

BREAKFAST

SEPTEMBER 2021
Child Nutrition Pre K - 8th

Hot BIC

Monday

Tuesday

Wednesday

Thursday

Friday



13
Yogurt 4 oz.
with Granola
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

20
Assorted Muffin Loaf
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

27
French Toast Sticks
w/Maple Syrup
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

7
Pillsbury Bagel-Full
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

14
Egg & Melted Cheese Sandwich
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

21
Warm Pancakes
w/Maple Syrup
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

28
Assorted Muffin Loaf
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

1
Warm Pancakes
w/Maple Syrup
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

8
Egg & Melted Cheese Sandwich
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

15
French Toast Sticks
w/Maple Syrup
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

22
Egg & Melted Cheese Sandwich
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

29
Warm Pancakes
w/Maple Syrup
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

2
Yogurt 4 oz.
with Granola
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

9
French Toast Sticks
w/Maple Syrup
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

16
Assorted Muffin Loaf
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

23
Yogurt 4 oz.
with Granola
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

30
Yogurt 4 oz.
with Granola
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

3
Assorted Low Sugar Cereal w/Cheese Stick
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

10
Assorted Low Sugar Cereal w/Cheese Stick
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

17
Assorted Low Sugar Cereal w/Cheese Stick
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

24
Assorted Low Sugar Cereal w/Cheese Stick
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of 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. 20250-0410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov

This institution is an equal opportunity provider.

Assorted Fruit

- Fresh Fruit-1 Piece
ex. (apple, banana, orange)
- Frozen Fruit Cup 1/4 cup
- Prepared Fruit Cup 1/2 cup
Ex. (pear, pear, peaches, applesauce)

LUNCH

SEPTEMBER 2021

Child Nutrition Pre K – 8th

Hot Lunch

Monday

Tuesday

Wednesday

Thursday

Friday



13
Chicken Smackers with a Baked Bread Stick
Vegetarian Beans, 3/4 cup
Assorted Fruit, 1/2 cup
Choice of Milk

7
Chicken Smackers with Brown Rice
Steamed Broccoli, 3/4 cup
Assorted Fruit, 1/2 cup
Choice of Milk

1
Beef Meatballs with Rotini Pasta & Marinara Sauce
Steamed Green Beans, 1/2 cup
Assorted Fruit, 1/2 cup
Choice of Milk

2
Grilled Chicken Fajita
Black Bean Salad, 1/2 cup
Roasted Corn, 1/2 cup
Red Pepper Strips, 1/2 cup
Assorted Fruit, 1/2 cup
Choice of Milk

3
Sicilian Pizza
Steamed Zucchini, 3/4 cup
Assorted Fruit, 1/2 cup
Choice of Milk

14
Grilled Cheese
Green Pepper Strips, 1/2 cup
Sweet Potato Fries, 1/2 cup
Assorted Fruit, 1/2 cup
Choice of Milk

8
Beef Meatballs with Pasta
Chickpeas Salad, 3/4 cup
Assorted Fruit, 1/2 cup
Choice of Milk

9
Sicilian Pizza
Celery Sticks/LF Dip, 1/2 cup
Roasted Zucchini, 1/2 cup
Assorted Fruit, 1/2 cup
Choice of Milk

10
Grilled Cheese Sandwich
Steamed Carrots, 1/2 cup
French Fries, 1/2 cup
Assorted Fruit, 1/2 cup
Choice of Milk

20
Breaded Fish Patty
On a Bun
Tater Tots
1/2 cup Pickles
Assorted Fruit, 1/2 cup
Choice of Milk

21
Tasty Beef Taco
Nacho Chips
Black Bean Salad, 1/2 cup
Roasted Corn, 1/2 cup
Assorted Fruit, 1/2 cup
Choice of Milk

15
Chicken Parmesan on a Bun
Potato Smile Fries, 1/2 cup
Celery Sticks/LF Dip, 1/2 cup
Assorted Fruit, 1/2 cup
Choice of Milk

16
Baked Macaroni & Cheese
Carrot Coins, 1/2 cup
Steamed Broccoli, 1/2 cup
Assorted Fruit, 1/2 cup
Choice of Milk

17
Sicilian Pizza
Steamed Zucchini, 3/4 cup
Assorted Fruit, 1/2 cup
Choice of Milk

27
Chicken Smackers
Baked Bread Stick
Smile Fries, 1/2 cup
Vegetarian Beans, 1/2 cup
Assorted Fruit, 1/2 cup
Choice of Milk

28
Yummy Quesadilla with Cheese
Kidney Beans, 1/2 cup
Green Pepper Strips, 1/2 cup
Assorted Fruit, 1/2 cup
Choice of Milk

22
Chicken Breaded Pieces with Brown Rice Breadstick
Steamed Carrots, 3/4 cup
Assorted Fruit, 1/2 cup
Choice of Milk

23
Beef Cheese Burger on Bun
1/4 cup Pickle Chips
French Fries, 1/2 cup
Assorted Fruit, 1/2 cup
Choice of Milk

24
Crispy Mozzarella Sticks
Rotini Pasta
1/2 cup Marinara Sauce
Steamed Broccoli, 1/2 cup
Assorted Fruit, 1/2 cup
Choice of Milk

29
Beef Meatballs with Rotini Pasta & 1/2 cup Marinara Sauce
Steamed Green Beans, 1/2 cup
Assorted Fruit, 1/2 cup
Choice of Milk

30
Grilled Chicken Fajita
Black Bean Salad, 1/2 cup
Roasted Corn, 1/2 cup
Red Pepper Strips, 1/2 cup
Assorted Fruit, 1/2 cup
Choice of Milk

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- (2) fax: (202) 690-7442, or
- (3) email: programpolitics@usda.gov.

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Available Daily
Peanut Butter or Sun Butter & Jelly Sandwiches
American Cheese Sandwiches (Mayo/Mustard)
Assorted Fruit
Fresh Fruit 1-Piece (apple, banana, orange)
Frozen Fruit Cup 1/4 cup
Prepared Fruit Cup 1/2 cup
Ex. (pear, pear, peaches, applesauce)