

LUNCH

SEPTEMBER 2018

CHILD & NUTRITION PROGRAM

HOT LUNCH MENU

Monday

LABOR DAY
No School!

10
Kickin Chicken Smackers with a Baked Bread Stick Vegetarian Beans, ½ cup Assorted Fruit, ½ cup Milk

17
Pork Chop Patty* on a Roll Steamed Carrots, ½ cup Assorted Fruit, ½ cup .75 oz. Goldfish Crackers Milk

24
Yummy Chicken Quesadilla Steamed Carrots, ½ cup Green Pepper Strips, ½ cup Assorted Fruit, ½ cup Milk

Tuesday

4
Cowboy Beef Taco w/ cheese on a Soft Shell Shredded Lettuce Red Kidney Beans, ½ cup Fresh Fruit, ½ cup Choice of Milk

11
Pork* Tacos on a Soft Shell, Green Pepper Strips, ½ cup Sweet Potato Fries, ½ cup Fresh Fruit, ½ cup Cookie Choice of Milk

18
Tasty Turkey Taco w/ cheese on a Soft Shell Black Bean Salad, ½ cup Roasted Corn, ½ cup Fresh Fruit, ½ cup Choice of Milk

25
Delicious Chicken Fajita on a Soft Tortilla Red Kidney Beans, ½ cup Fresh Fruit, ½ cup Choice of Milk

Wednesday

5
Sweet & Sour Chicken with Brown Rice Steamed Broccoli, ½ cup Assorted Fruit, ½ cup Milk

12
Breaded Chicken Patty on a Bun Smile Fries, ½ cup Assorted Fruit, ½ cup Choice of Milk

19
Charbroiled Cheese Burger on Bun Sliced Tomato & Pickle Chips Smile Fries, ½ cup Assorted Fruit, ½ cup Milk

26
Mama's Beef Meatballs with Rotini Pasta & Marinara Sauce Steamed Green Beans, ½ cup Assorted Fruit, ½ cup Milk

Thursday

6
Turkey or Turkey Ham & Cheese on a Roll w/Lettuce, Tomato & Pickle Chips Sweet Potato Fries, ½ cup Fresh Fruit, ½ cup Pretzel Rod Choice of Milk to include Vanilla

13
Baked Macaroni & Cheese Carrot Coins, ½ cup Steamed Broccoli, ½ cup Fresh Fruit, ½ cup Choice of Milk

20
Crispy Mozzarella Sticks Rotini Pasta Marinara Sauce Steamed Zucchini, ½ cup Fresh Fruit, ½ cup Choice of Milk

27
Brunch for Lunch Stuffed Cheese Omelet in a Tortilla Shell Smiles Fries, ½ cup Fresh Fruit, ½ cup Choice of Milk

Friday

7
Homemade Baked Ziti With Mozzarella Cheese Steamed Green Beans, ½ cup Fruit Cup, ½ cup Milk

14
NY Sicilian Pizza Celery Sticks/Low Fat Dip, ½ cup Fruit Cup, ½ cup Milk

21
Hearty Three Bean Chili, Brown Rice Carrot Sticks/Low Fat Dip, ½ cup Fruit Cup, ½ cup Milk

28
UNO Cheese Pizza Slice Steamed Broccoli, ½ cup Crunchy Carrot Sticks, ½ cup Fruit Cup, ½ cup Milk

Alternative Meal:

Hot Ham/Cheese on a Bagel Alternative meals are served with main meal "sides."

*For Pork free schools- an alternative protein will be provided

Pre-K - 8 Grades: 1% and Fat Free White Milk Offered Daily
K - 8 Grades: Fat Free Chocolate Milk also offered Tues and Pre-K - 1% & FF White Milk only

Assorted Fruit = Canned Fruit
Fruit Cup = 4 oz. frozen fruit
Fresh Fruit = Whole fresh fruit



SEPTEMBER 2018 PRE-K - 8TH B.I.C Menu

Child & Nutrition Program



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| LABOR DAY No School! | 3 Cinnamon Waffles 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk | 5 Blueberry Loaf 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk | 6 Cream Cheese Filled Bagel Roll 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk | 7 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk |
| 10 Maple Pancakes With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk | 11 Yogurt 4 oz. with Apple Granola Breakfast Square 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk | 12 Cheese Egg Omelet Wrap 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk | 13 French Toast Sticks With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk | 14 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk |
| 17 Cream Cheese Filled Bagel Roll 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk | 18 Cinnamon Waffles 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk | 19 Biscuit and Sausage 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk | 20 Graham Crackers with Cheese Stick 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk | 21 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk |
| 24 Honey Biscuit 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk | 25 Maple Pancake With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk | 26 Blueberry Turkey Pancake Breakfast Stick 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk | 27 Cream Cheese Filled Bagel Roll 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk | 28 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk |

Two-1/2 cup fruit options will be offered daily.
 Milk is served with every meal.
 Choose 1% White Milk or Fat Free White Milk.
 Student must take a fruit and/or juices.
ALL GRAIN PRODUCTS ARE WHOLE GRAIN AND MEET THE GRAIN OUNCE EQUIVALENCY
ALL FOOD ITEMS MEET USDA CACFP AND CNP: NSLP/SBP REQUIREMENTS.

Fresh Fruit= Whole Fruit
 Fruit Cup= 4 oz. cup Frozen Fruit

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(1) mail: U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
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 Washington, D.C. 20250-9410;
 (2) fax: (202) 690-7442; or
 (3) email: program.makere@usda.gov

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