

MONDAY September 18, 2017	TUESDAY September 19, 2017	WEDNESDAY September 20, 2017	THURSDAY September 21, 2017	FRIDAY September 22, 2017	SATURDAY September 23, 2017	SUNDAY September 24, 2017
<p><b>BREAKFAST</b> Bagels Cream Cheese Assorted Yogurt Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p>	<p><b>BREAKFAST</b> French Toast Sticks Sausage Links <i>Sugar free Syrup/ Margarine</i> Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p>	<p><b>BREAKFAST</b> Breakfast Burrito Hash Browns Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p>	<p><b>BREAKFAST</b> Assorted Muffins WG Assorted Yogurts Cheese Sticks Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p>	<p><b>BREAKFAST</b> Waffles Turkey Sausage <i>Sugar free Syrup/ Margarine</i> Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p>	<p><b>BREAKFAST</b> Scrambled Eggs w /Cheese WW Toast Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p>	<p><b>BREAKFAST</b> Sausage Muffin Egg Cheese Hash Brown Sticks Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p>
<p><b>LUNCH</b> Pork Rib on a bun Lettuce Tomato Tater Tots</p> <p>Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&amp;J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p><b>LUNCH</b> Bean &amp; Cheese Burrito Spanish Brown Rice Lettuce Tomato Sour Cream Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&amp;J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p><b>LUNCH</b> Chicken Nuggets Mashed Potato / Gravy Broccoli WW Roll Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&amp;J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p><b>LUNCH</b> Chicken Fajita Pita Bread Lettuce &amp; Tomato Spanish Brown Rice Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&amp;J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p><b>LUNCH</b> Cheeseburgers WW Bun Lettuce Tomato/ Baked French Fries Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&amp;J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p><b>LUNCH</b> Grilled Cheese Tomato Soup Potato Chips</p> <p>Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&amp;J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p><b>LUNCH</b> Chicken Quesadilla Refried Beans Lettuce Tomato</p> <p>Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&amp;J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>
<p><b>DINNER</b> Mac &amp; Beef Green Beans WW Roll</p> <p>Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&amp;J Pack Salad Bar Fresh Fruit/Fruit Cup</p>	<p><b>DINNER</b> BBQ Chicken AuGratin Potatoes Peas WW Roll Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&amp;J Pack Salad Bar Fresh Fruit/Fruit Cup</p>	<p><b>DINNER</b> Beef Stew Over Rice Carrots Biscuit</p> <p>Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&amp;J Pack Salad Bar Fresh Fruit/Fruit Cup</p>	<p><b>DINNER</b> Cheese Lasagna Cheesy Bread Italian Vegetables</p> <p>Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&amp;J Pack Salad Bar Fresh Fruit/Fruit Cup</p>	<p><b>DINNER</b> Chicken Fricassee Egg Noodles Carrots WW Roll Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&amp;J Pack Salad Bar Fresh Fruit/Fruit Cup</p>	<p><b>DINNER</b> Spaghetti/ Meatballs Green Beans Toasted Garlic Bread</p> <p>Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&amp;J Pack Salad Bar Fresh Fruit/Fruit Cup</p>	<p><b>DINNER</b> Stuffed Bell Peppers Savory Rice Seasoned Corn WW Roll Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&amp;J Pack Salad Bar Fresh Fruit/Fruit Cup</p>

This institution is an equal opportunity provider.

100 % Fruit Juice  
1% Milk  
Skim Milk  
Skim Chocolate Milk

PBJ Pack  
Sandwich  
Cheese Stick  
Cheeze Its

WW Whole Wheat  
WG Whole Grain