



# Supper September 2022

Menus are subject to change. This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Minimum Meal Components Offered Daily:</b>  <b>Milk 1 Cup (F) Fruit 1/4C (V) Veggies 1/2C (WG) Grains/Bread 1WG (MMA) Meat/Meat Alternate 2M/MA C= Cup</b>            * Garden Salad 1C Serving Equivalent to 1/2C V            * Box Raisins/dried mixed fruit 1/4C serving Equivalent to 1/2C F            * Choose <b>3 out of the 5</b> Components to make a complete meal!</p>				
				
	<p>5</p> <p>Pan Cheese Lasagna (2 MMA) 1(WG) Garden Salad 1/2c(V) Bananas 1/2c (F) Milk 1c</p>	<p>6</p> <p>Muffin &amp; Yogurt (2 MMA) 2(WG) Chili Lime Carrots 1/2c(V) Strawberries 1/2c (F) Milk 1c</p>	<p>7</p> <p>Teriyaki Chicken w/ Rice 2(WG) 2(MMA) Mixed Veggies 1/2c(V) Peaches 1/2c (F) Milk 1c</p>	<p>8</p> <p>Cereal 2(WG) Yogurt &amp; Cheese Stick (2 MMA) Cucumbers w/ Tajin 1/2c (V) Fresh Melon 1/2c (F) Milk 1c</p>
<p>12</p> <p>Burrito (2 MMA) 2(WG) Pinto Beans 1/2c (V) Pineapple w/ Tajin 1/2c (F) Milk 1c</p>	<p>13</p> <p>P.B.J Sandwich or Sun Butter Sandwich w/ Cheese 1(WG) 2(MMA) Celery Sticks 1/2c(V) Apple Slices 1/2c (F) Milk 1c</p>	<p>14</p> <p>Mixed Berry Yogurt Parfait (2 MMA) 1/2c (F) Cinnamon Bear Graham 1(WG) Ranch Carrots 1/2c(V) Strawberries 1/2c (F) Milk 1c</p>	<p>15</p> <p>Taco Pocket (2 MMA) 2(WG) Garden Salad 1/2c (V) Stone Fruit 1/2c (F) Milk 1c</p>	<p>16</p> <p>French Toast Sticks 2(WG) Yogurt &amp; Cheese Stick (2MMA) Potato Smiles 1/2c (V) Juice 1/2c (F) Milk 1c</p>
<p>19</p> <p>Chicken Quesadilla 2(WG) 2(MMA) Tortilla Chips 1(WG) Salsa Cup 1/2c (V) Fresh Fruit Choice 1/2c (F) Milk 1c</p>	<p>20</p> <p>Burger 2(WG) 2(MMA) Pickles 1/2c (V) Apple Slices 1/2c (F) Milk 1c *Potato Chips</p>	<p>21</p> <p>P.B.J Sandwich or Sun Butter Sandwich w/ Cheese 1(WG) 2(MMA) Chili Lime Carrots 1/2c(V) Strawberries 1/2c (F) Milk 1c</p>	<p>22</p> <p>Cheese Pizza 2 MMA) 2(WG) Garden Salad 1/2c (V) Stone Fruit 1/2c (F) Milk 1c</p>	<p>23</p> <p>Cereal 2(WG) Yogurt &amp; Cheese Stick (2 MMA) Cucumbers 1/2c(V) Fresh Melon 1/2c (F) Milk 1c</p>
<p>26</p> <p>Fiesta Chicken Bowl (2 MMA)1(WG) Steamed Corn 1/2c(V) Fruit Cup 1/2c (F) Milk 1c</p>	<p>27</p> <p>Pan Cheese Lasagna (2 MMA) 1(WG) Garden Salad 1/2c(V) Bananas 1/2c (F) Milk 1c</p>	<p>28</p> <p>Muffin &amp; Yogurt (2 MMA) 2(WG) Ranch Carrots 1/2c(V) Strawberries 1/2c (F) Milk 1c</p>	<p>29</p> <p>Teriyaki Chicken w/ Rice 2(WG) 2(MMA) Mixed Veggies 1/2c(V) Peaches 1/2c (F) Milk 1c</p>	<p>30</p> <p>Chicken Salad w/ Crackers 1(WG) 2(MMA) Cucumbers 1/2c(V) Fresh Fruit Choice 1/2c (F) Milk 1c</p>