

Week 4

MONDAY September 25, 2017	TUESDAY September 26, 2017	WEDNESDAY September 27, 2017	THURSDAY September 28, 2017	FRIDAY September 29, 2017	SATURDAY September 30, 2017	SUNDAY October 1, 2017
<p>BREAKFAST</p> <p>Glazed Doughnuts String Cheese Assorted Yogurts</p> <p>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>BREAKFAST</p> <p>Cheese Omelet WW Toast</p> <p>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>BREAKFAST</p> <p>Biscuit & Gravy Sausage Patty</p> <p>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>BREAKFAST</p> <p>Assorted Muffins Assorted Yogurts Cheese Sticks</p> <p>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>BREAKFAST</p> <p>Chorizo & Eggs WW Tortilla</p> <p>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>BREAKFAST</p> <p>Diced Ham Scrambled Eggs WW Toast</p> <p>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>BREAKFAST</p> <p>Breakfast Sandwich Chef's Choice</p> <p>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>LUNCH</p> <p>Hot Dog on WW bun Baked Beans Carrot Sticks Salad Bar</p> <p>Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar</p> <p>Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p>LUNCH</p> <p>Turkey, Tuna, Ham Sub WW Bun Lettuce/ Tomato Potato Chips</p> <p>Salad Bar</p> <p>Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar</p> <p>Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p>LUNCH</p> <p>Beef Tacos Spanish Brown Rice Refried Beans Lettuce & Tomato</p> <p>Salad Bar</p> <p>Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar</p> <p>Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p>LUNCH</p> <p>Sloppy Joes Baked French Fries Broccoli</p> <p>Salad Bar</p> <p>Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar</p> <p>Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p>LUNCH</p> <p>Pepperoni/ Cheese Pizza Carrots / Broccoli</p> <p>Salad Bar</p> <p>Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar</p> <p>Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p>LUNCH</p> <p>Macaroni Cheese Ham Corn / roll</p> <p>Salad Bar</p> <p>Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar</p> <p>Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p>LUNCH</p> <p>Chefs Choice</p> <p>Salad Bar</p> <p>Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar</p> <p>Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>
<p>DINNER</p> <p>Chicken Tenders Mashed Potato Peas WW Roll Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p>	<p>DINNER</p> <p>Meatloaf Seasoned Red Potatoes Carrots WW Roll Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p>	<p>DINNER</p> <p>Orange Chicken Rice Oriental Vegetable WW Roll Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p>	<p>DINNER</p> <p>Chili Con Carne Corn Bread</p> <p>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p>	<p>DINNER</p> <p>Chicken Alfredo Egg Noodles Green Beans WW Roll Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p>	<p>DINNER</p> <p>Cheeseburger WW Bun Lettuce / Tomato French Fries</p> <p>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p>	<p>DINNER</p> <p>Chili Macaroni Corn Bread Carrots</p> <p>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar</p> <p>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