

BREAKFAST

SEPTEMBER 2019 Child Nutrition Program

HOT BIC MENU

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



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- (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!	2 Stuffed Cheese Omelet in a Tortilla Shell Potato Smile Fries, ½ cup Seasonal Fresh Fruit Cup, ½ cup Choice of Milk	4 <i>Assist. Dir.</i> Chicken BBQ Teriyaki with Brown Rice Steamed Broccoli, ½ cup Chickpea Salad, ½ cup Frozen Fruit Cup, ½ cup Milk	5 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	6 Homemade Baked Ziti & Cheese Steamed Green Beans, ½ cup Canned Fruit Cup, ½ cup Milk
9 Kickin Chicken Nuggets with a Baked Bread Stick Vegetarian Beans, ½ cup Frozen Fruit Cup, ½ cup Milk	10 Grilled Cheese Green Pepper Strips, ½ cup Sweet Potato Fries, ½ cup Seasonal Fresh Fruit Cup, ½ cup Cookie Milk	11 Chicken Parmesan on a Bun Potato Smile Fries, ½ cup Frozen Fruit Cup, ½ cup Choice of Milk	12 Baked Macaroni & Cheese Carrot Coins, ½ cup Steamed Broccoli, ½ cup Canned Fruit Cup, ½ cup Choice of Milk	13 Sicilian Pizza Steamed Zucchini, ½ cup Canned Fruit Cup, ½ cup Milk
16 Breaded Fish Patty On a Bun Steamed Carrots Frozen Fruit Cup, ½ cup Choice of Milk	17 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	18 <i>Back to School BBQ</i> Cheese Burger on Bun Sliced Tomato & Pickle Chips Smile Fries, ½ cup Frozen Fruit Cup, ½ cup Milk	19 Crispy Mozzarella Sticks Rotini Pasta Marinara Sauce Steamed Zucchini, ½ cup Canned Fruit Cup, ½ cup Choice of Milk	20 Chicken Breaded Pieces with Brown Rice Breadstick Steamed Carrots, ½ cup Canned Fruit Cup, ½ cup Milk
23 Chicken Bites a Baked Bread Stick Kidney Beans, ½ cup Assorted Fruit, ½ cup Milk	24 Yummy Quesadilla with Cheese Steamed Carrots, ½ cup Green Pepper Strips, ½ cup Seasonal Fresh Fruit Cup, ½ cup Milk	25 Mandi's Beef Meatballs with Rotini Pasta & Marinara Sauce Steamed Green Beans, ½ cup Frozen Fruit Cup, ½ cup Milk	26 <i>Brunch for Lunch</i> Cheese Omelet in a Tortilla Shell Smiles Fries, ½ cup Canned Fruit Cup, ½ cup Choice of Milk	27 Cheese Pizza Slice Steamed Broccoli, ½ cup Crunchy Carrot Stricks, ½ cup Canned Fruit Cup, ½ cup Milk
30 Grilled Cheese Sandwich Steamed Carrots, ½ cup French Fries, ½ cup Frozen Fruit Cup, ½ cup Milk				

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Available Daily
Rotini or Pasta Sandwiches
American Cheese Sandwiches (Keweenaw)
 A Side salad (½ cup) of leafy dark green vegetable & ½ cup) of other vegetables w/ 1 T Dressing is offered daily
Options offered four (4) days per month (weekly)
 Yogurt, cheese stick bagel meal
 Yogurt, cheese stick muffin meal