



WEEKLY MENU

September 21st-24th

*WG-Whole Grain

*LS- Low Sodium

MONDAY

Breakfast

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

LUNCH

*WG Pepperoni or Cheese Pizza
Romaine & Cucumber 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

Teriyaki Chicken
Brown Rice
Roasted Bell Peppers
Carrots
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

Beefy Mac n' Cheese
Broccoli w/ Ranch
Steamed Corn
Applesauce
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

Beef Taco Bowl w/ Brown Rice
Black Beans & Corn
Fresh Banana
1% Milk or Fat Free Chocolate Milk

*This institution is an equal opportunity provider.



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Nutrition 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.*

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MONDAY

Breakfast

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

LUNCH

PEPPERONI PIZZA:
Calories: 668
Protein: 30g Carbs:
90g
Fat: 21.5g
Sat. Fat: 8g
Sodium: 1,222mg
CHEESE PIZZA:
Calories: 635
Protein: 30g Carbs:
90g
Fat: 21.5g
Sat. Fat: 8g
Sodium: 1,137mg

TUESDAY

Breakfast

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

LUNCH

Calories: 505
Protein: 27g
Carbs: 79g
Fat: 7.2g
Sat. Fat: 2.8g
Sodium: 481mg

*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: 731
Protein: 31g
Carbs: 104g
Fat: 21.1g
Sat. Fat: 7.8g
Sodium: 888 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: 696
Protein: 31g
Carbs: 105g
Fat: 15.5g
Sat. Fat: 6.2g
Sodium: 305mg