers during a "kindergarten visit", just to name a few. Last month you were given the opportunity to serve on our policy council which introduces you to governing body responsibilities such as the school board members at the Elementary School. You also set educational goals for your child and partnered with us in our Reading program in reading to your child 20 minutes daily which the Elementary School will also request when they enter kindergarten. Participating in our home activities helps introduce your child to having "homework" as they do in kindergarten and the "Power Packs" list the Tennessee Early Learning Developmental Standards (TN-ELDS) that are being addressed as you do the activities with your child. The "TN-ELDS" are the standards for preschool which are called "Common Core Standards" once your child reaches Elementary School. By participating in these activities, you are preparing your child for a smooth transition into kindergarten. Thank you for choosing us as your preschool option before entering kindergarten. Keep up the good work and don't forget to look for "Transition Talk" monthly in our newsletter for tips on how you may help your child transition to kindergarten! Rita Mayfield, Assistant Director/Mentor Coach/Education Supervisor



Parents hear all the time that it's important to read to kids. But why exactly is that? The benefits of reading together go far beyond learning to read.

Reading to young children is an important way to help them build language skills. It exposes them to new words and ways of using language. It also helps them learn general information about the world, which makes it easier for them to learn about new subjects once they get to school.

Books also help children build empathy and learn how to handle challenging feelings. Parents can use reading time as a chance to talk about emotions and how to cope with them. For example, you might say: "Have you ever felt as angry as the girl in this book? What would you do if you did?" Even a few minutes of reading together gives you and your child a chance to slow down and connect. The sensory experience of sitting with you and hearing your voice also engages their brain in a way that makes learning easier.

There's no one right way to read to your child.

You can read to them in any language or multiple languages. You can do it at the same time every day or change up the routine. Your child doesn't even need to be sitting with you — just sitting nearby with a book while they play can be a way to connect.

The important thing is for your child to hear words and language and to have books be part of their daily life. Any steps you're able to take can make a big difference.



Healthy recipes to try at home with your children



Family Coupons

Cut a few pieces of paper into 3 equal-sized strips. Help your child draw a picture of a different family member on each strip. This should include parents, brothers, sisters, grandparents, etc. Any family member that your child has close and frequent contact with. Then, ask them what they like to do with that family member. Maybe they like to have ice cream with daddy. Perhaps watch a special movie with their sister. What about sleeping the whole night in mommy's bed? Write each of these favorite things to do on each family member's strip of paper. Punch a hole in the top left corner of each strip; pull a piece of yarn or ribbon through the hole; and then tie it. Explain that when your child does something kind or is helpful to a family member or a friend, they can use one of their coupons to share a special activity with a family member. This is a fun way for you to discover what your child enjoys doing with each member of your family!



September

All About Me

Activity Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1	(C) (C)	touch or show you!	3 Playdough is the perfect tool to use to create body parts. Your child can roll out their arms and legs, create an oval for their body, a circle for their face, and more!	4 Get a few colors of stamp pads and let your child create patterns or practice counting using their fingerprints!	5 ACTIVITY PAGE What I Like About Me	6 "Simon says, clap your hands! Simon says, stomp your feet. Simon says, rub your tummy. Simon says, pat your head. Simon says, pull on your ear." The list goes on and on!	7 Weekend Wrap-Up Read and prepare healthy foods to keep your child's body strong!		
8		crackers. Let them add raisins for eyes and nose, and then place pieces of shredded cheese on each cracker to show a smile, frought or supprise. Then	surprised, scared, angry) on	11 Teach your child how to catch a bubble (take a deep breath) and then blow it out whenever they are feeling angry or upset.	12 ACTIVITY PAGE <u>"If You're Happy and</u> <u>You Know it"</u>	13 Play different tempos of music and have your child dance their feelings. Stomp their feet for an angry dance! Jump up and down for an excited dance! Swing their arms slowly side to side, looking down for a sad dance!	14 Weekend Wrap-Up Read and plan activities that make your child happy!		
15	My Family	16 Some families are big (spread arms wide) Some families are small (bring arms close together) But, I love my family (cross arms over chest) Best of all!	Let your child decorate each doll using yarn, fabric scraps,	18 Let your child help you cook a "family" recipe. Go to the grocery store together to get the ingredients and tell them the story of where the recipe came from.	19 ACTIVITY PAGE Family Coupons	20 Create a sensory bin using rice, pictures of family members, small dolls, and magnetic letters. Your child can pull out pictures/dolls and use the letters to spell their names!	21 Weekend Wrap-Up Read and enjoy a family day! Maybe go on a family picnic or watch a movie all together!		
22		piece of construction paper.	to their favorite music, and watching their favorite movies or television shows!	25 Play "I Spy" with your child using the favorite colors of all of their family members!	26 ACTIVITY PAGE This or That?	27 Go to your local Humane Society and you and your child can play with some of the animals there. Take a picture of your child with their favorite animal. You could make this an activity you do each week!	28 Weekend Wrap-Up Read and let your child choose their favorite foods for breakfast, lunch, and dinner!		
pictures of you when you were growing up with your child!		30 End the month by showing your child pictures of them when they were a baby. Tell them the story of the day they were born.	Character Word: Confident- feeling sure of yourself and your abilities Calendar created by: Dr. Pamela B Connor, Educational Trainer and Consultant Calendar translated by: Manuela Rodriguez.						

UCHRA Van Buren Head Start Menus 2024-2025

			UCHRA Van Buren Hea	d Start Menus 2024-2025		
Bank DataPart	SEPTEMBER WEEK 1 Meal Pattern	Monday 9/2	Tuesday 9/3	Wednesday 9/4	Thursday 9/5	Friday 9/6
Data part of the part	Breakfast	-	Breakfast	Breakfast	Breakfast	-
	Milk, Fluid 3/4 c				.,	
NameNote<						
Name Name Name Name 			Oatmeal (WGR)	Pillsbury Frozen SS Busicuts		
Barbare Junitability	Lunch	Lunch	Lunch	Lunch	-	Mar and a state of the state of
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Name of the sectorName of the	Meat/Alternate 1 1/2 oz eq			cheese(CN Label)	Ground Beef (P) (CN)	
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		LABOR DAY		Shredded carrots & mixed		A REAL PROPERTY AND
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			olater a denubert a Koli (Wolk)	(11220 01000)	Spagnetti Nooules (WW)	
Ranken product of the start	Snack (2 of 4 components)	Snack		Snack	Snack	Snack
Name Note Note <t< td=""><td>Fruit/Vegetable 1/2 c</td><td></td><td>1 % WIIK (D) SOY WIIK</td><td>Applesauce (C)</td><td>Tomato Juice (C)</td><td></td></t<>	Fruit/Vegetable 1/2 c		1 % WIIK (D) SOY WIIK	Applesauce (C)	Tomato Juice (C)	
	Grain/Alternate 1/2 oz eq		Blueberry Muffin (WGR)	Goldfish Graham Crackers (WGR)	MaxStix (Cheese & Bread) (WGR)	
	Other/Notes		Water	Water	Water	
Bank and the state of the s						
numberNumb	Meal Pattern Breakfast	-	-	-		-
bandbandbandbandbandbandbandbandbandband	Milk, Fluid 3/4 c					
bit of a process of a proce	-	Applesauce with Cinnamon (C)		Cooked Apple Slices (C)	Orange Wedges (C)	Diced Peaches (C)
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NameNameOwner Stanker Proj Barner Stank	Milk, Fluid 3/4 c	1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk		1% Milk (D) *Soy Milk	1% Milk (D) *Soy Milk
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Part of the set of t	Vegetable 1/4 c			Corn (A,C), Tomato Wedges (A,C)		
Bandbard Barbard 				Shredded carrots & mixed		
OutcolusSpring Screening of Screening Sc	Fruit 1/4 c Grain/Altornato 1/2 oz og			-		
DensitiesNormPoundPoundPoundPoundPoundBack of densionationApplicable1ApplicableNorm		Sister a Schubert's Koll (WGR)	*Serve as Ground Beef & Cabbage		Parmesean Cheese, *Serve as	Sombread Mumin (WGR)
Bank J or AnomaNameNote NoNote NoNoNoNoNoNoNoNo <td>Other/Notes</td> <td></td> <td>Stew</td> <td>Ranch</td> <td></td> <td></td>	Other/Notes		Stew	Ranch		
FindPhySection 100ControlPart Part Part Part Part Part Part Part	Snack (2 of 4 components)	Snack		Snack	Snack	Snack
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Cli Carlo (Control Control Co	-	Diced Peaches (C)	Strawberries Slices (C)	• • • •	Banana Slices (B6,C)	Diced Peaches (C)
Line HouseLone HouseLone HouseLone HouseLone HouseLone HouseMain L, Foud X, C. 19915, Mill (D) 159	1/2 oz eq	Oatmeal (WGR)		Biscuit	Cheerios Cereal (WGR)	Cream of Wheat
Num. biolNum. biol <td>Other/Notes Lunch</td> <td>Lunch</td> <td></td> <td></td> <td>Lunch</td> <td>Lunch</td>	Other/Notes Lunch	Lunch			Lunch	Lunch
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Grain/Alternate/National Alternational (2009) Preach Task Stacks (WW) Tasked English Muffin (WW) Pilokuny Frozen Submer Style Conserved Served (WG) Other Notes Syrup Jaly Grav, Jaly Grav, Jaly Grav, Jaly Grav, Jaly Mark Other Notes 1% Milk (D) 'Soy Milk	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Other/Notes SEPTEMBER WEEK 4 Meal Pattern Breakfast	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast	Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) *Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) *Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast	(i,P) @Cole Slaw Tomato Wedges (A,C) Combread Muffin (WGR) Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast
Other Moles Syrup Jely Gray, Jely Cary, Jely Lunch	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes SEPTEMBER WEEK 4 Meal Pattern	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D)	Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk
Lunch Kill (D) 'S oy Milk Yi Milk (D) 'S oy Milk Los Cabos Susapp, Egg , Cobes Surve Rev Bracked (L, C) Re	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes SEPTEMBER WEEK 4 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D) Cooked Apple Slices (C)	Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) *Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) *Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) *Soy Milk Applesauce with Cinnamon (C)	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C)	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) "Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C)
Mail/Alternate 1 /2 oz eq Tyson WG Chicken Patry (I) Ground Beef (P) High Liner Breaded Fish Fillet Los Cabos Sausage, Egg, & Cheese Burrito (CN) Pork Chog (CN) Vegetable 1/4 c Sheestring French Fries @ Cabbage Stew Raw Broccoll (A.C.), @Cole Staw Baled Hishbrown Lina Beans (A.K) Fruit 1/4 c Pineapper Tidats (C) Tropical Fruit (C, K) Orange Wedges (C) Tropical Fruit (C, K) GriniAlternate 1 /2 oz eq Sistor's Schubert's Roll (WGR) Hashpuppie (WGR) (Burritto wrap) Wheet Stered (WW) OtherNotes Sinack Sinac	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes SEPTEMBER WEEK 4 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D) Cooked Apple Slices (C)	Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) *Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) *Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) *Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW)	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW)	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C)
Tysen WG Chicken Party (I) Ground Ber (P) (CN) Cheese Burnitte (CN) Pont, Chop (CN) Vegatable 14 c Noesdring Franch Fries @ Cabbage Sizew Raw Broccoli (A,C), @ Cole Size Babd Habbrown Lima Bears (A, K) Grain/Alternate 1/2 oz eq Sister's Schubert's Roll (WR) Combread Multilin (WGR) Hushpuppie (WGR) @Intrito wrap) Weet Bread (WW) Other/Notes Sister's Schubert's Roll (WR) Sister's Schubert's Roll (WR) Sister's Schubert's Roll (WR) Katchup, Ranch Katchup, Saisa Other/Notes Sister's Schubert's Roll (WR) Mikr Fluid 12 Posspe Tables (A, C) Sister's Schubert's Roll (WR) Sister's Roll (WR) Sister's Schubert's Roll (WR) S	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes SEPTEMBER WEEK 4 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Water Monday 9/23 Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR)
Fruit H4 c Pineapple Tidbits (c) Tropical Fruit (c, K) Orange Wedges (C) Tropical Fruit (c, K) Grain/Alternate H2 oz eq Sister's Schubert's Roll (WGR) Gornbread Muffin (WGR) Hushpuppie (WGR) (Burritto wrap) Wheet Bread (WW) OtherNotes Stater's Schubert's Roll (WGR) Stater's Schubert's Roll (WGR) Ketchup, Ranch Ketchup, Salsa Sinek (2 of components) Snack Snack Snack Snack Snack MikrPluid 12 c Pineapple Tidbits (A,C) Ye Milk (D) 'Soy Milk 1% Milk (D) 'Soy Milk Tomato Julec (C) Grain 12 oz eq 112 Pilisbury Bagel (WW) Blueberry Muffin (WGR) Rice Krispies Cereal Animal Crackers (WGR) MazStix (Cheese & Bread) (WGR) Meal/Alternate 12 oz Water Water Water Water Water SEPTEMBER WERK 5 Monday 9/30 Tuesday Wore Friday Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Milk, Fluid 34 c 1% Milk (D) 'Soy Milk Lunch Lunch Lunch Lunch Lunch	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Q Other/Notes SEPTEMBER WEEK 4 Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Water Monday 9/23 Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Gravy, Jelly Lunch 1% Milk (D) *Soy Milk	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR)
GrainAlternate 1/2 oz eq Sistler's Schubert's Roll (WGR) Combrand Mmfin (WGR) Hushpupple (WGR) (Burritto vrap) Wheat Bread (WW) Other/Notes Serve as Ground Beef & Gababaa Steve Ketchup, Ranch Ketchup, Salsa Sanck (2 of 4 components) Snack Snack<	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Q Other/Notes SEPTEMBER WEEK 4 Meal Pattern Breakfast Milk, Fluid 3/4 c Milk, Fluid 3/4 c Meat/Alternate 1 1/2 oz eq	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P)	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN)	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN)	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN)
Other Notes Network Ketup, Rach <	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Q Other/Notes SEPTEMBER WEEK 4 Meal Pattern Breakfast Milk, Fluid 3/4 c Milk, Fluid 3/4 c Meat/Alternate 1 1/2 oz eq	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN)	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K)
Stew-Russian Culture Snack Snack </td <td>Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Q Other/Notes SEPTEMBER WEEK 4 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1 1/2 oz eq Vegetable 1/4 c</td> <td>Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Water Water Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C)</td> <td>Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K)</td> <td>and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw</td> <td>(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C)</td> <td>Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K)</td>	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Q Other/Notes SEPTEMBER WEEK 4 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1 1/2 oz eq Vegetable 1/4 c	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Water Water Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K)	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C)	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K)
Milk/Fluid 1/2 c Pineapple Tidbits (A,C) 1% Milk (D) *Soy Milk Tomato Juice (C) Fruid/Vegabble 1/2 c Pineapple Tidbits (A,C) Blueberry Muffin (WGR) Rice Krispies Cereal Animal Crackers (WGR) MxSitx (Cheese & Bread) (WGR) Meat/Alternate 1/2 oz q Mater Water Water Water Water BarPten Monday 9/30 Tuesday Wednesday Thursday Friday Breakfast Breakfa	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Grain/Alternate 1/2 oz Grain/Alternate 1/2 oz Other/Notes Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1 1/2 oz eq Vegetable 1/4 c Fruit 1/4 c	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Water Water Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffin (WGR) "Serve as Ground Beef & Cabbage	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR)	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap)	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K)
Fruit/Vegetable 1/2 c Pineapple Tidbits (A,C) International and the set of the set	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Fruit/Stes Lunch Milk, Fluid 3/4 c Fruit/Vegetable 1/4 c Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Water Water Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffiin (WGR) "Serve as Ground Beef & Cabbage Stew "Stew-Russian Culture	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR) Ketchup, Ranch	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW)
Meat/Alternate 1/2 oz Mean Mean Mean Water Water Water SEPTEMBER WEK 51 Monday 9/30 Tuesday Wednesday Thursday Friday Breakfast Breakfast <td< td=""><td>Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes EVENTEMBER WEEK 4 Meal Pattern Breakfast Milk, Fluid 3/4 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1 1/2 oz eq Vegetable 1/4 c Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components)</td><td>Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Water Water Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR)</td><td>Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffin (WGR) "Serve as Ground Beef & Cabbage Stew Shack Snack</td><td>and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR) Ketchup, Ranch Snack</td><td>(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pilsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack</td><td>Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW)</td></td<>	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes EVENTEMBER WEEK 4 Meal Pattern Breakfast Milk, Fluid 3/4 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1 1/2 oz eq Vegetable 1/4 c Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components)	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Water Water Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffin (WGR) "Serve as Ground Beef & Cabbage Stew Shack Snack	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR) Ketchup, Ranch Snack	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pilsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW)
Other/Notes Water Water Water Water Water EPTEMBER WEEK 5 Meal Pattern Monday 9/30 Tuesday Wednesday Thursday Friday Breakfast	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Q Other/Notes Evertember Week 4 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Fruit 1/4 c Grain/Alternate 1 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR) Snack Pineapple Tidbits (A,C)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffiin (WGR) "Serve as Ground Beef & Cabbage Stew "Stew Russian Culture Snack 1% Milk (D) "Soy Milk	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR) Ketchup, Ranch Snack 1% Milk (D) *Soy Milk	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW) Snack Tomato Juice (C)
Meal PatternMonday 9/30TuesdayWednesdayThursdayFridayBreakfastBreakfastBreakfastBreakfastBreakfastBreakfastBreakfastBritki, Fluid 3/4 c1% Milk (D *Soy MilkIIIIFruitVogetable/Both 1/2 cOrange Wedges (C)IIIIGrain/Alternate/Meat Alternative 1/2 oz eqWheat Bread (WW)IIIIIOther/NotesCheeseIIIIIIIUnchLunchLunchLunchLunchLunchIIIIIMeat/Alternate 1 1/2 oz eqTony's Smart Pizza Pepperoni and cheese(CN Label)III	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Fruit/Vegetable 1/4 c Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR) Snack Pineapple Tidbits (A,C)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffiin (WGR) "Serve as Ground Beef & Cabbage Stew "Stew Russian Culture Snack 1% Milk (D) "Soy Milk	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR) Ketchup, Ranch Snack 1% Milk (D) *Soy Milk	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW)
Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Milk, Fluid 3/4 c 1%, Milk (D) "Soy Milk	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes Fruit/Vegetable/Both 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1/2 oz eq Vegetable 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR) Snack Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel (WW)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) *Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) *Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) *Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffiin (WGR) *Serve as Ground Beef & Cabbage Stew "Stew-Russian Culture Snack 1% Milk (D) *Soy Milk Blueberry Muffin (WGR)	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR) Ketchup, Ranch Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Animal Crackers (WGR)	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW) Snack Tomato Juice (C) MaxStix (Cheese & Bread) (WGR)
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Lunch Lunch Lunch Lunch Lunch Lunch Lunch Milk, Fluid 3/4 c 1% Milk (D) *Soy Milk -	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Unech Milk, Fluid 3/4 c Fruit 1/4 c Grain/Alternate 1 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain 1/2 oz eq Meat/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes Snack SuperEMBER WEEK 5 Meal Pattern Breakfast	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR) Snack Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel (WW) Water Monday 9/30 Breakfast 1% Milk (D) *Soy Milk	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffiin (WGR) "Serve as Ground Beef & Cabbage Stew "Stew-Russian Culture Snack 1% Milk (D) "Soy Milk Blueberry Muffin (WGR) Water Tuesday	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Ketchup, Ranch Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Wednesday	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Animal Crackers (WGR) 	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW) Snack Tomato Juice (C) MaxStix (Cheese & Bread) (WGR) Water Friday
Milk, Fluid 3/4 c 1% Milk (D) *Soy Milk Image: Character and Cheese (Character and Cheese (Cheese	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes Eruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Unech Milk, Fluid 3/4 c Fruit/Vegetable 1/4 c Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain 1/2 oz eq Meat/Alternate 1/2 oz eq Mea	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR) Snack Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel (WW) Water Monday 9/30 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Wheat Bread (WW)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffiin (WGR) "Serve as Ground Beef & Cabbage Stew "Stew-Russian Culture Snack 1% Milk (D) "Soy Milk Blueberry Muffin (WGR) Water Tuesday	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Ketchup, Ranch Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Wednesday	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Animal Crackers (WGR) 	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW) Snack Tomato Juice (C) MaxStix (Cheese & Bread) (WGR) Water Friday
and cheese(CN Label) and cheese(CN Label) and cheese(CN Label) and cheese(CN Label) Vegetable 1/4 c Mixed Vegetables (A,C,K) inclosed	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes ExPTEMBER WEEK 4 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate 1/2 oz eq Vegetable 1/4 c Grain/Alternate 1/2 oz eq Cother/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Cother/Notes SEPTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate 1/2 oz eq Cother/Notes Breakfast Milk, Fluid 3/4 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Cother/Notes Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Cother/Notes C September WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Cother/Notes C September WEEK 5 Meal Pattern C September	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) "Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D) "Soy Milk Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) "Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR) Snack Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel (WW) Shoestast 1% Milk (D) "Soy Milk Orange Wedges (C) Wheat Bread (WW)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffiin (WGR) "Serve as Ground Beef & Cabbage Stew Stew-Russian Culture Snack 1% Milk (D) "Soy Milk Blueberry Muffin (WGR) Water Tuesday Breakfast	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR) Ketchup, Ranch Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Wednesday Breakfast	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) "Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) "Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) "Soy Milk Animal Crackers (WGR) Water Thursday Breakfast	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW) Snack Tomato Juice (C) MaxStix (Cheese & Bread) (WGR) Water Friday Breakfast
Vegetable 1/4 c Mixed Vegetables (A,C,K) Image in the image i	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes C Snack (2 of 4 components) Milk/Fluid 1/2 c Grain 1/2 oz eq Meat/Alternate 1/2 oz eq SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c SepTEMBER WEEK 5 Meal Pattern	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Water Monday 9/23 Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR) Snack Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel (WW) Water Monday 9/30 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Wheat Bread (WW) Cheese Lunch	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffiin (WGR) "Serve as Ground Beef & Cabbage Stew Stew-Russian Culture Snack 1% Milk (D) "Soy Milk Blueberry Muffin (WGR) Water Tuesday Breakfast	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR) Ketchup, Ranch Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Wednesday Breakfast	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) "Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) "Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) "Soy Milk Animal Crackers (WGR) Water Thursday Breakfast	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW) Snack Tomato Juice (C) MaxStix (Cheese & Bread) (WGR) Water Friday Breakfast
Grain/Alternate 1/2 oz eq (Pizza Crust) (WGR) Image: Crust) (WGR) Image: Crust) (WGR) Other/Notes Image: Crust) (WGR) Image: Crust) (WGR) Image: Crust) (WGR) Snack Snack Snack Snack Snack Snack (2 of 4 components) Snack Snack Snack Snack Milk/Fluid 1/2 c 1% Milk (D) *Soy Milk Image: Crust) Image: Crust) Image: Crust) Fruit/Vegetable 1/2 c 1% Milk (D) *Soy Milk Image: Crust) Image: Crust) Image: Crust) Grain 1/2 oz eq Rice Krispies Cereal Image: Crust) Image: Crust) Image: Crust) Meat/Alternate 1/2 oz Image: Crust) Image: Crust) Image: Crust) Image: Crust) @= Recipe in recipe book Water Image: Crust) Image: Crust) Image: Crust) @= Recipe in recipe book W=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 Lai WGR= Whole Grain Rich	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes Eruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Crain/Alternate 1/2 oz eq Wegetable 1/4 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Vegetable 1/4 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Cother/Notes EFTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Other/Notes EFTEMBER WEEK 5 Meal Pattern Breakfast Milk/Fluid 3/4 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Other/Notes EFTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate/Meat Alternative 1/2 oz eq Meat/Alternate/Meat Alternative Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative Milk Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative Milk Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative Milk Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative Milk Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative Milk Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative Milk Fluid 3/4 c Fruit/Vegetable/Both	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR) Snack Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel (WW) Water Monday 9/30 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Wheat Bread (WW) Cheese Lunch	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffiin (WGR) "Serve as Ground Beef & Cabbage Stew Stew-Russian Culture Snack 1% Milk (D) "Soy Milk Blueberry Muffin (WGR) Water Tuesday Breakfast	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR) Ketchup, Ranch Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Wednesday Breakfast	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) "Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) "Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) "Soy Milk Animal Crackers (WGR) Water Thursday Breakfast	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW) Snack Tomato Juice (C) MaxStix (Cheese & Bread) (WGR) Water Friday Breakfast
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Milk/Fluid 1/2 c 1% Milk (D) *Soy Milk Image: Solution of the sol	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Unech Milk, Fluid 3/4 c Fruit/Vegetable 1/4 c Fruit 1/4 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain 1/2 oz eq Meat/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes Internate/Meat Alternative 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes Unech Milk Fluid 3/4 c Meal Pattern Breakfast Milk, Fluid 3/4 c Milk /Fluid 3/4 c Milk /Fluid 3/4 c Milk /Fluid 3/4 c Milk /Fluid 3/4 c Milk, Fluid 3/4 c Meal Pattern Breakfast Milk, Fluid 3/4 c Meat/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Milk, Fluid	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Water Water Water Water Unch 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR) Snack Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel (WW) Shoestring French Fries Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel (WW) Water Monday 9/30 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Wheat Bread (WW) Cheese Lunch 1% Milk (D) *Soy Milk Tony's Smart Pizz Pepperoni and cheese(CN Label) Mixed Vegetables (A,C,K) Pineapple Tidbits (C)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffiin (WGR) "Serve as Ground Beef & Cabbage Stew Stew-Russian Culture Snack 1% Milk (D) "Soy Milk Blueberry Muffin (WGR) Water Tuesday Breakfast	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR) Ketchup, Ranch Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Wednesday Breakfast	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) "Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) "Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) "Soy Milk Animal Crackers (WGR) Water Thursday Breakfast	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW) Snack Tomato Juice (C) MaxStix (Cheese & Bread) (WGR) Water Friday Breakfast
Milk/Fluid 1/2 c 1% Milk (D) *Soy Milk Image: Solution of the sol	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Unech Milk, Fluid 3/4 c Fruit/Vegetable 1/4 c Fruit 1/4 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain 1/2 oz eq Meat/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes Internate/Meat Alternative 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes Unech Milk Fluid 3/4 c Meal Pattern Breakfast Milk, Fluid 3/4 c Milk /Fluid 3/4 c Milk /Fluid 3/4 c Milk /Fluid 3/4 c Milk /Fluid 3/4 c Milk, Fluid 3/4 c Meal Pattern Breakfast Milk, Fluid 3/4 c Meat/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Milk, Fluid	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Water Water Water Water Unch 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR) Snack Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel (WW) Shoestring French Fries Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel (WW) Water Monday 9/30 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Wheat Bread (WW) Cheese Lunch 1% Milk (D) *Soy Milk Tony's Smart Pizz Pepperoni and cheese(CN Label) Mixed Vegetables (A,C,K) Pineapple Tidbits (C)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffiin (WGR) "Serve as Ground Beef & Cabbage Stew Stew-Russian Culture Snack 1% Milk (D) "Soy Milk Blueberry Muffin (WGR) Water Tuesday Breakfast	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR) Ketchup, Ranch Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Wednesday Breakfast	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) "Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) "Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) "Soy Milk Animal Crackers (WGR) Water Thursday Breakfast	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW) Snack Tomato Juice (C) MaxStix (Cheese & Bread) (WGR) Water Friday Breakfast
Grain 1/2 oz eq Rice Krispies Cereal Image: Cereal ce	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Truit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Unch Milk, Fluid 3/4 c Fruit 1/4 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Other/Notes SEPTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain 1/2 oz eq Other/Notes SEPTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes SEPTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Fruit 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Fruit 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Fruit 1/2 oz eq Other/Notes SEPTEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Fruit 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Milk, Fluid 3/4 c Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meat/Alternate 1/2 oz eq Other/Notes	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) "Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D) "Soy Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscults (WGR) Lunch 1% Milk (D) "Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR) Snack Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel (WW) Water Monday 9/30 Breakfast 1% Milk (D) "Soy Milk Orange Wedges (C) Wheat Bread (WW) Cheese Lunch 1% Milk (D) "Soy Milk Tony's Smart Pizza Pepperoni and cheese (C N Label) Mixed Vegetables (A,C,K) Pineapple Tidbits (C) (Pizza Crust) (WGR)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffiin (WGR) "Steve as Ground Beef & Cabbage Stew "Stewe Russian Culture Snack 1% Milk (D) "Soy Milk Blueberry Muffin (WGR) Water Tuesday Breakfast Lunch Lunch	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR) Ketchup, Ranch Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Wednesday Breakfast Lunch	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Animal Crackers (WGR) Water Thursday Breakfast	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW) Snack Tomato Juice (C) MaxStix (Cheese & Bread) (WGR) Water Friday Breakfast
Meat/Alternate 1/2 oz Image: Comparison of the compariso	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes Enackfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Uncch Milk, Fluid 3/4 c Fruit/Vegetable 1/4 c Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk, Fluid 3/4 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk, Fluid 3/4 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk, Fluid 3/4 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate 1/2 oz eq Other/Notes SHETEMBER WEEK 5 Meal Pattern Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meal/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meal/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meal/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meal/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meal/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meal/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meal/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meal/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meal/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meal/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meal/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meal/Alternate/Meat Alternative 1/2 oz eq Other/Notes Lunch Milk, Fluid 3/4 c Meal/Alternate/Meat Alternativ	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D) *Soy Milk 1% Milk (D) Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) *Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR) Snack Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel (WW) Water Monday 9/30 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Wheat Bread (WW) Cheese Lunch 1% Milk (D) *Soy Milk Tony's Smart Pizza Pepperoni and cheese(CN Label) Mixed Vegetables (A,C,K) Pineapple Tidbits (C) (Pizza Crust) (WGR)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffiin (WGR) "Steve as Ground Beef & Cabbage Stew "Stewe Russian Culture Snack 1% Milk (D) "Soy Milk Blueberry Muffin (WGR) Water Tuesday Breakfast Lunch Lunch	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR) Ketchup, Ranch Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Wednesday Breakfast Lunch	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Animal Crackers (WGR) Water Thursday Breakfast	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW) Snack Tomato Juice (C) MaxStix (Cheese & Bread) (WGR) Water Friday Breakfast
@= 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 Lai WGR= Whole Grain Rich	Fruit 1/4 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Meat/Alternate 1/2 oz eq Meat/Alternate 1/2 oz Other/Notes Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/4 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Breakfast Milk, Fluid 3/4 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Brack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Breakfast Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate/Meat Alternative 1/2 oz eq Other/Notes Unch Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Unch Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Unch Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Unch Milk, Fluid 3/4 c Meat/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Unch Milk, Fluid 3/4 c Fruit/Vegetable/Both 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Grain/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Fruit/Vegetable/Alternate 1/2 oz eq Other/Notes Snack (2 of 4 components) Milk/Fluid 1/2 c Snack (2 of 4 components)	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) "Soy Milk Rice Krispies Cereal Water Monday 9/23 Breakfast 1% Milk (D) "Soy Milk Cooked Apple Slices (C) Pillsbury Frozen SS Biscuits (WGR) Lunch 1% Milk (D) "Soy Milk Tyson WG Chicken Patty (I) Shoestring French Fries Pineapple Tidbits (C) Sister's Schubert's Roll (WGR) Snack Pineapple Tidbits (A,C) 1/2 Pillsbury Bagel (WW) Shoestring Search State Monday 9/30 Breakfast 1% Milk (D) "Soy Milk Orange Wedges (C) Wheat Bread (WW) Cheese Lunch 1% Milk (D) "Soy Milk Tony's Samt Pizza Pepperoni and cheese(CN Label) Mixed Vegetables (A,C,K) Pineapple Tidbits (C) (Pizza Crust) (WGR)	Corn (C) Corn (C) Tomato Wedges (A,C) Wheat Bread (WW) "Serve as a sandwich Mayo, Mustard Snack 1% Milk (D) "Soy Milk Goldfish Graham Crackers (WGR) Water Tuesday 9/24 Breakfast 1% Milk (D) "Soy Milk Applesauce with Cinnamon (C) French Toast Sticks (WW) Syrup Lunch 1% Milk (D) "Soy Milk Ground Beef (P) @ Cabbage Stew Tropical Fruit (C, K) Cornbread Muffiin (WGR) "Steve as Ground Beef & Cabbage Stew "Stewe Russian Culture Snack 1% Milk (D) "Soy Milk Blueberry Muffin (WGR) Water Tuesday Breakfast Lunch Lunch	and cheese(CN Label) Green Beans (A,C,K) Tropical Fruit (C) (Pizza Crust) (WGR) Snack 1% Milk (D) *Soy Milk 1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR) Water Wednesday 9/25 Breakfast 1% Milk (D) *Soy Milk Orange Wedges (C) Toasted English Muffin (WW) Jelly Lunch 1% Milk (D) *Soy Milk High Liner Breaded Fish Fillet (CN) Raw Broccoli (A,C), @Cole Slaw Hushpuppie (WGR) Ketchup, Ranch Snack 1% Milk (D) *Soy Milk Rice Krispies Cereal Water Wednesday Breakfast Lunch	(i,P) @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin (WGR) Snack Snack Animal Crackers (WGR) Yogurt (B12, C) Water Thursday 9/26 Breakfast 1% Milk (D) *Soy Milk Tomato wedges (A,C) Pillsbury Frozen Southern Style Biscuit Gravy, Jelly Lunch 1% Milk (D) *Soy Milk Los Cabos Sausage, Egg, & Cheese Burritto (CN) Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk (D) *Soy Milk Animal Crackers (WGR) Water Thursday Breakfast	Green Beans (A,C,K), (Tomato sauce A,C) Mixed Fruit (C) Sister's Schubert's Roll (WGR) Snack Tomato Sauce (C) Monzerella Cheese Stick Water Friday 9/27 Breakfast 1% Milk (D) *Soy Milk Banana Slices (B6,C) Cheerios Cereal (WGR) Lunch 1% Milk (D) *Soy Milk Pork Chop (CN) Lima Beans (A,K) Tropical Fruit (C, K) Wheat Bread (WW) Snack Tomato Juice (C) MaxStix (Cheese & Bread) (WGR) Water Friday Breakfast
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