



	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 ½ c Spinach Salad w Ranch ¼ c Cantaloupe ¾ c Milk</p> <p><i>Veg: 3/8 c Hummus(1.5 m/ma) in WG 1 oz Pita</i></p>	<p><u>Finger Lickin Good</u> 4</p> <p>2 Tyson Chicken Tenders 1 oz Cornbread ¼ c Broccoli w Ranch 2 Orange Wedges ¾ c Milk</p> <p><i>Veg: 3 Dr Praegers Chicken sub nuggets 2 oz m/ma</i></p>	<p><u>Make Your Own Tuna Boat</u> 5</p> <p>¼ c Tuna Fish ½ Slice Cheddar Cheese on the Angle 1 WG Hot Dog Bun (2 oz) ¼ c Baby Carrots Oars ¼ c Honeydew ¾ 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 m/ma, 2 oz WG Grain (2.75 oz) ½ c Field Greens Salad w Ranch ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk <i>Veg: Same</i></p>
LUNCH	<p><u>Stick to Your Ribs</u> 9</p> <p>3 Meatballs w Marinara Sauce ¼ c WG Penne Pasta PC Parmesan Cheese ¼ c Petite Broccoli w Italian ½ Apple ¾ c Milk</p> <p><i>Veg: 3 Veggie Meatballs</i></p>	<p><u>Breakfast for Lunch</u> 10</p> <p>2 WG French Toast Bites w Syrup (1.02 oz) 4 Turkey Sausage Bites (2 oz m/ma) ¼ c Home Fried Potatoes ¼ c Tropical Fruit Salad ¾ 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 ¼ c Vegetables (Bell Pepper, Onion Tomatoes) ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: 3 Chickless Nuggets</i></p>	<p><u>Que Susto!</u> 12</p> <p>½ c Beef Picadillo #8 1 ½ oz Meat ¼ c WG Rice ½ c Spinach Salad w Creamy Italian ¼ c Pears ¾ c Milk 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 6 in WW Tortilla (1 oz) PC Mild Salsa ½ c Shredded Field Greens ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: Same</i></p>
LUNCH	<p><u>Italian</u> 16</p> <p>2 Chicken Tenders 2 oz m/ma PC Marinara Sauce 1 WG Breadstick ¼ c Baby Carrots ½ Apple ¾ c Milk Milk</p> <p><i>Veg: 3 Chix Tenders</i></p>	<p><u>Fiesta Beans & Rice</u> 17</p> <p>½ c Red Beans ¼ c WG Rice ¼ c Broccoli w Ranch ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: Same</i></p>	<p><u>Tooty Fruity Salad</u> 18</p> <p>2 oz Oven Baked Chicken Leg 1 oz WG Corn Muffin ¼ c Steamed Greens ¼ c Tropical Fruit Salad ¾ 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) ¼ c Cole Slaw ¼ c Honeydew ¾ c Milk Milk</p> <p><i>Veg: 6 oz Yogurt</i></p>	<p><u>Comfort Lunch</u> 20</p> <p>½ c Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz 3/8 c Vegetarian Baked Beans ½ c Spinach Salad w Italian ¼ c Peaches ¾ c Milk</p> <p><i>Veg: Same</i></p>
LUNCH	<p><u>Alfresco Lunch</u> 23</p> <p>1 Chicken Patty 1 WG Bun ¼ c Baked Batatas & Apples ¼ c Tropical Fruit Salad ¾ 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) ½ c Field Green Salad w Ranch 2 Orange Wedges ¾ 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 ½ c Southwest Lentils 1 oz WG Corn Muffin ¼ c Baked Potato Cup ¼ Pears ¾ c Milk</p> <p><i>Veg: Same</i></p>	<p><u>Asian</u> 26</p> <p>¼ c Honey Glazed Chicken (1.5 oz m/ma) #18 ¼ c Brown WG Rice ¼ c Broccoli w Ranch ¼ c Mandarin Oranges ¾ c Milk</p> <p><i>Veg: 3 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) ½ c Spinach Salad w Italian ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk</p> <p><i>Veg: Same</i></p>
LUNCH	<p><u>A Taste of the South</u> 30</p> <p>2 oz Oven Baked Chicken Leg 1 WG Wheat Roll ¼ c Black Eyed Peas ¼ c Apple Slices (2-3) ¾ c Milk</p> <p><i>Veg: 3 Chickenless Nuggets*</i></p>				