


	<b>Monday 9/20</b>	<b>Tuesday 9/21</b>	<b>Lean &amp; Green Wed 9/22</b>	<b>Thursday 9/23</b>	<b>Friday 9/24</b>
<b>Entrée – choose 1</b>	*Chicken Enchilada Dip with Tortilla Chips (31g) & Dinner Roll (16g)  *Pepperoni Pizza (34g)  *Turkey & Cheese Melt (32g)	*Southwest Burger on Bun (26g)  *Chicken and Cheese Taquitos (30g)  *Lasagna (29g) & Dinner Roll (16g)	**Fiesta Rice and Tortilla Chips (56g)  **Cheese & Bean Enchilada (42g)  **French Bread Cheese Pizza (33g)	*Hot Italian Sub (31g)  *Cheesy Chicken Crunch Wrap (52g)  *Cook's Choice	*Spicy Chicken Tenders (9g) & Dinner Roll (16g)  **Veggie Pizza (39g) or Cheese Pizza (34g)  *Chili Cheese Coney (26g)
	<b>COLD ENTREES</b>  *Turkey Ham & Cheese Wrap (33g)	<b>COLD ENTREES</b>  **Citrus Salad (32g) & 2 Dinner Rolls (32g)	<b>COLD ENTREES</b>  **Yogurt Parfait (53-58g) & Muffin (26-29g)	<b>COLD ENTREES</b>  **Egg Combo (34-59g)	<b>COLD ENTREES</b>  *Spicy Chicken Wrap (38g)
<b>Choose 1 or more</b>	*Corn (14g)  **Garbanzo beans (20g)	*Potato of Choice (20-28g)  *Steamed Broccoli (2g)	*Green Beans (5g)  *Hot Cinnamon Apples (22g)	*Potato of Choice (20-28g)  *Collard Greens (4g)	**Baked Beans (28g)

**WEEK 1**

	<b>Monday 9/27</b>	<b>Tuesday 9/28</b>	<b>Lean &amp; Green Wed 9/29</b>	<b>Thursday 9/30</b>	<b>Friday 10/1</b>
<b>Entrée – choose 1</b>	*Spicy Chicken Patty on Bun (34g)  *Pepperoni Pizza (34g)  *Taco Salad with Tortilla Chips (26g) & Dinner Roll (16g)	*Salisbury Steak on Bun (36g)  *Chicken Corn Dog (25g)  **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g)	**Chik'N Parmesan Sub (55g)  **Mighty Nachos (50g)  ** French Bread Cheese Pizza (33g)	**Toasted Cheese Sandwich (34g)  *Cheeseburger on Bun (27g)  *General Tso Chicken over Rice (56g)	*Chicken Tenders (12g) & Dinner Roll (16g)  **Veggie Pizza (39g) or Cheese Pizza (34g)  *Cheese & Chicken Burrito (50g)
	<b>COLD ENTREES</b>  **Yogurt, Cheese & Craisins (52-53g) & Grahams (38g)	<b>COLD ENTREES</b>  *Buffalo Chicken Wrap (32g)	<b>COLD ENTREES</b>  **Yogurt Parfait (53-58g) & Muffin (26-29g)	<b>COLD ENTREES</b>  *Italian Salad (9g) & Cornbread (32g)	<b>COLD ENTREES</b>  *Chef Salad (16g) & Cornbread (32g)
<b>Choose 1 or more</b>	*Corn (14g)  **Black beans (22g)	*Potato of Choice (20-28g)  *Brussels Sprouts (7g)	*Green Beans (5g)  *Hot Cinnamon Peaches (28g)	*Tomato Soup (15g) and Crackers (14g)  *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green & lima beans (9g)

**WEEK 2**

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 1% low fat white milk (13g) or fat-free chocolate milk (22g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. \*\*Vegetarian protein food is available at lunch daily. No pork, nut product or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 9/17/2021

	<b>Monday 10/4</b>	<b>Tuesday 10/5</b>	<b>Lean &amp; Green Wed 10/6</b>	<b>Thursday 10/7</b>	<b>Friday 10/8</b>
<b>Entrée – choose 1</b>	*BBQ Beef Rib Sub (40g) *Pepperoni Pizza (34g) *Chili with Tortilla Chips (44g) and Dinner Roll (16g)	*Sloppy Joe on Bun* (36g) **Macaroni-n-Cheese (25g) & Dinner Roll (16g) *Chicken Patty on Bun (34g)	**Veggie Pasta Bake (41g) & Dinner Roll (16g) **Blazin’ Buffalo Wrap (49g) ** French Bread Cheese Pizza (33g)	*Hamburger on Bun (26g) *Turkey Divan (35g) & Biscuit (27g) *Hot & Spicy Chicken Drumstick (6g) & Biscuit (27g)	*Spicy Chicken Tenders (9g) & Dinner Roll (16g)  *OH Day Cheeseburger Mac Bowl (28g) & Dinner Roll (16g) *Fiesta Nachos (36g)
	<b>COLD ENTREES</b> **Cheese (2g) + Cinnamon Roll (36g) + Fruit	<b>COLD ENTREES</b> *Turkey & Cheese Wrap (30g)	<b>COLD ENTREES</b> **Yogurt Parfait (53-58g) & Muffin (26-29g)	<b>COLD ENTREES</b> **Citrus Salad (32g) & Biscuit (27g)	<b>COLD ENTREES</b> **Egg Combo (34-59g)
<b>Choose 1 or more</b>	*Corn (14g)	*Potato of Choice (15-28g) *Collard Greens (4g)	*Green Beans (5g) *Hot Cinnamon Apples (22g)	*Potato of Choice (15-28g) *California Mixed Vegetables (3g)	*Steamed Broccoli (2g) **Black beans (22g)

WEEK 3

	<b>Monday 10/11</b>	<b>Tuesday 10/12</b>	<b>Lean &amp; Green Wed 10/13</b>	<b>Thursday 10/14</b>	<b>Friday 10/15</b>
<b>Entrée – choose 1</b>	*Cheeseburger on Bun (27g) *Pepperoni Pizza (34g) *Chicken Fried Rice (54g)	*Chicken Boneless Wings (15g) & Dinner Roll (16g) **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g) *Turkey Sausage & French Toast Sticks (59g)	**Oriental Stir Fry over Rice (54g) **Veggie Power Burger on Bun with BBQ (44g) or Cheese (40g) **French Bread Cheese Pizza (33g)	**Cheese & Bean Enchilada (42g) *Chicken Drumstick & Waffle (35g) *Spaghetti with Meat Sauce (40g) & Dinner Roll (16g)	*Salisbury Steak on Bun (36g) **Veggie Pizza (39g) or Cheese Pizza (34g) *Chicken Fajita (35g)
	<b>COLD ENTREES</b> **Yogurt, Cheese & Craisins (52-53g) & Grahams (38g)	<b>COLD ENTREES</b> *Chef Salad (16g) & Cornbread (32g)	<b>COLD ENTREES</b> **Yogurt Parfait (53-58g) & Muffin (26-29g)	<b>COLD ENTREES</b> *Turkey Ham & Cheese Wrap (33g)	<b>COLD ENTREES</b> *Crispy Chicken Salad (27g) & Muffin (26-28g)
<b>Choose 1 or more</b>	*Steamed Cabbage (3g) **Black beans (22g)	*Potato of Choice (20-28g) *Green Beans (5g)	*Corn (14g) *Hot Cinnamon Peaches (28g)	*Potato of Choice (20-28g) *Steamed Broccoli (2g)	*Italian Mixed Vegetables – (5g) zucchini, carrot, cauliflower, Italian green bean & lima bean

WEEK 4

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 1% low fat white milk (13g) or fat-free chocolate milk (22g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. \*\*Vegetarian protein food is available at lunch daily. No pork, nut product or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 9/17/2021