

September 2 - September 30

# What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>LABOR DAY</b>	3 Chicken Tacosw/Shredded Lettuce & Cheese-2 Rice-3/4 c 6"Flour Tortilla-2 Fresh Apple-1 Milk-8oz	4 Beef Meatloaf w/ Ketchup-3 oz. Roasted Potato Medley-3/4 c. Whole Wheat Dinner Roll Fresh Banana-1 Milk-8 oz.	5 All Beef Hot Dog on a on a Whole Wheat Bun-1 Vegetarian Beans-3/4 c. Fresh Orange-1 Milk-8 oz.	6 <b>PIZZA DAY</b> 3x5 Whole Grain Cheese Pizza-2 Celery Sticks w/Dip-3/4c Applesauce Cup-1/2 c Milk-8 oz.
9 W/G Chicken Fingers-3 Corn-3/4 c. Fresh Apple-1 Whole Wheat Dinner Roll Milk-8 oz.	10 Beef Tacos w/ Shredded Lettuce& Cheddar Cheese-2 Red Kidney Beans-3/4 c. W/G Hard Taco Shell - 2 Fresh Orange-1 Milk-8 oz.	11 Turkey Meatballs w Sauce on a Whole Grain Hot Dog Bun-1 salad w/Dressing-1 1/2 c Pudding cup-1/2 c Milk-8 oz.	12 Fresh Turkey Breast and American Cheese on Whole Grain Potato Bun-1 Fresh Baby Carrots w/ Dip-3/4 c Fresh Banana-1 Milk-8 oz	13 <b>PIZZA DAY</b> 3x5 Whole Grain Cheese Pizza-2 Tomato Cup w/Dip-3/4 c Jello Cup-4oz Milk-8oz
16 All Beef Hamburger on a a Whole Wheat Bun-1 Corn-3/4 c. Crason-1 Milk-8 oz.	17 Grilled Chicken Tacos with Shredded Cheddar Cheese-2 Black Beans-3/4 c. W/G 6" Flour Tortilla-2 Fresh Orange-1 Milk-8 oz.	18 Cheese Lasagna with Meat Sauce-3.5 oz. Fresh Green Beans w/Dips3/4c Whole Wheat Bun-1 Fresh Pear-1 Milk-8 oz.	19 Macaroni & Cheese-1c Celery Sticks w/ Dip-3/4c Fresh Apple-1 Whole Grain Roll-1 Milk-8 oz.	20 <b>PIZZA DAY</b> 3x5 Whole Grain Cheese Pizza-2 Sliced Cucumbersw/Dressing-3/4c Applesauce Cup-1/2 c Milk-8 oz.
23 Grilled Teriyaki Chicken Fillet on a Whole Wheat Bun-1 Brown Rice & Peas3/4 c Granola Bar-1 Fortune Cookie-1 Milk-8 oz.	24 Beef Nachos w/ Cheddar Cheese Sauce-5oz Whole Grain Tortilla Scoops-1oz Fresh Apple-1 Milk-8 oz.	25 Hot Roasted Turkey with Gravy-3.5 oz. Mashed Potatoes-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	26 W/G Chicken Fryz-4 Broccoli & Cheese-1c Fresh Banana-1 Whole Wheat Dinner Roll Milk-8 oz.	27 <b>PIZZA DAY</b> 3x5 Whole Grain Cheese Pizza-2 Fresh Baby Carrots w Dip-3/4c Clementine-1 Milk-8 oz.
30 W/G Chicken Fingers-3 Corn-3/4 c. Fresh Apple-1 Whole Wheat Dinner Roll Milk-8 oz.				