

# September 2021 Menu Nutrition Class: Fruit

<p>* Only 1% or skim unflavored milk will be served</p> <p>* Milk is served at all Breakfast and lunch meals</p> <p>This institution is an equal opportunity provider.</p>	<p>* (WG) = Whole grain/whole wheat</p> <p>* 1 whole grain /whole-wheat food item served daily.</p>	<p>1 <b>Breakfast</b> Corn bread, banana, milk <u>Lunch</u> Taco Salad, lettuce, cheese,(WG)tortilla chips pineapple, milk <u>Pm</u> Ham, saltines, water</p>	<p>2 <b>Breakfast</b> English muffin, watermelon, milk <u>Lunch</u> Chicken on (WG)biscuit, cucumbers, blueberries, milk <u>Pm</u> Oyster crackers, slushy, water</p>	<p>3 <b>Breakfast</b> (WG)Cheerios, pineapple, milk <u>Lunch</u> <b>National Cheese Pizza Day!</b> celery, mandarin oranges, milk <u>Pm</u> Multigrain Snack mix, milk</p>
<p>6</p> <p>HTEEC Closed Labor Day!</p>	<p>7 <b>Breakfast</b> (WG) Waffle, Watermelon, milk <u>Lunch</u> (WG)cheese Sandwich, carrots, watermelon, milk <u>Pm</u> 100% Juice pops, saltines, water</p>	<p>8 <b>Breakfast</b> (WG)Bagel, mandarin oranges, milk <u>Lunch</u> Fish sticks, (WG) bread, celery, cuties, milk <u>Pm</u> Cuties, club cracker, water</p>	<p>9 <b>Breakfast</b> (WG)Banana Bread, cantaloupe, milk <u>Lunch</u> (WG) Meatball sandwich, cucumber, strawberries, milk <u>Pm</u> Rice Krispies, milk</p>	<p>10 <b>Breakfast</b> (WG)Kix, peaches, milk <u>Lunch</u> (WG) Chicken Burrito, shredded lettuce, Blueberries, milk <u>Pm</u> (WG)graham crackers, milk</p>
<p>13 <b>Breakfast</b> Cornflakes, juice, milk <u>Lunch</u> Hamburgers(WG) Bun, bell peppers, peaches, milk <u>Pm</u> (WG)Wheat thins, cheese slice, water</p>	<p>14 <b>Breakfast</b> Blueberries, cheese stick, milk <u>Lunch</u> Quesadilla, refried beans, grapes, milk <u>Pm</u> (WG) Rice cakes WOW butter, milk</p>	<p>15 <b>Breakfast</b> Sausage, pineapple, milk <u>Lunch</u> (WG)Sausage/cheese biscuit, fruit cocktail, potato cubes, milk <u>Pm</u> Pretzels, Milk</p>	<p>16 <b>Breakfast</b> (WG)Biscuit, pears, milk <u>Lunch</u> Chef Salad, ham,(WG) flat bread, strawberries, milk <u>Pm</u> French Bread, sauce, milk</p>	<p>17 <b>Breakfast</b> Rice Krispy, mango, milk <u>Lunch</u> Hot dog/(WG) Bun, baked beans, applesauce milk <u>Pm</u> Cheez-its, milk</p>
<p>20 <b>Breakfast</b> (WG)Shredded mini wheat, juice, milk <u>Lunch</u> (WG)Chicken Teriyaki wrap, Shredded lettuce, pineapple, milk <u>Pm</u> Annie'sauce, Ritz, water</p>	<p>21 <b>Breakfast</b> (WG) Pancakes, pears, milk <u>Lunch</u> Chicken nuggets, mashed potato, peaches, ½ slice bread, milk <u>Pm</u> Oyster crackers, cheese chunks, water</p>	<p>22 <b>Breakfast</b> (WG)Flat Bread, wow butter, banana, milk <u>Lunch</u> Pigs-n-blanket, baked beans, tropical fruit, milk <u>Pm</u> (WG)Bran cereal, milk</p>	<p>23 <b>Breakfast</b> Yogurt, blueberries, milk <u>Lunch</u> (WG) Corndogs, cucumbers, cantaloupe, milk <u>Pm</u> Toast, milk</p>	<p>24 <b>Breakfast</b> (WG)Cheerios, pineapple, milk <u>Lunch</u> Pizza roll-up, salad, cuties, milk <u>Pm</u> Animal Crackers, milk</p>
<p>27 <b>Breakfast</b> (WG)Apple Cinn. Cheerio, juice, milk <u>Lunch</u> Fish on a (WG) bun, salad, pears,milk <u>Pm</u> Goldfish, milk</p>	<p>28 <b>Breakfast</b> (WG) Blueberry muffins, peaches, milk <u>Lunch</u> (WG)Asian Chicken Wrap, cabbage, mandarin oranges, milk <u>Pm</u> String cheese, melba toast, water</p>	<p>29 <b>Breakfast</b> Cottage cheese, pineapple, milk <u>Lunch</u> (WG)Spaghetti with meat sauce, bell peppers, apples, milk <u>Pm</u> Pepperoni, Ritz, water</p>	<p><b>Breakfast</b> Hardboiled egg, mandarin oranges, milk <u>Lunch</u> (WG)Turkey Wrap, carrots, peaches, milk <u>Pm</u> (WG)Pita bread, humus, milk</p>	