

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LABOR DAY
Holiday

Italian

2 Chicken Tenders 2 oz
PC Marinara Sauce
1 WG Breadstick
¼ c **Baby Carrots**
½ **Apple**
¾ c Milk

Veg: 2 Chix Tenders

1 Chicken Patty
1 WG Bun
¼ c **Three Bean Salad**
¼ c **Tropical Fruit Salad**
¾ c Milk

Veg: Black Bean Patty w Ketchup*

2 oz Oven Baked Chicken Leg
1 WG Wheat Roll
¼ c **Glazed Carrots**
¼ c **Apple Slices**
¾ c Milk

Veg: 3 Chickenless Nuggets w Ketchup*

2 oz Chicken Tenders
1 WG Roll
¼ c **Petite Broccoli** w Italian
¼ c **Tropical Fruit Salad**
¾ c Milk

Veg: 3/8 c Chickpeas

½ c Beef & Macaroni Pasta Bake
• 2 oz beef, ¼ c WG noodles
¼ c **Broccoli** w Ranch
¼ c **Pineapple**
¾ c Milk

Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick

Make Your Own Wrap
1 oz Turkey (2 Slices)
½ oz Cheddar Cheese
1 WG Flour Tortilla
¼ c **Spinach Salad** w Italian
¼ c **Pears**
¾ c Milk

Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)

2 oz CN Hamburger Patty
1 WG Bun
¼ c **Spinach Salad** w Ranch
¼ c **Cantaloupe**
¾ c Milk

Veg: Vegetarian Black Bean Burger w Ketchup*

½ c **Macaroni & Cheese**
• ¼ oz Cheese; ¼ c WG Noodles
¼ c **Green Beans**
2 **Orange Wedges**
¾ c Milk

Veg: Same

2 oz Oven Fried Chicken Leg
1 oz Cornbread
¼ c Cole Slaw
¼ c **Honeydew** EHS Diced
¾ c Milk

Veg: 3 Chickenless Nuggets w Ketchup*

2 oz Meatloaf & Gravy
1 WG Wheat Roll
¼ c Mashed Potatoes
¼ c **Honeydew**
¾ c Milk

Veg: Black Bean Patty w Ketchup*

Thailand
3/8 c Thai Basil Chicken (2 oz meat)
¼ c Basmati Rice
¼ c **Broccoli** and **Bean Dip**
¼ c **Pears**
¾ c Milk

Veg 3/8 c Thai Basil Tofu 2 oz meat alternate

3 oz WG Fish Fillet
¼ c Bolivian Rice
¼ c **Spinach Salad** w Italian
¼ c **Honeydew**
¾ c Milk

Veg: 2 Mozzarella Cheese Sticks

Make Your Own Taco
¼ c Beef Taco Meat (1.5 oz meat)
1 Tbsp Shredded Cheddar Cheese
1oz Hard Taco Shell
¼ c **Shredded Romaine**
PC Salsa
½ **Banana**
¾ c Milk

Veg: ½ c Black Beans

Asian
¼ c Honey Glazed Chicken (1.5 oz meat)
¼ c **Brown Rice**
¼ c **Broccoli** w Ranch
¼ c **Mandarin Oranges**
¾ c Milk

*Veg: 3 Honey Glazed Chickenless Nuggets**

Make Your Own Joe
¼ c Beef Sloppy Joe (1.5 oz meat)
1 WG Bun
¼ c Cole Slaw
2 **Orange Wedges**
¾ c Milk

Veg: ½ c Vegetarian Baked Beans

Make Your Own Burrito
¼ c **Black Beans** & 1/8 c Monterrey Cheese
1 - 6 in WW Tortilla
PC Mild Salsa
¼ c **Romaine**
¼ c **Pineapple**
¾ c Milk

Veg: Same

½ c Macaroni & Cheese
• ¼ oz Cheese; ¼ c WG Noodles
3/8 c Vegetarian **Baked Beans**
¼ c **Spinach Salad** w Italian
¼ c **Peaches**
¾ c Milk

Veg: Same

¾ c Vegetarian Chili
• 3/8 c **Beans**
1 oz Cornbread
¼ c **Romaine Salad** w Italian
¼ c **Fresh Fruit Salad** (Honeydew, Cantaloupe, Pineapple)
¾ c Milk

Veg: Same

1 Cheese Manicotti (2.75oz)
• 1 ½ oz cheese 2 oz WG grain
¼ c **Romaine Salad** w Ranch
¼ c **Fresh Fruit Salad** (Honeydew, Cantaloupe, Pineapple)
¾ c Milk

Veg: Same

CLOSED

LUNCH