


BREAKFAST
SEPTEMBER 2019
Child Nutrition Program
HOT BIC
MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	Maple Pancake With Syrup 3 1/2 cup 100% Fruit Juice 1/2 cup Frozen Fruit Milk	Yogurt 4 oz. with Granola 4 1/2 cup 100% Fruit Juice 1/2 cup Frozen Fruit Milk	Cream Cheese Filled Bagel Roll 5 1/2 cup 100% Fruit Juice 1/2 cup Frozen Fruit Milk	Assorted Low Sugar Cold Cereal Cheese Stick 6 1/2 cup 100% Fruit Juice 1/2 cup Canned Fruit Milk
Cream Cheese Filled Bagel Roll 9 1/2 cup 100% Fruit Juice 1/2 cup Canned Fruit Cup Milk	French Toast Sticks With Syrup 10 1/2 cup 100% Fruit Juice 1/2 cup Frozen Fruit Milk	Yogurt 4 oz. with Granola 11 1/2 cup 100% Fruit Juice 1/2 cup Frozen Fruit Milk	Cheese Egg Omelet Wrap 12 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Assorted Low Sugar Cold Cereal Assorted Mini Loaf 13 1/2 cup 100% Fruit Juice 1/2 cup Canned Fruit Milk
Cream Cheese Filled Bagel Roll 16 1/2 cup 100% Fruit Juice 1/2 cup Canned Fruit Cup Milk	Yogurt 4 oz. with Granola 17 1/2 cup 100% Fruit Juice 1/2 cup Frozen Fruit Cup Milk	Maple Pancake With Syrup 18 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Biscuit and Sausage 19 1/2 cup 100% Fruit Juice 1/2 cup Frozen Fruit Milk	Cold Cereal Cheese Stick 20 1/2 cup 100% Fruit Juice 1/2 cup Canned Fruit Milk
Cream Cheese Filled Bagel Roll 23 1/2 cup 100% Fruit Juice 1/2 cup Canned Fruit Cup Milk	Maple Pancake With Syrup 24 1/2 cup 100% Fruit Juice 1/2 cup Frozen Fruit Milk	Cheese Egg Omelet Wrap 25 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	Yogurt 4 oz. with Granola 26 1/2 cup 100% Fruit Juice 1/2 cup Frozen Fruit Milk	Assorted Low Sugar Cold Cereal Assorted Mini Loaf 27 1/2 cup 100% Fruit Juice 1/2 cup Canned Fruit Milk
Yogurt 4 oz. with Granola 30 1/2 cup 100% Fruit Juice 1/2 cup Canned Fruit Cup Milk				



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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, 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.intake@usda.gov

This institution is an equal opportunity provider.

LUNCH

SEPTEMBER 2019
Child Nutrition Program

HOT LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
LABOR DAY No School!	Stuffed Cheese Omelet in a Tortilla Shell Potato Smile Fries, ½ cup Seasonal Fresh Fruit Cup, ½ cup Choice of Milk	Asian Day Chicken BBQ Teriyaki with Brown Rice Steamed Broccoli, ½ cup Chickpea Salad, ½ cup Frozen Fruit Cup, ½ cup Milk	Turkey or Turkey Ham & Cheese on a Roll w/Lettuce, Tomato, Pickle & Chips Red Pepper Strips, ½ cup Canned Fruit Cup, ½ cup Choice of Milk	Homemade Baked Ziti & Cheese Steamed Green Beans, ½ cup Canned Fruit Cup, ½ cup Milk
Kickin Chicken Nuggets with a Baked Bread Stick Vegetarian Beans, ½ cup Frozen Fruit Cup, ½ cup Milk	Grilled Cheese Green Pepper Strips, ½ cup Sweet Potato Fries, ½ cup Seasonal Fresh Fruit Cup, ½ cup Cookie Milk	Chicken Parmesan on a Bun Potato Smile Fries, ½ cup Frozen Fruit Cup, ½ cup Choice of Milk	Baked Macaroni & Cheese Carrot Coins, ½ cup Steamed Broccoli, ½ cup Canned Fruit Cup, ½ cup Choice of Milk	Sicilian Pizza Steamed Zucchini, ½ cup Canned Fruit Cup, ½ cup Milk
Breaded Fish Patty On a Bun Steamed Carrots Frozen Fruit Cup, ½ cup Choice of Milk	Tasty Chicken Taco w/ cheese on Soft Shell Black Bean Salad, ½ cup Roasted Corn, ½ cup Seasonal Fresh Fruit Cup, ½ cup Choice of Milk	Back To School BBQ Cheese Burger on Bun Sliced Tomato & Pickle Chips Smile Fries, ½ cup Frozen Fruit Cup, ½ cup Milk	Crispy Mozzarella Sticks Rotini Pasta Marinara Sauce Steamed Zucchini, ½ cup Canned Fruit Cup, ½ cup Choice of Milk	Chicken Breaded Pieces with Brown Rice Breadstick Steamed Carrots, ½ cup Canned Fruit Cup, ½ cup Milk
Chicken Bites a Baked Bread Stick Kidney Beans, ½ cup Assorted Fruit, ½ cup Milk	Yummy Quesadilla with Cheese Steamed Carrots, ½ cup Green Pepper Strips, ½ cup Seasonal Fresh Fruit Cup, ½ cup Milk	Mama's Beef Meatballs with Rotini Pasta & Marinara Sauce Steamed Green Beans, ½ cup Frozen Fruit Cup, ½ cup Milk	Brunch for Lunch Cheese Omelet in a Tortilla Shell Smiles Fries, ½ cup Canned Fruit Cup, ½ cup Choice of Milk	Cheese Pizza Slice Steamed Broccoli, ½ cup Crunchy Carrot Sticks, ½ cup Canned Fruit Cup, ½ cup Milk
Grilled Cheese Sandwich Steamed Carrots, ½ cup French Fries, ½ cup Frozen Fruit Cup, ½ cup Milk				

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Available Daily
 Fruit Bites or veg bites & Sandwiches
 American Cheese Sandwiches (Mayo/Mustard)

A Side salad (½ cup) of leafy dark green vegetable & 1½ cup of other vegetables w/1 Dressing is offered daily

Options offered four (4) days per month (weekly)

Yogurt, cheese stick bagel meal
 Yogurt, cheese stick muffin meal

