



WEEKLY MENU

October 5th-8th



***WG-Whole Grain**

***LS- Low Sodium**

MONDAY

BREAKFAST

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

LUNCH

Fish Tacos
Fresh Cabbage Slaw and Onions
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

BBQChicken
Brown Rice
Steamed Corn & Baby 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

Cheeseburger or Hamburger
Baked Beans & Carrots
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

Pepperoni or Cheese Pizza
Cheez-its *WG
Romaine and Cucumber Salad w/
Ranch
Fresh Banana
1% Milk or Fat Free Chocolate Milk

PSAS FAMILY FALL FEST
5-8PM

*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: 627
Protein: 29g
Carbs: 94g
Fat: 15.7g
Sat. Fat: 3g
Sodium: 738mg

TUESDAY

BREAKFAST

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

LUNCH

Calories: 538
Protein: 30g
Carbs: 79g
Fat: 9.1g
Sat. Fat: 3g
Sodium: 509mg

*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: 669
Protein: 37g
Carbs: 112g
Fat: 15.4g
Sat. Fat: 6.7g
Sodium: 1152mg

WITHOUT CHEESE:

Calories: 613
Protein: 35g
Carbs: 111g
Fat: 10.8g
Sat. Fat: 4.2g
Sodium: 521mg

*Trix Cereal
Breakfast bars
used for totals.

THURSDAY

BREAKFAST

Calories: 541
Protein: 17g
Carbs: 92g
Fat: 11.5g
Sat. Fat: 2.5g
Sodium: 405mg

LUNCH

Calories: 710
Protein: 31g
Carbs: 101g
Fat: 21.9g
Sat. Fat: 8.1g
Sodium: 1222mg

GRANOLA CEREAL BAR:

Calories: 391
Protein: 11g
Carbs: 71g
Fat: 6g
Sat. Fat: 1.5g
Sodium: 250mg

CHEESE PIZZA:

Calories: 677
Protein: 31g
Carbs: 101g
Fat: 21.9g
Sat. Fat: 8.1g
Sodium: 1137mg