

	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6 oz. Whole/1% Milk 1/3 c. Special K Cereal 1/2 c. Pineapple Tidbits	6 oz. Whole/1% Milk 1/2 Corn Muffin/Margarine 1/2 c. Sliced Peaches	6 oz. Whole/1% Milk 2.25 oz. WG Strawberry Oatmeal Bar 1/2 c. Diced Pears in Juice	6 oz. Whole/1% Milk 1/3 c. WG Life Cereal 1/2 c. Tropical Fruit	6 oz. Whole/1% Milk 1 oz. WG Belvita Bars 1/2 c. Applesauce
	3 oz. <b>WG Breaded Chicken Nuggets</b> 3/4 c. Bowties and Broccoli 1/3 c. Applesauce 6 oz. Whole/1% Milk	2 oz. <b>Diced Chicken</b> 1/2 c. Teriyaki Noodles <small>(WG Noodles, Edamame, Red Peppers)</small> 1/3 c. Peas 1/3 c. Mandarin Orange Segments 6 oz. Whole/1% Milk	3 oz. <b>Smothered Beef Patty</b> <small>(Onions, Tomatoes, Broth)</small> 1/3 c. Green Beans 1/3 c. Applesauce 1 Slice Wheat Bread 6 oz. Whole/1% Milk	1 sl. <b>French Toast</b> 2 oz. Turkey Sausage Links 1/3 c. Roasted Potatoes 1/2 Fresh Melon Maple Syrup 6 oz. Whole/1% Milk	5 oz. <b>Turkey Ham and Cheese Sand.</b> 1/2 c. Tossed Salad <small>(Romaine, Tomatoes, Ranch)</small> 1/3 c. Diced Pears 6 oz. Whole/1% Milk
VEGETARIAN	3 oz. <b>Meatless Chicken Nuggets</b> 3/4 c. Bowties and Broccoli 1/3 c. Applesauce	2 oz. <b>Diced Chicken</b> 1/2 c. Yeriaki Noodles <small>(WG Noodles, Edamame, Red Peppers)</small> 1/3 c. Broccoli 1/3 c. Pineapple Chunks in Juice	3 oz. <b>Smothered Beef-less Patty</b> <small>(Onions, Tomatoes, Broth)</small> 1/3 c. Broccoli 1/3 c. Applesauce 1 Slice Wheat Bread	1 sl. <b>French Toast</b> 2 oz. Vege Sausage 1/3 c. Roasted Potatoes 1/2 Fresh Banana Maple Syrup	4 oz. <b>Soy Butter and Jelly Sand.</b> 1/2 c. Tossed Salad <small>(Romaine, Tomatoes, Ranch)</small> 1/3 c. Diced Pears
NO DAIRY	3 oz. <b>WG Breaded Chicken Nuggets</b> 3/4 c. Bowties and Broccoli <small>(No Parmesan)</small> 1/3 c. Applesauce	2 oz. <b>Diced Chicken</b> 1/2 c. Yeriaki Noodles <small>(WG Noodles, Edamame, Red Peppers)</small> 1/3 c. Broccoli 1/3 c. Pineapple Chunks in Juice	3 oz. <b>Smothered Beef Patty</b> <small>(Onions, Tomatoes, Broth)</small> 1/3 c. Broccoli 1/3 c. Applesauce 1 Slice Wheat Bread	1 sl. <b>English Muffin</b> 2 oz. Turkey Sausage Links 1/3 c. Roasted Potatoes 1/2 Fresh Banana Maple Syrup	5 oz. <b>Turkey Ham Sand.</b> 1/2 c. Tossed Salad <small>(Romaine, Tomatoes, Ranch)</small> 1/3 c. Diced Pears
	.75 oz. Enriched Pretzels 1/3 c. Vanilla Yogurt	6 oz. Whole/1% Milk 1 oz. Oatmeal Cookie	1/4 c. Wheat Thins Crackers 1/2 c. Sliced Peaches	1/2 Fresh Banana 1/3 c. Enriched Animal Crackers	1/2 c. Pineapple Chunks 2 oz. Banana Muffin

	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
		6 oz. Whole/1% Milk 1.4 oz. WG Bagel/Lite Cream Cheese 1/2 c. Diced Pears in Juice	6 oz. Whole/1% Milk 1/3 c. Toasted O's Cereal 1/2 Fresh Banana	6 oz. Whole/1% Milk 1.5 oz. WG Blueberry Muffin 1/2 c. Diced Peaches in Light Syrup	6 oz. Whole/1% Milk 1/3 c. WG Golden Grahams Cereal 1/2 c. Apricot Halves
	<b>HAPPY LABOR DAY</b>	2 oz. <b>Sloppy Joe</b> 1/3 c. Roasted Potatoes 1/3 c. Diced Peaches in Light Syrup 1 WG Wheat Bun 6 oz. Whole/1% Milk	6 oz. <b>Chicken Taco Casserole</b> <small>(Diced Chicken, Noodles, Tomatoes, Cheddar Cheese)</small> 1/3 c. Green Beans 1/3 c. Fresh Cantaloupe 6 oz. Whole/1% Milk	3 oz. <b>WG Breaded Chicken Nuggets</b> 1/3 c. Spanish Rice 1/3 c. Sweet Peas 1/3 c. Pineapple Tidbits 6 oz. Whole/1% Milk	4 oz. <b>Cheese Sticks</b> <small>with Spaghetti Sauce</small> 1/3 c. Sweet Peas 1/2 Fresh Banana 6 oz. Whole/1% Milk
VEGETARIAN		2 oz. <b>Lentil Sloppy Joe</b> 1/3 c. Roasted Potatoes 1/3 c. Diced Pears in Juice 1 WG Wheat Bun	6 oz. <b>Black Bean Taco Casserole</b> <small>(Black Beans, Noodles, Tomatoes, Cheddar Cheese)</small> 1/3 c. Green Beans 1/3 c. Unsweetened Applesauce	3 oz. <b>Meatless Nuggets</b> 1/3 c. Spanish Rice 1/3 c. Sweet Peas 1/3 c. Diced Peaches in Light Syrup	4 oz. <b>Cheese Pizza Pocket</b> 1/3 c. Green Beans 1/2 Fresh Banana
NO DAIRY		2 oz. <b>Sloppy Joe</b> 1/3 c. Roasted Potatoes 1/3 c. Diced Pears in Juice 1 WG Wheat Bun	6 oz. <b>Chicken Taco Casserole</b> <small>(Diced Chicken, Noodles, Tomatoes)</small> 1/3 c. Green Beans 1/3 c. Unsweetened Applesauce	3 oz. <b>WG Breaded Chicken Nuggets</b> 1/3 c. Spanish Rice 1/3 c. Sweet Peas 1/3 c. Diced Peaches in Light Syrup	4 oz. <b>1/2 Turkey Sub</b> <small>(no cheese)</small> 1/3 c. Green Beans 1/2 Fresh Banana
		1 oz. Cheddar Cheese 1/2 c. Pineapple in Juice	1/2 c. Whole/1% Milk 1 oz. WG Graham Crackers	1 oz. Cucumbers/Ranch 1 oz. Pita Bread Triangles	1/2 c. Applesauce 1 oz. Cheez-its Crackers

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**TODDLER PORTIONS**

MEAT 1 oz.  
VEGETABLE/FRUIT 1/4 c.  
GRAIN 1/4 c.  
MILK 1/2 c.

**SCHOOL AGE PORTIONS**

MEAT 2 oz.  
VEGETABLE/FRUIT 3/4 c.  
GRAIN 1/2 c.  
MILK 1 c.

	11-Sep		12-Sep		13-Sep		14-Sep		15-Sep	
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk
	1/3 c. WG Raisin Bran Cereal	1.7 oz. WG Banana Bread	1/3 c. WG Corn Flakes Cereal	1/3 c. WG Corn Flakes Cereal	1.2 oz. WG Belvita Bar	1/3 c. WG Belvita Bar	1/3 c. WG Belvita Bar	1/3 c. WG Belvita Bar	1/3 c. WG Frosted Mini Wheats	1/3 c. WG Frosted Mini Wheats
	1/2 c. Pineapple Tidbits in Juice	1/2 c. Mandarin Oranges	1/2 Banana	1/2 Banana	1/2 c. Strawberries	1/2 c. Strawberries	1/2 c. Strawberries	1/2 c. Strawberries	1/2 c. Diced Pears in Juice	1/2 c. Diced Pears in Juice
	3 oz. <b>Mexican Chicken</b> (Diced Chicken, Salasa, Cheddar)	4 <b>Meatballs and Sauce</b>	2 <b>Chicken Strips</b>	2 <b>Chicken Strips</b>	2.6 oz. <b>Beef Patty</b>	2.6 oz. <b>Beef Patty</b>	2.6 oz. <b>Beef Patty</b>	2.6 oz. <b>Beef Patty</b>	2.5 oz. <b>Turkey Cheese Sub</b>	2.5 oz. <b>Turkey Cheese Sub</b>
	1/4 c. Corn Cake	1 Hot Dog Bun	1/3 c. Rotini Noodles	1/3 c. Rotini Noodles	1 sl. American Cheese	1 sl. American Cheese	1 sl. American Cheese	1/3 c. Caesar Salad	1/3 c. Caesar Salad	1/3 c. Caesar Salad
	1/3 c. Carrots	1/3 c. Green Beans	1/3 c. Broccoli	1/3 c. Broccoli	1/3 c. Peas	1/3 c. Peas	1/3 c. Peas	(Romaine Tomato Caesar)	(Romaine Tomato Caesar)	(Romaine Tomato Caesar)
	1/3 c. Applesauce	1/3 c. Fresh Melon	1/3 c. Diced Pears	1/3 c. Diced Pears	1/3 c. Mandarin Orange Segments	1/3 c. Mandarin Orange Segments	1/3 c. Mandarin Orange Segments	1/3 c. Pineapple Tidbits	1/3 c. Pineapple Tidbits	1/3 c. Pineapple Tidbits
	6 oz. Whole/1% Milk	6 oz. Shredded Mozzarella	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	1 WG Bun	1 WG Bun	1 WG Bun	6 oz. Whole 1% Milk	6 oz. Whole 1% Milk	6 oz. Whole 1% Milk
VEGETARIAN	3 oz. <b>BBQ Meatless Patty</b>	4 <b>Vege Meatballs and Sauce</b>	2 <b>Vege Chicken Strips</b>	2 <b>Vege Chicken Strips</b>	2.6 oz. <b>Beef Patty</b>	2.6 oz. <b>Beef Patty</b>	2.6 oz. <b>Beef Patty</b>	2.5 oz. <b>Tofurkey Cheese Sub</b>	2.5 oz. <b>Tofurkey Cheese Sub</b>	2.5 oz. <b>Tofurkey Cheese Sub</b>
	1/3 c. Noodles Alfredo	1 Hot Dog Bun	1/3 c. Rotini Noodles	1/3 c. Rotini Noodles	1 sl. American Cheese	1 sl. American Cheese	1 sl. American Cheese	1/3 c. Caesar Salad	1/3 c. Caesar Salad	1/3 c. Caesar Salad
	1/3 c. Carrots	1/3 c. Green Beans	1/3 c. Broccoli	1/3 c. Broccoli	1/3 c. Potato Salad	1/3 c. Potato Salad	1/3 c. Potato Salad	(Romaine Tomato Caesar)	(Romaine Tomato Caesar)	(Romaine Tomato Caesar)
	1/3 c. Applesauce	1/3 c. Fresh Melon	1/3 c. Diced Pears	1/3 c. Diced Pears	1/3 c. Mandarin Orange Segments	1/3 c. Mandarin Orange Segments	1/3 c. Mandarin Orange Segments	1/3 c. Pineapple Tidbits	1/3 c. Pineapple Tidbits	1/3 c. Pineapple Tidbits
		Shredded Mozzarella			1 WG Bun	1 WG Bun	1 WG Bun			
NO DAIRY	3 oz. <b>BBQ Chicken</b>	4 <b>Dairy Free Meatballs and Sauce</b>	2 <b>Chicken Strips</b>	2 <b>Chicken Strips</b>	2.6 oz. <b>Beef Patty</b>	2.6 oz. <b>Beef Patty</b>	2.6 oz. <b>Beef Patty</b>	2.5 oz. <b>Turkey Sub</b>	2.5 oz. <b>Turkey Sub</b>	2.5 oz. <b>Turkey Sub</b>
	1/3 c. Noodles	1 Hot Dog Bun	1/3 c. Rotini Noodles	1/3 c. Rotini Noodles	1/3 c. Potato Salad	1/3 c. Potato Salad	1/3 c. Potato Salad	1/3 c. Caesar Salad	1/3 c. Caesar Salad	1/3 c. Caesar Salad
	1/3 c. Carrots	1/3 c. Green Beans	1/3 c. Broccoli	1/3 c. Broccoli	1/3 c. Mandarin Orange Segments	1/3 c. Mandarin Orange Segments	1/3 c. Mandarin Orange Segments	(Romaine Tomato Italian)	(Romaine Tomato Italian)	(Romaine Tomato Italian)
	1/3 c. Applesauce	1/3 c. Fresh Melon	1/3 c. Diced Pears	1/3 c. Diced Pears	1 WG Bun	1 WG Bun	1 WG Bun	1/3 c. Pineapple Tidbits	1/3 c. Pineapple Tidbits	1/3 c. Pineapple Tidbits
	1/2 c. Whole/1% Milk	1/2 c. Diced Pears in Juice	1 oz. Enriched Pretzel Sticks	1 oz. Enriched Pretzel Sticks	1/2 c. Tossed Salad/Ranch	1/2 c. Tossed Salad/Ranch	1/2 c. Tossed Salad/Ranch	1/2 Fresh Banana	1/2 Fresh Banana	1/2 Fresh Banana
	2 oz. Apple Pocket	1 oz. Goldfish Crackers	1 oz. String Cheese	1 oz. String Cheese	1 oz. WG Wheat Roll	1 oz. WG Wheat Roll	1 oz. WG Wheat Roll	1 oz. Vanilla Wafers	1 oz. Vanilla Wafers	1 oz. Vanilla Wafers

	18-Sep		19-Sep		20-Sep		21-Sep		22-Sep	
	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk
	1/2 c. Crispy Rice Cereal	1/3 c. Cinnamon Granola Bar	1/3 c. Cinn. Toast Crunch	1/3 c. Cinn. Toast Crunch	1.5 oz. WG Bagel/Cream Cheese	1.5 oz. WG Bagel/Cream Cheese	1.5 oz. WG Bagel/Cream Cheese	1/2 c. WG Corn Puffs Cereal	1/2 c. WG Corn Puffs Cereal	1/2 c. WG Corn Puffs Cereal
	1/2 c. Tropical Fruit	1/2 c. Diced Pears in Water	1/2 Fresh Banana	1/2 Fresh Banana	1/2 c. Pineapple Tidbits	1/2 c. Pineapple Tidbits	1/2 c. Pineapple Tidbits	1/2 c. Diced Peaches	1/2 c. Diced Peaches	1/2 c. Diced Peaches
	3 oz. <b>Breaded Chicken Patty</b>	2 oz. <b>Beef Patty</b>	1 oz. <b>Diced Turkey Ham</b>	1 oz. <b>Diced Turkey Ham</b>	2 oz. <b>Beef Taco Meat</b>	2 oz. <b>Beef Taco Meat</b>	2 oz. <b>Beef Taco Meat</b>	6 oz. <b>Vegetable Lasagna</b>	6 oz. <b>Vegetable Lasagna</b>	6 oz. <b>Vegetable Lasagna</b>
	1/3 c. Rice and Beans	1 American Cheese Slice	1/2 c. Macaroni and Cheese	1/2 c. Macaroni and Cheese	1/2 c. (Lettuce, Cheddar, Salsa)	1/2 c. (Lettuce, Cheddar, Salsa)	1/2 c. (Lettuce, Cheddar, Salsa)	(Spinach, Tomato, Cauliflower)	(Spinach, Tomato, Cauliflower)	(Spinach, Tomato, Cauliflower)
	1/3 c. Glazed Carrots	1/3 c. Cauliflower	1/3 c. Green Beans	1/3 c. Green Beans	1/3 c. Fiesta Corn	1/3 c. Fiesta Corn	1/3 c. Fiesta Corn	Peas	Peas	Peas
	1/3 c. Applesauce	1/3 c. Mandarin Oranges	1/3 c. Diced Peaches in Light Syrup	1/3 c. Diced Peaches in Light Syrup	1/3 c. Diced Pears in Juice	1/3 c. Diced Pears in Juice	1/3 c. Diced Pears in Juice	1/2 Fresh Banana	1/2 Fresh Banana	1/2 Fresh Banana
	6 oz. Whole/1% Milk	1 WG Wheat Bun	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	1 Flour Tortilla	1 Flour Tortilla	1 Flour Tortilla	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk
VEGETARIAN	3 oz. <b>Vege Chicken Patty</b>	2 oz. <b>Beef-less Patty</b>	3/4 c. Macaroni and Cheese	3/4 c. Macaroni and Cheese	2 oz. <b>Meatless Taco Filling</b>	2 oz. <b>Meatless Taco Filling</b>	2 oz. <b>Meatless Taco Filling</b>	6 oz. <b>Cheese Ravioli and Sauce</b>	6 oz. <b>Cheese Ravioli and Sauce</b>	6 oz. <b>Cheese Ravioli and Sauce</b>
	1/3 c. Rice and Beans	1/3 c. Oven Roasted Potatoes	1/3 c. Green Beans	1/3 c. Green Beans	1/2 c. (Lettuce, Cheddar, Salsa)	1/2 c. (Lettuce, Cheddar, Salsa)	1/2 c. (Lettuce, Cheddar, Salsa)	1/3 c. Broccoli	1/3 c. Broccoli	1/3 c. Broccoli
	1/3 c. Glazed Carrots	1 American Cheese Slice	1/3 c. Diced Peaches in Light Syrup	1/3 c. Diced Peaches in Light Syrup	1/3 c. Fiesta Corn	1/3 c. Fiesta Corn	1/3 c. Fiesta Corn	1/2 Fresh Banana	1/2 Fresh Banana	1/2 Fresh Banana
	1/3 c. Applesauce	1/3 c. Mandarin Oranges	1/3 c. Diced Peaches in Light Syrup	1/3 c. Diced Peaches in Light Syrup	1/3 c. Diced Pears in Juice	1/3 c. Diced Pears in Juice	1/3 c. Diced Pears in Juice			
		1 WG Wheat Bun			1 Flour Tortilla	1 Flour Tortilla	1 Flour Tortilla			
NO DAIRY	3 oz. <b>Breaded Chicken Patty</b>	2 oz. <b>Beef Patty</b>	2 oz. <b>Turkey Ham</b>	2 oz. <b>Turkey Ham</b>	2 oz. <b>Beef Taco Meat</b>	2 oz. <b>Beef Taco Meat</b>	2 oz. <b>Beef Taco Meat</b>	6 oz. <b>Pasta and Vegetables</b>	6 oz. <b>Pasta and Vegetables</b>	6 oz. <b>Pasta and Vegetables</b>
	1/3 c. Rice and Beans	1/3 c. Oven Roasted Potatoes	1/3 c. Macaroni and Cheese	1/3 c. Macaroni and Cheese	1/2 c. (Lettuce, Salsa)	1/2 c. (Lettuce, Salsa)	1/2 c. (Lettuce, Salsa)	with Chicken Peas	with Chicken Peas	with Chicken Peas
	1/3 c. Glazed Carrots	1/3 c. Mandarin Oranges	1/3 c. Green Beans	1/3 c. Green Beans	1/3 c. Fiesta Corn	1/3 c. Fiesta Corn	1/3 c. Fiesta Corn	Broccoli	Broccoli	Broccoli
	1/3 c. Applesauce	1 WG Wheat Bun	1/3 c. Diced Peaches in Light Syrup	1/3 c. Diced Peaches in Light Syrup	1/3 c. Diced Pears in Juice	1/3 c. Diced Pears in Juice	1/3 c. Diced Pears in Juice	1/2 Fresh Banana	1/2 Fresh Banana	1/2 Fresh Banana
					1 Flour Tortilla	1 Flour Tortilla	1 Flour Tortilla			
	1 oz. Cheddar Cheese	1/2 c. Fresh Strawberries	1/4 c. Vanilla Yogurt	1/4 c. Vanilla Yogurt	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	6 oz. Whole/1% Milk	1 oz. Rice Cakes	1 oz. Rice Cakes	1 oz. Rice Cakes
	.75 oz. Enriched Chex Snack Mix	1.5 oz. Banana Muffin	.75 oz. Enriched Teddy Grahams	.75 oz. Enriched Teddy Grahams	2 oz. WG Blueberry Muffin	2 oz. WG Blueberry Muffin	2 oz. WG Blueberry Muffin	1/2 c. Cinnamon Applesauce	1/2 c. Cinnamon Applesauce	1/2 c. Cinnamon Applesauce

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**TODDLER PORTIONS**

MEAT 1 oz.  
VEGETABLE/FRUIT 1/4 c.  
GRAIN 1/4 c.  
MILK 1/2 c.

**SCHOOL AGE PORTIONS**

MEAT 2 oz.  
VEGETABLE/FRUIT 3/4 c.  
GRAIN 1/2 c.  
MILK 1 c.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
	1/3 c.	Special K Cereal	1/2	Corn Muffin/Margarine	2.25 oz.	WG Strawberry Oatmeal Bar	1/3 c.	WG Life Cereal	1 oz.	WG Belvita Bars
	1/2 c.	Pineapple Tidbits	1/2 c.	Sliced Peaches	1/2 c.	Diced Pears in Juice	1/2 c.	Tropical Fruit	1/2 c.	Applesauce
	3 oz.	<b>WG Breaded Chicken Nuggets</b>	2 oz.	<b>Diced Chicken</b>	3 oz.	<b>Smothered Beef Patty</b>	1 sl.	<b>French Toast</b>	5 oz.	<b>Turkey Ham and Cheese Sand.</b>
	3/4 c.	Bowties and Broccoli	1/2 c.	Teriyaki Noodles		(Onions, Tomatoes, Broth)	2 oz.	Turkey Sausage Links	1/2 c.	Tossed Salad
				(WG Noodles, Edamame, Red Peppers)	1/3 c.	Green Beans	1/3 c.	Roasted Potatoes		(Romaine, Tomatoes, Ranch)
	1/3 c.	Applesauce	1/3 c.	Peas	1/3 c.	Applesauce	1/2	Fresh Melon	1/3 c.	Diced Pears
			1/3 c.	Mandarin Orange Segments	1	Slice Wheat Bread		Maple Syrup		
	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk	6 oz.	Whole/1% Milk
<b>VEGETARIAN</b>	3 oz.	<b>Meatless Chicken Nuggets</b>	2 oz.	<b>Diced Chicken</b>	3 oz.	<b>Smothered Beef-less Patty</b>	1 sl.	<b>French Toast</b>	4 oz.	<b>Soy Butter and Jelly Sand.</b>
	3/4 c.	Bowties and Broccoli	1/2 c.	Yeriyaki Noodles		(Onions, Tomatoes, Broth)	2 oz.	Vege Sausage	1/2 c.	Tossed Salad
				(WG Noodles, Edamame, Red Peppers)	1/3 c.	Broccoli	1/3 c.	Roasted Potatoes		(Romaine, Tomatoes, Ranch)
	1/3 c.	Applesauce	1/3 c.	Broccoli	1/3 c.	Applesauce	1/2	Fresh Banana	1/3 c.	Diced Pears
			1/3 c.	Pineapple Chunks in Juice	1	Slice Wheat Bread		Maple Syrup		
<b>NO DAIRY</b>	3 oz.	<b>WG Breaded Chicken Nuggets</b>	2 oz.	<b>Diced Chicken</b>	3 oz.	<b>Smothered Beef Patty</b>	1 sl.	<b>English Muffin</b>	5 oz.	<b>Turkey Ham Sand.</b>
	3/4 c.	Bowties and Broccoli	1/2 c.	Yeriyaki Noodles		(Onions, Tomatoes, Broth)	2 oz.	Turkey Sausage Links	1/2 c.	Tossed Salad
		(No Parmesan)		(WG Noodles, Edamame, Red Peppers)	1/3 c.	Broccoli	1/3 c.	Roasted Potatoes		(Romaine, Tomatoes, Ranch)
	1/3 c.	Applesauce	1/3 c.	Broccoli	1/3 c.	Applesauce	1/2	Fresh Banana	1/3 c.	Diced Pears
			1/3 c.	Pineapple Chunks in Juice	1	Slice Wheat Bread		Maple Syrup		
	.75 oz.	Enriched Pretzels	6 oz.	Whole/1% Milk	1/4 c.	Wheat Thins Crackers	1/2	Fresh Banana	1/2 c.	Pineapple Chunks
	1/3 c.	Vanilla Yogurt	1 oz.	Oatmeal Cookie	1/2 c.	Sliced Peaches	1/3 c.	Enriched Animal Crackers	2 oz.	Banana Muffin

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**TODDLER PORTIONS**

MEAT 1 oz.  
VEGETABLE/FRUIT 1/4 c.  
GRAIN 1/4 c.  
MILK 1/2 c.

**SCHOOL AGE PORTIONS**

MEAT 2 oz.  
VEGETABLE/FRUIT 3/4 c.  
GRAIN 1/2 c.  
MILK 1 c.