



WEEKLY MENU

September 14th-17th

***WG-Whole Grain**

***LS- Low Sodium**

MONDAY

Breakfast

BlueberryPop Tart
Applesauce
100% Grape Juice
1% Milk or Fat Free Chocolate Milk

LUNCH

Hot Dog
*WG Hot Dog Bun
Baked Beans & Romaine Salad w/ Ranch
Fresh Oranges
1% Milk or Fat Free Chocolate Milk

TUESDAY

Breakfast

Assorted Cereal
Fresh Banana
100% Orange Juice
1% Milk or Fat Free Chocolate Milk

LUNCH

Chicken Tikka Masala w/ Brown Rice
Cheez-It *WG
California Vegetable Medley
Fresh Apples
1% Milk or Fat Free Chocolate Milk

WEDNESDAY

Breakfast

Assorted Cereal Breakfast Bars
Fresh Apples
100% Cranberry Juice
1% Milk or Fat Free Chocolate Milk

LUNCH

Beef Kofta Pita w/ Tahini
Romaine, Tomatoes, and Onions
Fresh Bananas
1% Milk or Fat Free Chocolate Milk

THURSDAY

Breakfast

Yogurt w/ Granola or
Assorted Granola Cereal Bar
100% Apple Juice
1% Milk or Fat Free Chocolate Milk

LUNCH

Penne Pasta w/ Meat Sauce
Cheez-Its *WG
Steamed Corn
Fresh Apples
1% Milk or Fat Free Chocolate Milk

*This institution is an equal opportunity provider.



WEEKLY MENU

September 14th-17th

Nutritional Facts

**Nutrition values shown with 1% white milk. Fat-free chocolate milk adds 6g carbohydrates, 6g total sugars, 7g added sugars and 80mg sodium, while reducing total fat by 2.5g and saturated fat by 1.5g. Calories and protein remain the same.*

*This institution is an equal opportunity provider.

MONDAY

Breakfast

Calories: 410
Protein: 11g
Carbs: 79g
Fat: 5g
Sat. Fat: 2.5g
Sodium: 270mg

LUNCH

Calories: 613
Protein: 31g
Carbs: 100g
Fat: 17.7g
Sat. Fat: 5g
Sodium: 1385mg

TUESDAY

Breakfast

Calories: 382
Protein: 11g
Carbs: 75g
Fat: 5.4g
Sat. Fat: 2.5g
Sodium: 306mg

LUNCH

Calories: 560
Protein: 30g
Carbs: 83g
Fat: 12.7g
Sat. Fat: 4g
Sodium: 498mg

*Cinnamon Toast
Crunch (1oz) used
for totals

WEDNESDAY

Breakfast

Calories: 412 Protein:
11g Carbs: 75g
Fat: 6.2g
Sat. Fat: 1.5g Sodium:
250mg

LUNCH

Calories: 573
Protein: 26g
Carbs: 67g
Fat: 24.5g
Sat. Fat: 6.5g
Sodium: approx
700 mg

*Trix Cereal
Breakfast bars used
for totals.

THURSDAY

Breakfast

YOGURT + GRANOLA:
Calories: 541 Protein:
17g
Carbs: 92g
Fat: 11.5g
Sat. Fat: 2.5g
Sodium: 405mg
GRANOLA CEREAL BAR:
Calories: 391
Protein: 11g
Carbs: 71g
Fat: 6g
Sat. Fat: 1.5g
Sodium: 250mg

LUNCH

Calories: 655
Protein: 26g
Carbs: 96g
Fat: 18.6g
Sat. Fat: 5.9g
Sodium: 551mg