



Students may take 2 of one vegetable or 2 different vegetables to equal 1 cup. 8 oz. nonfat and low fat flavored & unflavored milk is served with all meals. Offered Daily: Chef Salad, PBJ Sandwich, Cheese Sandwich, or Yogurt, Cheese, or Cracker Grab –n- Go a Variety of Fresh Fruits & Veggies



**Nutrition Tip:** Make half your plate veggies and fruits.

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli. Reference: USDA MyPlate

*This institution is an equal opportunity provider.*

*Esta institución es un proveedor que ofrece igualdad de oportunidades*



### Monday

**Breakfast**

Cinnamon Mini Bagels

30

**Lunch**

Chicken Patty on WG Bun  
French Fries  
Fresh Vegetable Pack w/Dip  
Peaches

### Tuesday

**Breakfast**

WB Breakfast Pizza

1

**Lunch**

Nacho Ole' on Tostitos  
Corn  
Fresh Vegetable Pack w/Dip  
Mixed Fruit

### Wednesday

**Breakfast**

Yogurt & Granola

2

**Lunch**

Chicken Penne w/Garlic Bread  
Broccoli  
Fresh Vegetable Pack w/Dip  
Fresh Fruit

### Thursday

**Breakfast**

Pancake Wrap

3

**Lunch**

Asian Chicken W/Brown Rice  
Green Beans  
Fresh Vegetable Pack w/Dip  
Pears

### Friday

**Breakfast**

Mini Pancakes

4

**Lunch**

Cheese Ripper w/Marinara Sauce  
Side Salad w/Vegetable  
Fresh Vegetable Pack w/Dip  
Peaches

**Breakfast**

WG French Toast

7

**Lunch**

Chicken Tenders w/WG Dinner Roll  
Maple Roasted Sweet Potatoes  
Fresh Vegetable Pack w/Dip  
Applesauce

**Breakfast**

Eqqstravaganza w/1 grain

8

**Lunch**

Chicken Taco  
Corn  
Fresh Vegetable Pack w/Dip  
Pears

**Breakfast**

Yogurt Parfait w/1 grain

9

**Lunch**

Italian Meatball Sandwich  
Cheesy Broccoli  
Fresh Vegetable Pack w/Dip  
Peaches

**Breakfast**

Breakfast Wrap

10

**Lunch**

Hot Dog on WG Bun  
Baked Beans  
Fresh Vegetable Pack w/Dip  
Pears

**Breakfast**

Mini Cinnamon Waffles

11

**Lunch**

Pizza  
Salad w/Vegetables  
Fresh Vegetables Pack w/Dip  
Mixed Fruit

**Breakfast**

Strawberry Mini Bagel

14

**Lunch**

Southwestern Philly  
Black Bean Fiesta  
Fresh Vegetable Pack w/Dip  
Peaches

**Breakfast**

Pancake on a Stick

15

**Lunch**

Meat Loaf Sandwich on WG  
Mashed Potatoes & Gravy  
Fresh Vegetable Pack w/Dip  
Pears

TEACHER

16

RECORD DAY.

NO SCHOOL

FALL

17

BREAK

18

21

NEW

22

MENU

23

COMING

24

25

