



## SY 2023-24

k		TUESDAY 9/19	LEAN AND GREEN WEDNESDAY 9/20	THURSDAY 9/21	FRIDAY 9/22	
1			WEETTE 97 = 3	OHIO DAY		
E	Mini Bagels with Cinnamon	Chicken Sausage on Maple Waffle		Cinnamon French Toast (37g)	Maple Waffles (37g)	
-	Creamy Cheese (42g)	(15g)				
Η.	Chicken Nuggets (13g) & Bread	Turkey Hot Dog on Bun (21g) Đ			Toasted Cheese Sandwich (31g)	
L	(12g) Đ	for K-6 ONLY	NO STUDENTS	Macaroni and Cheese (32g)	<>	
ι	Cheese Pizza (29g) <>	Toasted Cheese Sandwich (31g)		& Bread (12g) <>	Rotini with Meat Sauce (24g) &	
r		<>		Hamburger/Bun (25g) Đ	Bread (12g) Đ	
	(22a) 9 Prood (12a) D	Buffalo Chicken and Cheese on		Garden Salad with Egg & Cheese	Rotisserie Chicken and Cheese	
C	(126) & 51000 (126) 5	Bun (30g)		(5g) & Bread (12g) <>	on Bun (31g)	
ŀ		Baked Beans (30g)		Zucchini (1g)	o z u (o-g)	
V	MONDAY 9/25	TUESDAY 9/26	LEAN AND GREEN	THURSDAY 9/28	FRIDAY 9/29	
k	MOND/11 9/25	10130/11 9/20	WEDNESDAY 9/27	11101030/11 9/20	FRIDIT 9/29	
2	10:10	T:   D		2 16 12: 31 2 6 1	DI 1 14 (07 )	
E		Triple Berry French Toast (36g)	Mini Cinnis (39g)	Breakfast Pizza with Beef and	Blueberry Waffles (37g)	
-	Chieles Druggetiel (Fs) & Brood	Figure de Conduciale (24 a)	Divisionita Divisiona (225) 8	Red Sauce (17g)	Chicken Botton on Burn (24c) D	
L	Chicken Drumstick (5g) & Bread	Fiestada Sandwich (31g)	Dynomite Dippers (23g) &	Walking Taco (25g) & Bread	Chicken Patty on Bun (34g) Đ	
ι	(12g) Đ Turkey Sausage/Eggoji Waffle	Impossible Burger on Bun (32g) <>	Bread (12g) <> Đ Toasted Cheese Sandwich	(12g) Cheese-Pizza (29g)-<>	Beef Cheeseburger (27g) Cheese Cup (13g) and Cheese	
r	Turkey Sausage/ Eggoji Warrie	Buffalo Chicken and Cheese on	(31g) <>	Turkey Sticks with Tortilla Strips	Stick (1g) & Pretzel Bites (25g) <>	
ļ.	2 Peeps {hard-boiled eggs 2g) &	Bun (30g)	Yogurt (12g)/Cheese Stick	(23g) & Bread (12g) Đ	Baked Beans (30g)	
C	Bread (12g)	Green Beans (5g)	(1g) & Granola (15g) & Bread	Corn (14g)	bakea beans (50g)	
ŀ	<> D	Green Beans (5g)	(12g) <>	(145)		
			(8)			
			Grams of carbohydrate for each food are listed as (g).			
		DOSE 2 OF THESE AT BREAKFAST (B):	Đ Dairy-free entrée			
		nola (15g) or Graham Cracker (19g) or Cheese Stick (1g)	<> Vegetarian lunch daily including all lunches on Lean and Green Wednesdays Fresh fruits and vegetables, such as broccoli and carrots, offered at lunch daily.			
	5 ( 6,	ed at breakfast. Students may have as much	Pork, seafood, and nut-containing products are not offered.			
	-	hoice of 1% low fat white milk (12g), or skim	Menu is subject to change.			
	·	ffered at breakfast/lunch. Inch are FREE to every student!!	This institution is an equal opportunity provider.			
	A complete breaklast and it	michi are Free to every student!!	Revised 8/21/2023			
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## SY 2023-24

w	MONDAY 10/2	TUESDAY 10/3	LEAN AND GREEN	THURSDAY 10/5	FRIDAY 10/6
K 1		OHIO DAY	WEDNESDAY 10/4		
В	Mini Bagels with Cinnamon Creamy Cheese (42g)	Chicken Sausage on Maple Waffle (15g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Maple Waffles (37g)
L u n c h	Chicken Nuggets (13g) & Bread (12g) Đ Cheese Pizza (29g) <> Turkey Sticks with Tortilla Strips (23g) & Bread (12g) Đ	Sloppy Joe on Bun (36g) Đ Toasted Cheese Sandwich (31g) <> Buffalo Chicken and Cheese on Bun (30g) Pepper & Onion (2g)	Cheese Breadstick (28g) with Marinara Cup <> Penne Alfredo (31g) & Bread (12g) <> 2 Peeps {hard-boiled eggs} (2g) & Bread (12g) <> D	Hamburger/Bun (25g) Đ Pepperoni Pizza (29g) Garden Salad with Egg & Cheese (5g) & Bread (12g) <> Baked Beans (30g)	Toasted Cheese Sandwich (31g) <> Rotini with Meat Sauce (24g) & Bread (12g) Ð Rotisserie Chicken and Cheese on Bun (31g)
W k 2	MONDAY 10/9	TUESDAY 10/10	LEAN AND GREEN WEDNESDAY 10/11	THURSDAY 10/12	FRIDAY 10/13
В	Mini Bagels Strawberry Creamy Cheese (42g)	Triple Berry French Toast (36g)	Mini Cinnis (39g)	Breakfast Pizza with Beef and Red Sauce (17g)	Blueberry Waffles (37g)
L u n c h	Chicken Drumstick (5g) & Bread (12g) Đ Turkey Sausage/-Eggoji Waffle (31g) 2 Peeps {hard-boiled eggs 2g) & Bread (12g) <> D	Fiestada Sandwich (31g) Impossible Burger on Bun (32g) <> D Buffalo Chicken and Cheese on Bun (30g) Green Beans (5g)	Dynomite Dippers (23g) & Bread (12g) <> Đ Toasted Cheese Sandwich (31g) <> Yogurt (12g)/Cheese Stick (1g) & Granola (15g) & Bread (12g) <>	Walking Taco (25g) & Bread (12g) Cheese-Pizza (29g)-<> Turkey Sticks with Tortilla Strips (23g) & Bread (12g) Đ Corn (14g)	Chicken Patty on Bun (34g) Đ Beef Cheeseburger (27g) Cheese Cup (13g) and Cheese Stick (1g) & Pretzel Bites (25g) <> Baked Beans (30g)
	CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B): Assorted Cereal (20-25g) or Granola (15g) or Graham Cracker (19g) or Yogurt (14g) or Cheese Stick (1g) Apple juice and orange juice (14g) offered at breakfast. Students may have as much fresh fruit that they would like to eat. A choice of 1% low fat white milk (12g), or skim chocolate milk (24g) offered at breakfast/lunch. A complete breakfast and lunch are FREE to every student!!		Grams of carbohydrate for each food are listed as (g).  D Dairy-free entrée  Vegetarian lunch daily including all lunches on Lean and Green Wednesdays Fresh fruits and vegetables, such as broccoli and carrots, offered at lunch daily. Pork, seafood, and nut-containing products are not offered.  Menu is subject to change.  This institution is an equal opportunity provider.  Revised 8/21/2023		