

SEPTEMBER 2018 PREK-8th
 Child Nutrition Program

LABOR DAY No School!	Cinnamon Waffles 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Blueberry Loaf 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Cream Cheese Filled Bogel Roll 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk
Maple Pancakes With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Yogurt 4 oz. with Apple Granola Breakfast Square 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Cheese Egg Omelet Wrap 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	French Toast Sticks With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk
Cream Cheese Filled Bogel Roll 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Cinnamon Waffles 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Biscuit and Sausage 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Graham Crackers with Cheese Stick 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk
Honey Biscuit 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Maple Pancake With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Blueberry Turkey Pancake Breakfast Stick 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Cream Cheese Filled Bogel Roll 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk

Two-1/2 cup fruit options will be offered daily.
 Milk is served with every meal.
 Choose 1% White Milk or Fat Free White Milk.
 Student must take a fruit and/or juice.
 ALL GRAIN PRODUCTS ARE WHOLE GRAIN AND MEET THE GRAIN OUNCE EQUIVALENCY
 ALL FOOD ITEMS MEET USDA CACFP AND CNP: NSLP/SBP REQUIREMENTS.

Fresh Fruit= Whole Fruit
 Fruit Cup= 4 oz. cup Frozen Fruit

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: <http://www.ase.usda.gov/submit/land>, fill out, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410;
 (2) fax: (202) 690-7442; or
 (3) email: program.inquiries@usda.gov

This institution is an equal opportunity provider.

SEPTEMBER 2018

Pre-K – 8th

Child Nutrition Program

FFVP Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Celery Sticks & Dip	4 Peaches	5 Sliced Peppers	6 Carrot Sticks & Dip	7 Cucumber Coins & Dip
10 Fresh Cut Oranges	11 Banana	12 Fresh Pear	13 Fresh Apple	14 Fresh Orange
17 Fresh Apple	18 Fresh Pear	19 Cucumber Coins & Dip	20 Carrot Sticks & Dip	21 Sliced Peppers
24 Fresh Apple	25 Fresh Pear	26 Cucumber Coins & Dip	27 Carrot Sticks & Dip	28 Sliced Peppers

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ALL FRUIT & VEGETABLE PORTIONS ARE SERVED IN 1/4 CUP EQUIVALENT PORTIONS.
♦ ORDERING QUANTITY IS SUBJECT TO CHANGE BASED ON WASTE, CONSUMPTION, SPOILAGE AND AVAILABILITY

LUNCH

SEPTEMBER 2018 CHILD & NUTRITION PROGRAM

HOT LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday

LABOR DAY
No School!

10
Kickin Chicken Smackers with a Baked Bread Stick
Vegetarian Beans, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Milk

17
Pork Chop Patty* on a Roll
Steamed Carrots, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
.75 oz. Goldfish Crackers
Milk

24
Yummy Chicken Quesadilla
Steamed Carrots, $\frac{1}{2}$ cup
Green Pepper Strips, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Milk

4
Cowboy Beef Taco w/ cheese on a Soft Shell
Shredded Lettuce
Red Kidney Beans, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

11
Pork* Tacos on a Soft Shell
Green Pepper Strips, $\frac{1}{2}$ cup
Sweet Potato Fries, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Cookie
Choice of Milk

18
Tasty Turkey Taco w/ cheese on a Soft Shell
Black Bean Salad, $\frac{1}{2}$ cup
Roasted Corn, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

25
Delicious Chicken Fajita on a Soft Tortilla
Red Kidney Beans, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

5
Sweet & Sour Chicken with Brown Rice
Steamed Broccoli, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Milk

12
Breaded Chicken Patty on a Bun
Smile Fries, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

19
Charbroiled Cheese Burger on Bun
Sliced Tomato & Pickle Chips
Smile Fries, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Milk

26
Mama's Beef Meatballs with Rotini Pasta & Marinara Sauce
Steamed Green Beans, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Milk

6
Turkey or Turkey Ham & Cheese on a Roll w/Lettuce, Tomato & Pickle Chips
Sweet Potato Fries, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Pretzel Rod
Choice of Milk to include Vanilla

13
Baked Macaroni & Cheese
Carrot Coins, $\frac{1}{2}$ cup
Steamed Broccoli, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

20
Crispy Mozzarella Sticks
Rotini Pasta
Marinara Sauce
Steamed Zucchini, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

27
Brunch for Lunch
Stuffed Cheese Omelet in a Tortilla Shell
Smiles Fries, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

7
Homemade Baked Ziti With Mozzarella Cheese
Steamed Green Beans, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Milk

14
NY Sicilian Pizza
Celery Sticks/Low Fat Dip, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Milk

21
Hearty Three Bean Chili, Brown Rice
Carrot Sticks/Low Fat Dip, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Milk

28
UNO Cheese Pizza Slice
Steamed Broccoli, $\frac{1}{2}$ cup
Crunchy Carrot Sticks, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Milk

Alternative Meal:

Hot Ham/Cheese on a Bagel
Alternative meals are served with main meal "sides."

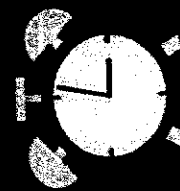
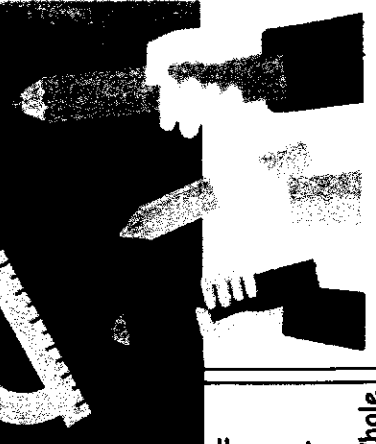
*For Pork free schools- an alternative protein will be provided

Pre-K - 8 Grades: 1% and Fat Free

White Milk Offered Daily
K - 8 Grades: Fat Free Chocolate Milk also offered Tues and Pre-K - 1% & FF White Milk only

Assorted Fruit =

Canned Fruit
Fruit Cup = 4 oz. frozen fruit
Fresh Fruit = Whole fresh fruit



SEPTEMBER 2018

Child Nutrition Program

Pre-K - 8th Snack Menu

Monday


3

String Cheese Stick
100% Fruit Juice, 6 oz.

17

Soft Pretzel Stick
100% Fruit Juice, 6 oz.

24


Cheez- It
100% Fruit Juice, 6 oz.

Tuesday

4

Chocolate Grips
1% White Milk, 8 oz.

18


Bear
Animal Crackers
100% Fruit Juice, 6 oz

25

Graham Crackers
2 pk.
1% White Milk, 8 oz.

Wednesday

5


Cheez- It
100% Fruit Juice, 6 oz.

19


Goldfish Crackers
100% Fruit Juice, 6 oz

26

Wrapped Muffin
100% Fruit Juice, 6 oz.

Thursday

6

Soft Pretzel Stick
100% Fruit Juice, 6 oz.

20

Chocolate Grips
1% White Milk, 8 oz.

27

String Cheese Stick
100% Fruit Juice, 6 oz.

Friday

7

Bear
Animal Crackers
100% Fruit Juice, 6 oz.

21

String Cheese Stick
100% Fruit Juice, 6 oz.

28

Soft Pretzel Stick
100% Fruit Juice, 6 oz.

MENUS MUST BE REPRODUCED AS SHOWN. MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

