

Lunch

September 2022



WG – Whole Grain

WW – Whole Wheat

MG – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup</p> <p>$\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>				<p>1 (WG) Chicken Taquitos Mexican Rice With Corn Mixed Fruit Milk & Water</p>	<p>2 (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water</p>	<p>3 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>4 Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>5 School Closed Labor Day</p>	<p>6 (WG) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water</p>	<p>7 (WG) Turkey & Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water</p>	<p>8 Chicken & Cheese Quesadillas Spanish Rice Mixed Vegetables Fruit Cocktail Milk & Water</p>	<p>9 Cheese Pizza Peas and Carrots Orange Slices Milk & Water</p>	<p>10 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>11 Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>12 (WG) Cheese & Spinach Lasagna Garlic Bread Mixed Fruit Milk & Water</p>	<p>13 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water</p>	<p>14 (WW) Chicken Salad Sandwich Carrots w/Ranch Dressing Banana Slices Milk & Water</p>	<p>15 (WG) Cheese & Bean Burritos Mexican Rice Steamed Green Beans Peach Slices Milk & Water</p>	<p>16 (WG) Chicken Tenders Mashed Potatoes Steamed Peas Pineapple Chunks Milk & Water</p>	<p>17 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>18 Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>19 (WG) Cheese & Spinach Ravioli With Marinara Sauce Mixed Vegetables Fruit Cocktail Milk & Water</p>	<p>20 Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water</p>	<p>21 Chicken & Cheese Burgers (WW) Carrots Sticks Orange Slices Milk & Water</p>	<p>22 (WG) Soft Chicken Tacos Spanish Rice Mixed Vegetables Banana Slices Milk & Water</p>	<p>23 (WG) Macaroni & Cheese Steamed Broccoli Apple Slices Milk & Water</p>	<p>24 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>25 Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>26 (WG) Spaghetti with Meat Sauce Green Beans Garlic Bread Apple Slices Milk & Water</p>	<p>27 String Bean Chicken Steamed Rice Mandarin Oranges Milk and Water</p>	<p>28 Popcorn Chicken with BBQ Sauce Mashed Potato Corn Sliced Apples Milk & Water</p>	<p>29 (WG) Chicken & Cheese Flautas Mexican Rice With Corn Mixed Fruit Milk & Water</p>	<p>30 Cheese Pizza Carrot Sticks With Ranch Banana Slices Milk & Water</p>	<p>Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>