

September 2023



|   |   |   |  | 1   |
|---|---|---|--|---|
|   |   |   |  | WG Turkey Sandwich,<br>Celery Sticks, Mango<br>with Milk.                                   |
| 4   | 5   | 6   | 7  | 8   |
| CLOSED<br>LABOR DAY   | WG Cheese Quesadilla,<br>Califlower, Fresh Apples<br>with Milk.         | Meatloaf, Diced Carrots,<br>WG Corn Bread,<br>Blueberries with Milk.                          | Grilled Chicken Breast<br>with Barbecue, Peas, WG<br>Hamburger Bun, Fresh<br>Banana with Milk. | WG Grilled Cheese, Mixed<br>Vegetables with Lima<br>Beans, Diced Strawberries<br>with Milk. |
| 11  | 12  | 13  | 14   | 15  |
| Teryaki Chicken, WG Rice,<br>Broccoli, Pineapple with<br>Milk.                | CN Taco Pizza Wedges,<br>Green Beans, Fresh Orange<br>with Milk.        | Scambled Eggs and<br>Cheese, WG Pancakes,<br>Carrots, Diced Peaches<br>with Milk.             | Sloppy Joe, Peas, WG<br>Hamburger Bun, Fresh<br>Apples with Milk.                              | Turkey Burgers with<br>Cheese, Califlower, WG<br>Hamburger Buns, Fresh<br>Banana with Milk  |
| 18  | 19  | 20  | 21   | 22  |
| Chicken Parmasean, Diced<br>Carrots, Hawaiian Roll,<br>Blueberries with MIIk. | BBQ Meatballs, Broccoli,<br>WG Rotini Noddles,<br>Applesauce with Milk. | Chicken Taco Meat with<br>Cheese, Lettuce/Salsa,<br>WG Tortillas, Fresh<br>Oranges with Milk. | Salisbury Steak & Gravy,<br>Green Beans, Mashed<br>Potatoes, Fresh Kiwi with<br>Milk.          | WG Cheese Pizza, Mixed<br>Vegetable with Lima<br>Beans, Fresh Banana with<br>Milk.          |
| 25  | 26  | 27  | 28   | 29  |
| WG CN Chicken Nuggets,<br>Peas, WG Roll, Diced<br>Strawberries with Milk      | Meatball Sub, Diced<br>Carrots, Diced Peaches,<br>WG Hot Hog Bun        | WG Bosco Cheese Sticks,<br>Corn, Fresh Apples with<br>Mllk.                                   | WG Mac and Cheese,<br>Broccoli with Cheese<br>Sauce, Pineapple with<br>Milk.                   | Beef Patty with Cheese,<br>Green Beans, WG<br>Hamburger Bun, Fresh<br>Oranges with Milk     |

|                                      | 1 & 2 Years    | 3-5 Years      | 6-12 Years |
|--------------------------------------|----------------|----------------|------------|
| Meat or<br>meat<br>alternate         | 1 oz.          | 1 1/2 oz.      | 2 oz.      |
| Grains<br>Breads<br>Pasta<br>Noodles | 1/2 oz.<br>eq² | 1/2 oz.<br>eq² | 1 oz. eq²  |
| Fruit                                | 1/8 c          | 1/4 c.         | 1/4 c.     |
| Vegetable                            | 1/8 c          | 1/4 c.         | 1/2 c.     |
| Milk, fluid                          | 1/2 c          | 3/4 c          | 1 c        |

