

Lunch

September 2023

WG – Whole Grain

WW – Whole Wheat

MG – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup</p> <p>$\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>					<p>1</p> <p>(WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water</p>	<p>2</p> <p>Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>3</p> <p>Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>4</p> <p>School Closed Labor Day</p>	<p>5</p> <p>(WG) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water</p>	<p>6</p> <p>(WG) Turkey & Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water</p>	<p>7</p> <p>Chicken & Cheese Quesadillas Spanish Rice Mixed Vegetables Fruit Cocktail Milk & Water</p>	<p>8</p> <p>Sloppy Joes on a (WW) Bun Peas and Carrots Orange Slices Milk & Water</p>	<p>9</p> <p>Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>10</p> <p>Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>11</p> <p>(WG) Cheese & Spinach Lasagna Garlic Bread Mixed Fruit Milk & Water</p>	<p>12</p> <p>Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water</p>	<p>13</p> <p>(WW) Chicken Salad Sandwich Carrots w/Ranch Dressing Banana Slices Milk & Water</p>	<p>14</p> <p>(WG) Cheese & Bean Burritos Mexican Rice Steamed Green Beans Peach Slices Milk & Water</p>	<p>15</p> <p>(WG) Chicken Tenders Mashed Potatoes Steamed Peas Pineapple Chunks Milk & Water</p>	<p>16</p> <p>Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>17</p> <p>Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>18</p> <p>(WG) Cheese & Spinach Ravioli With Marinara Sauce Mixed Vegetables Fruit Cocktail Milk & Water</p>	<p>19</p> <p>Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water</p>	<p>20</p> <p>Chicken & Cheese Burgers (WW) Carrots Sticks Orange Slices Milk & Water</p>	<p>21</p> <p>(WG) Soft Chicken Tacos Spanish Rice Mixed Vegetables Banana Slices Milk & Water</p>	<p>22</p> <p>(WG) Macaroni & Cheese Steamed Broccoli Apple Slices Milk & Water</p>	<p>23</p> <p>Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>24</p> <p>Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>25</p> <p>(WG) Spaghetti with Meat Sauce Green Beans Garlic Bread Apple Slices Milk & Water</p>	<p>26</p> <p>String Bean Chicken Steamed Rice Mandarin Oranges Milk and Water</p>	<p>27</p> <p>Popcorn Chicken with BBQ Sauce Mashed Potato Corn Sliced Apples Milk & Water</p>	<p>28</p> <p>(WG) Chicken & Cheese Flautas Mexican Rice With Corn Mixed Fruit Milk & Water</p>	<p>29</p> <p>Cheese Pizza Carrot Sticks With Ranch Banana Slices Milk & Water</p>	<p>30</p> <p>Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>