

September 1st-September 5th



	1-5 YRS	6-18 YRS	MONDAY 9/1	TUESDAY 9/2	WEDNESDAY 9/3	THURSDAY 9/4	FRIDAY 9/5
BREAKFAST							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	WGR Strawberry Frosted Shredded Wheat Cereal	WW English Muffin	WGR Honey Scooters	Waffles Alt: Croissant	WGR Honey Bunches of Oats
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra				Margarine		Syrup w/ Waffles	

LUNCH (Regular)							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	BBQ Beans	Beef-a-Roni	Low Fat Cheese	Chicken Tenders (2.25/3 oz)	Swedish Chicken Meatballs
Grains / Bread	½ oz eq	1 oz eq	Brown Rice	WW Pasta in Dish	Macaroni	Brown Rice	WW Pasta
Vegetable	¼ cup	½ cup	String Beans	Broccoli	Carrots	String Beans	Cauliflower
Fruit	¼ cup	½ cup	Apple	Apricot	Banana	Applesauce	Apricot

PM SNACK							
Meat / Meat Alt	½ oz	1 oz		Low Fat String Cheese		Low Fat String Cheese	
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Cracker		WW Vanilla Bear Grahams		WGR Savory Bites
Fruit / Vegetable	½ cup	¾ cup	Pear	100% Apple Juice	100% Grape Juice	Clementine	100% Apple Juice

Fruit subject to change based on availability.

3 Meals

September 8th-September 12th



	1-5 YRS	6-18 YRS	MONDAY 9/8	TUESDAY 9/9	WEDNESDAY 9/10	THURSDAY 9/11	FRIDAY 9/12
BREAKFAST							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	Croissant	WGR Strawberry Frosted Shredded Wheat Cereal	WW Bagels	French Toast Bites Alt: Honey Bunches of Oats	WGR Honey Scooters
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Pear	Unsweetened Applesauce	Orange	Nectarine
Extra					Jelly	Syrup w French Toast	

LUNCH (Regular)							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	Italian Meatballs Marinara	Fish Sticks (3oz/4oz) Alt: Teriyaki Chicken	Baked Ziti (1.5 oz/2 oz cheese)	Popcorn Chicken (2.25/3 oz)	Mixed Bean Chili
Grains / Bread	½ oz eq	1 oz eq	WW Bread	Brown Rice	(Pasta in Dish)	Brown Rice	WW Pasta
Vegetable	¼ cup	½ cup	Cauliflower	String Beans	Carrots	String Beans	Broccoli
Fruit	¼ cup	½ cup	Apple	Orange	Banana	Unsweetened Applesauce	Apricots

PM SNACK							
Meat / Meat Alt	½ oz	1 oz		Low Fat String Cheese			
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Cracker		WW Vanilla Bear Grahams	WGR Muffin	WGR Maple Waffle Grahams
Fruit / Vegetable	½ cup	¾ cup	Pear	100% Apple Juice	100% Grape Juice	Clementine	100% Apple Juice

Fruit subject to change based on availability.

3 Meals

September 15th-September 19th



	1-5 YRS	6-18 YRS	MONDAY 9/15	TUESDAY 9/16	WEDNESDAY 9/17	THURSDAY 9/18	FRIDAY 9/19
BREAKFAST							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	WGR Honey Bunches of Oats	WW English Muffin	WGR Honey Scooters	Waffles Alt: Croissant	WGR Strawberry Frosted Shredded Wheat Cereal
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra				Margarine		Syrup w/ Waffles	

LUNCH (Regular)							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	Fish Sticks (3oz/4oz) Alt: Teriyaki Chicken	Beef-a-Roni	Low Fat Cheese	Chicken Tenders (2.25/3 oz)	Veggie Meatballs with Marinara
Grains / Bread	½ oz eq	1 oz eq	Brown Rice	WW Pasta in Dish	Macaroni	Brown Rice	WW Pasta
Vegetable	¼ cup	½ cup	String Beans	Cauliflower	Carrots	String Beans	Broccoli
Fruit	¼ cup	½ cup	Apple	Apricot	Banana	Applesauce	Peach

PM SNACK							
Meat / Meat Alt	½ oz	1 oz		Low Fat String Cheese		Low Fat String Cheese	
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Cracker		WGR Savory Bites		WGR Maple Waffle Grahams
Fruit / Vegetable	½ cup	¾ cup	Pear	100% Apple Juice	100% Grape Juice	Clementine	100% Apple Juice

Fruit subject to change based on availability.

3 Meals

September 22nd-September 26th



	1-5 YRS	6-18 YRS	MONDAY 9/22	TUESDAY 9/23	WEDNESDAY 9/24	THURSDAY 9/25	FRIDAY 9/26
BREAKFAST							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	Low Fat Yogurt	Croissant	WGR Honey Bunches of Oats	Pancake Alt: WW English Muffin	WGR Honey Scooters
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra						Syrup or Margarine	
LUNCH (Regular)							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	Beef Burger	Chinese Chicken and Broccoli	Baked Ziti (1.5 oz/2 oz cheese)	Popcorn Chicken (2.25/3 oz)	Black Bean Taco
Grains / Bread	½ oz eq	1 oz eq	WW Bun	Brown Rice	(Pasta in Dish)	Brown Rice	Soft Tortilla
Vegetable	¼ cup	½ cup	Butternut Squash	Broccoli in Dish	Carrots	String Beans	Cauliflower
Fruit	¼ cup	½ cup	Apple	Orange	Banana	Unsweetened Applesauce	Peach
PM SNACK							
Meat / Meat Alt	½ oz	1 oz		Low Fat String Cheese			
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Cracker		WW Vanilla Bear Grahams	WGR Muffin	WGR Maple Waffle Grahams
Fruit / Vegetable	½ cup	¾ cup	Pear	100% Apple Juice	100% Grape Juice	Clementine	100% Apple Juice

Fruit subject to change based on availability.

3 Meals

September 29th-October 3rd



	1-5 YRS	6-18 YRS	MONDAY 9/29	TUESDAY 9/30	WEDNESDAY 10/1	THURSDAY 10/2	FRIDAY 10/3
BREAKFAST							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	½ oz eq	1 oz eq	WGR Strawberry Frosted Shredded Wheat Cereal	WW English Muffin	WGR Honey Scooters	Waffles Alt: Croissant	WGR Honey Bunches of Oats
Vegetable and/or Fruit	½ cup	½ cup	Clementine	Unsweetened Applesauce	Pear	Orange	Nectarine
Extra				Margarine		Syrup w/ Waffles	

LUNCH (Regular)							
Milk	¾ cup	1 cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1.5 oz	2 oz	BBQ Beans	Beef-a-Roni	Low Fat Cheese	Chicken Tenders (2.25/3 oz)	Swedish Chicken Meatballs
Grains / Bread	½ oz eq	1 oz eq	Brown Rice	WW Pasta in Dish	Macaroni	Brown Rice	WW Pasta
Vegetable	¼ cup	½ cup	String Beans	Broccoli	Carrots	String Beans	Cauliflower
Fruit	¼ cup	½ cup	Apple	Apricot	Banana	Applesauce	Apricot

PM SNACK							
Meat / Meat Alt	½ oz	1 oz		Low Fat String Cheese		Low Fat String Cheese	
Grains / Bread	½ oz eq	1 oz eq	WGR Graham Cracker		WW Vanilla Bear Grahams		WGR Savory Bites
Fruit / Vegetable	½ cup	¾ cup	Pear	100% Apple Juice	100% Grape Juice	Clementine	100% Apple Juice

Fruit subject to change based on availability.

3 Meals