



WEEKLY MENU

**September 28th-
October 1st**

***WG-Whole Grain**

***LS- Low Sodium**

MONDAY

Breakfast

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

LUNCH

Chicken Nuggets *WG
Mashed Potatoes & Corn
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

Orange Chicken
Brown Rice
Roasted Snap Peas
Broccoli w/ Ranch
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

Swedish Meatballs
*WG Macaroni
Green Peas
Fresh Banana
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

Vegetarian Chili
Cheesy Breadstick
Carrots
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

Calories: 569
Protein: 29g
Carbs: 67g
Fat: 22.0g
Sat. Fat: 5.3g
Sodium: 674mg

TUESDAY

Breakfast

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

LUNCH

Calories: 612
Protein: 30g
Carbs: 94g
Fat: 11.8g
Sat. Fat: 3.4g
Sodium: 607mg

*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: 713
Protein: 35g
Carbs: 113g
Fat: 15.1g
Sat. Fat: 6.8g
Sodium: 521mg

*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: 581
Protein: 32g
Carbs: 100g
Fat: 10.6g
Sat. Fat: 4.8g
Sodium: 653mg