



September 2023 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For the health and safety of our participants, please do not bring in or share any outside food or drink. Store prepared items may be approved for special occasions.</p>					<p>1 Pizza</p> 	<p>Meal Pattern</p> <p>Minimum Quantities</p> <p>Fluid 1% milk 8 oz.</p> <p>Meat or Meat Alternative</p> <p>2 oz. mm</p> <p>Vegetables 1/2 cup</p> <p>Fruits 1/2 cup</p> <p>Grains</p> <p>2 ounces</p> <p>2 servings or 1 cup</p>
3	<p>4</p> <p>Closed</p> 	<p>5 Turkey and Swiss Sandwiches</p> <p>WG bread, sliced turkey breast, swiss cheese, lettuce, tomato, chips, fruit cocktail, 1% milk</p>	<p>6 Curry Chicken Wraps</p> <p>Chicken, hummus, olives, Cucumbers, feta, WW tortilla, mandarin oranges, 1% milk</p>	<p>7 Taco Salad</p> <p>Ground beef, tomatoes, lettuce, cheese, olives, corn tortilla chips, pears, 1% milk</p>	<p>8 Lasagna</p> <p>Cheese, tomatoes, mozzarella cheese, lasagna noodles, green salad, WG roll, peaches, 1% milk</p>	
10	<p>11 Beef Stroganoff</p> <p>Beef, mushrooms, wg noodles, green beans, roll, pears, 1% milk</p>	<p>12 Pulled Pork</p> <p>Pork, BBQ sauce, WG bun, coleslaw, applesauce, 1% milk</p>	<p>13 Chicken Cordon Bleu Casserole</p> <p>Chicken, ham, swiss cheese, WG noodles, carrots, melon, 1% milk</p>	<p>14 Mac & Cheese</p> <p>WG pasta, cheddar cheese, green beans, bananas, 1% milk</p> 	<p>15 Sloppy Joes</p> <p>Ground turkey, tomatoes, onions, peppers, WG bun, peaches, 1% milk</p>	
17	<p>18 BLT Wraps</p>  <p>Bacon, lettuce, tomato, cheese, WG tortilla, chips, fruit cocktail, 1% milk</p>	<p>19 Harissa Chicken</p> <p>Chicken, potatoes, leeks, onions, broccoli, grapes, wg roll, 1% milk</p>	<p>20 Beef Stew</p> <p>Beef, carrots, potatoes, onions, WG roll, peaches, 1% milk</p> 	<p>21 Turkey Alfredo</p> <p>Turkey breast, WG pasta, alfredo sauce, peas, carrots, pears, 1% milk</p>	<p>22 Mexican Lasagna</p> <p>WG tortilla, ground turkey, tomatoes, onions, olives, cheese, mandarin oranges, 1% milk</p>	
24	<p>25 Pinto Bean Casserole</p> <p>Beans, tomatoes, onions, cheese, corn tortilla chips, applesauce, 1% milk</p>	<p>26 Chicken Fried Rice</p> <p>Brown rice, chicken, peas, carrots, onions, egg, peaches, 1% milk</p>	<p>27 Egg Roll in a Bowl</p> <p>Chicken sausage, green onion, carrots, cabbage, garlic, egg, soy sauce, oranges, wg roll, 1% milk</p>	<p>28 Baked Ziti</p> <p>WG penne, ground beef, tomato sauce, spinach, onion, mozzarella cheese, garlic bread, 1% milk</p>	<p>29 Tomato Soup and Grilled Cheese</p> <p>Tomato soup, WG bread, cheese, fruit cocktail, 1% milk</p> 	