



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	<p>HAPPY LABOR DAY</p>	<p><u>Let's have a Picnic</u> 3</p> <p>2 oz CN Hamburger Patty 1 WG Bun 1/8 C Cucumber slices 1/8 c Cantaloupe ½ c Milk</p> <p><i>Veg: ¼ c Hummus(1.5 m/ma) in WG 1 oz Pita</i></p>	<p><u>Finger Lickin Good</u> 4</p> <p>1 Tyson Chicken Tenders (1 oz m/ma) 1 oz Cornbread 1/8 c Steamed Broccoli 1/8 c Mandarin Oranges ½ c Milk</p> <p><i>Veg: 2 Dr Praegers Chicken sub nuggets 2 oz m/ma</i></p>	<p><u>Make Your Own Tuna Boat</u> 5</p> <p>1/8 c Tuna Fish ½ slice Cheddar Cheese on the angle ½ WG Hot Dog Bun 1/8 c Zucchini Sticks 1/8 c Honeydew ½ c Milk</p> <p><i>Veg: ¼ c Chickpea salad</i></p>	<p><u>Tooty Fruity Salad</u> 6</p> <p>1 Cheese Manicotti w Tomato Basil Sauce 1 ½ oz Cheese, 2 oz WG Grain (2.75 oz) 1/8 c Zucchini 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk</p> <p><i>Veg: Same</i></p>
LUNCH	<p><u>Stick to Your Ribs</u> 9</p> <p>2 Meatballs w Marinara Sauce ¼ c WG Penne Pasta PC Parmesan Cheese 1/8 c Steamed Petite Broccoli 1/8 c Applesauce ½ c Milk</p> <p><i>Veg: 2 Veggie Meatballs</i></p>	<p><u>Breakfast for Lunch</u> 10</p> <p>1 WG French Toast Bites w Syrup 2 Turkey Sausage Bites 1/8 c Home Fried Potatoes 1/8 c Tropical Fruit Salad ½ c Milk</p> <p><i>Veg: 1 Hard Boiled Egg (2 oz m/ma)</i></p>	<p><u>Arroz con Pollo</u> 11</p> <p>½ c Arroz con Pollo 1 tenderloin ¼ c WG Rice 1/8c Vegetables (Bell Pepper, Onion Tomatoes) 1/8 c Pineapple ½ c Milk</p> <p><i>Veg: 2 Chickness Nuggets</i></p>	<p><u>Que Sustoll</u> 12</p> <p>½ c Beef Picadillo #8 1 ¼ oz Meat ¼ c WG Rice (½ oz Grain) 1/8 c Steamed Spinach 1/8 c Pears ½ c Milk</p> <p><i>Veg: Bean Piccadillo</i></p>	<p><u>Make Your Own Burrito</u> 13</p> <p>¼ c Black Beans & 1/8 c Monterrey Cheese 1 ½ mma 1 6 in WW Tortilla PC Mild Salsa 1/8 c Shredded Field Greens 1/8 c Pineapple ½ c Milk</p> <p><i>Veg: Same</i></p>
LUNCH	<p><u>Italian</u> 16</p> <p>1 Chicken Tenders PC Marinara Sauce 1 WG Breadstick 1/8 c Steamed Baby Carrots 1/8 c Applesauce ½ c Milk</p> <p><i>Veg: 2 Chix Tenders</i></p>	<p><u>Fiesta Beans & Rice</u> 17</p> <p>¼ c Red Beans ¼ c WG Rice 1/8 c Steamed Broccoli 1/8 c Pineapple ½ c Milk</p> <p><i>Veg: Same</i></p>	<p><u>Tooty Fruity Salad</u> 18</p> <p>1 Chicken Tenders 1 oz WG Corn Muffin 1/8 c Steamed Greens 1/8 c Tropical Fruit Salad ½ c Milk</p> <p><i>Veg: 4 oz Yogurt 1 oz String Cheese</i></p>	<p><u>Catch & Release Sandwich</u> 19</p> <p>3 oz WG CN Fish Fillet ¼ c WG Rice (½ oz Grain) 1/8 c Cole Slaw 1/8 c Honeydew ½ c Milk</p> <p><i>Veg: 6 oz Yogurt</i></p>	<p><u>Comfort Lunch</u> 20</p> <p>½ c Macaroni & Cheese • ½ oz Cheese; ¼ c WG Noodles ½ oz ¼ c Vegetarian Baked Beans 1/8 c Steamed Zucchini 1/8 c Peaches ½ c Milk</p> <p><i>Veg: Same</i></p>
LUNCH	<p><u>Alfresco Lunch</u> 23</p> <p>½ Chicken Patty 1/8 c Baked Batatas & Appies 1/8 c Tropical Fruit Salad ½ c Milk</p> <p><i>Veg: Black Bean Patty*</i></p>	<p><u>Use Your Noodle Bake</u> 24</p> <p>½ c Beef & Macaroni Pasta Bake #8 • 2 oz Beef, ¼ c WG Noodles(½ oz) 1/8 c Cucumber Slices w Ranch 1/8 c Mandarin Oranges ½ c Milk</p> <p><i>Veg: Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i></p>	<p><u>Terrific Tater</u> 25</p> <p>Lentil Stuffed Baked Potato ¼ c Southwest Lentils 1 oz WG Corn Muffin 1/8 c Baked Potato Cup 1/8 c Pears ½ c Milk</p> <p><i>Veg: Same</i></p>	<p><u>Asian</u> 26</p> <p>¼ c Honey Glazed Chicken (1.5 oz meat) #16 ¼ c Brown WG Rice 1/8 c Steamed Broccoli 1/8 c Mandarin Oranges ½ c Milk</p> <p><i>Veg: 2 Honey Glazed Chickenless Nuggets*</i></p>	<p><u>Make Your Own Pizza</u> 27</p> <p>½ WW English Muffin 1 oz 2 TBSP Shredded Cheese 1 oz String Cheese ¼ c Tomato Sauce (Hot) 1/8 c Steamed Zucchini 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk</p> <p><i>Veg: Same</i></p>
LUNCH	<p><u>A Taste of the South</u> 30</p> <p>1 Chicken Tenders 1 WG Wheat Roll 1/8 c Black Eyed Peas 1/8 c Applesauce ½ c Milk</p> <p><i>Veg: 2 Chickenless Nuggets* w Ketchup</i></p>				