



LUNCH

SEPTEMBER 2017 Child Nutrition Program

PreK-Grade 8

Monday

Tuesday

Wednesday

Thursday

Friday



4

Chicken Parmigiana on Baked Bun
Roasted Broccoli, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk

5

Southwest Day
Nachos with Beef
Seasoned Brown Rice and Beans
Red Pepper Strips, $\frac{3}{4}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

6

Grilled Cheese Sandwich
Potato Smiles, $\frac{1}{2}$ cup
Black Bean Salad, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

7

Cheese Pizza
Cucumber Coins with Lowfat Ranch Dip, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

8

Happy Patriots Day

Baked Macaroni & Cheese
Sautéed Broccoli, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

11

Chicken Smackers with Honey Mustard Sauce
Potato Smiles, $\frac{1}{2}$ cup
Sautéed Green Beans, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

12

Build Your Own Burger
Hamburger on Baked Bun
American Cheese & Sliced Tomato
Sweet Potato Fries, $\frac{1}{4}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

13

Mozzarella Sticks & Chicken Smackers **COMBO!**
Rotini Pasta Salad
Carrot Sticks, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk

14

Fiestada Pizza
Black Bean Salad, $\frac{1}{2}$ cup
Roasted Corn, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk

15

Colby Cheese Omelet
Wrapped in Soft Shell
Tomato Salsa
Potato Smiles, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

18

Chicken Alfredo Penne Pasta
Sautéed Broccoli, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

19

Italian Day
Chicken Parmigiana on Baked Bun
Sautéed Spinach, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk

20

Hot Turkey
Ham & Cheese Sandwich
Baked Vegetarian Beans, $\frac{1}{2}$ cup
Sweet Potato Fries, $\frac{3}{4}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

21

Happy First Day of Fall

Homemade Baked Ziti
Sautéed Green Beans, $\frac{1}{2}$ cup
Fall Cookie Treat
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

22

Three-Bean Chili
Seasoned Brown Rice
Steamed Corn, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

25

Taco Tuesday
Turkey Taco on Soft Shell
Roasted Chickpeas, $\frac{1}{2}$ cup
Sautéed Red Pepper Strips, $\frac{3}{4}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

26

Asian Day
General Tso Chicken
Seasoned Brown Rice
Steamed Broccoli, $\frac{1}{2}$ cup
Chilled Peach Cup, $\frac{1}{2}$ cup
Fortune Cookie
Choice of Milk

27

Pork Meatballs & Rotini Pasta
Steamed Green Beans, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk

28

Cheese Pizza
Cucumber Coins with Lowfat Ranch Dip, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

29

Available Daily

Peanut Butter or Sun Butter & Jelly Sandwiches
American Cheese Sandwiches

A side salad of leafy dark green vegetable is offered daily.

Milk is available with every meal. Choose 1% White Milk or Fat Free White Milk daily.
Fat Free Chocolate milk is available Tuesdays and Thursdays.

Select a fruit **AND/OR** vegetable with your sandwich.

You may also choose your choice of milk.

ALL GRAIN PRODUCTS ARE WHOLE GRAIN.

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