

Week Twelve Sept. 5-9	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Breakfast</u></b>  <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>		<p>Cereal</p> <p>Craisins</p> <p>1 % Milk</p>	<p>Sausage Gravy over Toast</p> <p>Pears</p> <p>1 % Milk</p>	<p>Cinnamon Toast</p> <p>Mixed Fruit</p> <p>1 % Milk</p>	<p>Yogurt</p> <p>Strawberries</p> <p>1 % Milk</p>
<p><b><u>Lunch</u></b>  <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	<p>Center Closed</p> <p>Labor Day</p>	<p>Bacon Ranch Pasta Salad</p> <p>Noodles</p> <p>Pineapple</p> <p>Peas</p> <p>1 % Milk</p>	<p>Grilled Cheese Sandwich (Bread)</p> <p>Peaches</p> <p>Tomato Soup</p> <p>1 % Milk</p>	<p>Beef Spaghetti (Spaghetti Noodles)</p> <p>Mandarin Oranges</p> <p>Corn</p> <p>1 % Milk</p>	<p>Turkey/Cheese Rollup (Tortilla)</p> <p>Apples</p> <p>Pickles</p> <p>1 % Milk</p>
<p><b><u>Snack</u></b>  <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit /Juice</li> <li>• Meat or meat alternate</li> </ul>		<p>Veggie Straws</p> <p>Carrot Sticks w/ ranch</p>	<p>Rice Krispy Bars</p> <p>1 % Milk</p>	<p>Pretzels</p> <p>Cheese</p>	<p>Cheez-Its</p> <p>Craisins</p>

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.  
 Meat alternates include items such as eggs, cheese, and yogurt.

Week one - Sept. 12-16	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Breakfast</u></b>  <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>	Cereal	French Toast sticks	Toast w/ Jelly	Bagels	Cereal
	Raisins	Applesauce	Blueberries - FF, GF	Grapes	Bananas
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><b><u>Lunch</u></b>  <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	Beef Rice Casserole	Chicken Noodle Soup	Turkey	Keilbasa	Salami/Cheese Sandwich
	(Rice)	Saltines	Stuffing	Cornbread	Bread
	Pineapple	Apples	Pears	Peaches	Grapes
	Peas	Carrots	Mashed Potatoes	Baked Beans	Pickles
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><b><u>Snack</u></b>  <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit /Juice</li> <li>• Meat or meat alternate</li> </ul>	Animal Crackers	Cinnamon Pretzels	Milk	Tortilla Chips	Oyster Crackers
	Craisins	Juice	Granola Bars	Salsa	Raisins

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Week Two -- Sept. 19-23	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Breakfast</u></b>  <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <li>• <i>Grain/Meat or meat Alternate</i></li> <li>• <i>Fruit or vegetable</i></li> <li>• <i>Milk</i></li> </ul>	Graham Crackers	Sausage	English Muffins	Yogurt	Cereal
	Pears	Hasbrowns	Mand. Oranges	Strawberries	Apples
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><b><u>Lunch</u></b>  <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <li>• <i>Meat or meat alternate</i></li> <li>• <i>Grain</i></li> <li>• <i>Fruit or vegetable</i></li> <li>• <i>Vegetable</i></li> <li>• <i>Milk</i></li> </ul>	Beef Tacos  (Tortilla Shell)	Tuna Noodle Casserole  (Egg Noodles)	Beef Meatloaf  Buttered Bread	Pepperoni  Rice-A-Roni	Ham and Cheese Roll Up  (Tortilla Shell)
	Oranges	Mixed Fruit	Pineapple	Applesauce	Grapes
	Carrot sticks	Peas	Mashed Potatoes	Green Beans	Pickles
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><b><u>Snack</u></b>  <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <li>• <i>Milk</i></li> <li>• <i>Grain</i></li> <li>• <i>Vegetable</i></li> <li>• <i>Fruit / Juice</i></li> <li>• <i>Meat or meat alternate</i></li> </ul>	Goldfish	Chex Mix	Saltines	1 % Milk  Vanilla wafers	Ritz Crackers
	Craisins	Juice	String cheese		Pepperoni

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Week Three -- Sept. 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Breakfast</u></b> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>	Graham Crackers	Toast w/ Cinnamon	Cereal	Bagels w/ Cream Cheese	Cereal
	Raisins	Mand. Oranges	Bananas	Blueberries	Craisins
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<b><u>Lunch</u></b> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	Chicken Noodle Soup	Beef Lasagna	Tuna Salad	Beef Tator Tot casserole	BBQ Chicken Rollup
	Crackers	(Pizza Crust)	Macaroni noodles	Tatort Tots	(Tortilla Shell)
	Grapes	Apples	Pineapples	Pears	Oranges
	Carrots	Carrots	Peas	Green Beans	Pickles
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<b><u>Snack</u></b> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit /Juice</li> <li>• Meat or meat alternate</li> </ul>	Chex Mix	Ritz Crackers	Goldfish	Oyster Crackers	Granola Bars
	Juice	Pepperoni	Carrots sticks w/ ranch	Cucumbers w/ranch	Craisins

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