

BREAKFAST

SEPTEMBER 2017 Child Nutrition Program

PreK-Grade 8

Monday	Tuesday	Wednesday	Thursday	Friday
LABOR DAY Warm Croissant, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	ZEE ZEE'S Cinnamon Crisp Bar, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	Blueberry Muffin, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	French Toast Sticks, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	General Mills Assorted General Mills Cereal, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit
Happy Patriots Day Warm Croissant, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	Maple Pancakes, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	Turkey Sausage Tac-Go, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	Warm Glazed Cinnamon Roll, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	General Mills Assorted General Mills Cereal, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit
Warm Glazed Apple Roll, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	Yogurt Cup with Granola, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	Cinnamon Waffles, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	ZEE ZEE'S Oatmeal Cocoa Chip Bar, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	Happy First Day of Fall General Mills Assorted General Mills Cereal, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit
Warm Croissant, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	Cinnamon Breakfast Square, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	Cheese Omelet Wrap, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	Warm Apple Fruit Pocket, 2 oz 1/2 cup 100% Fruit Juice	General Mills Assorted General Mills Cereal, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit

Milk is served with every meal.

Choose 1% White Milk or Fat Free White Milk.

MENUS MUST BE POSTED AT ALL TIMES FOR NEW YORK STATE INSPECTION.
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

ALL GRAIN PRODUCTS ARE WHOLE GRAIN.



LUNCH

SEPTEMBER 2017 Child Nutrition Program

PreK-Grade 8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Patriots Day Baked Macaroni & Cheese Sautéed Broccoli, ½ cup Fresh Fruit, ½ cup Choice of Milk</p> <p>11</p>	<p>Chicken Parmigiana on Baked Bun Roasted Broccoli, ½ cup Fruit Cup, ½ cup Choice of Milk</p> <p>5</p>	<p>Southwest Day Nachos with Beef Seasoned Brown Rice and Beans Red Pepper Strips, ¾ cup Fresh Fruit, ½ cup Choice of Milk</p> <p>6</p>	<p>Grilled Cheese Sandwich Potato Smiles, ½ cup Black Bean Salad, ½ cup Fresh Fruit, ½ cup Choice of Milk</p> <p>7</p>	<p>Cheese Pizza Cucumber Coins with Lowfat Ranch Dip, ½ cup Fresh Fruit, ½ cup Choice of Milk</p> <p>8</p>
<p>LABOR DAY</p> <p>4</p>	<p>Chicken Smackers with Honey Mustard Sauce Potato Smiles, ½ cup Sautéed Green Beans, ½ cup Fresh Fruit, ½ cup Choice of Milk</p> <p>12</p>	<p>Build Your Own Burger Hamburger on Baked Bun American Cheese & Sliced Tomato Sweet Potato Fries, ¾ cup Fresh Fruit, ½ cup Choice of Milk</p> <p>13</p>	<p>Mozzarella Sticks & Chicken Smackers COMBO! Rotini Pasta Salad Carrot Sticks, ½ cup Fruit Cup, ½ cup Choice of Milk</p> <p>14</p>	<p>Fiesta Pizza Black Bean Salad, ½ cup Roasted Corn, ½ cup Fruit Cup, ½ cup Choice of Milk</p> <p>15</p>
<p>Colby Cheese Omelet Wrapped in Soft Shell Tomato Salsa Potato Smiles, ½ cup Fresh Fruit, ½ cup Choice of Milk</p> <p>18</p>	<p>Chicken Alfredo Penne Pasta Sautéed Broccoli, ½ cup Fresh Fruit, ½ cup Choice of Milk</p> <p>19</p>	<p>Italian Day Chicken Parmigiana on Baked Bun Sautéed Spinach, ½ cup Fruit Cup, ½ cup Choice of Milk</p> <p>20</p>	<p>Hot Turkey Ham & Cheese Sandwich Baked Vegetarian Beans, ½ cup Sweet Potato Fries, ¾ cup Fresh Fruit, ½ cup Choice of Milk</p> <p>21</p>	<p>Happy First Day of Fall Homemade Baked Ziti Sautéed Green Beans, ½ cup Fall Cookie Treat Fresh Fruit, ½ cup Choice of Milk</p> <p>22</p>
<p>Three-Bean Chili Seasoned Brown Rice Steamed Corn, ½ cup Fresh Fruit, ½ cup Choice of Milk</p> <p>25</p>	<p>Turkey Taco on Soft Shell Roasted Chickpeas, ½ cup Sautéed Red Pepper Strips, ¾ cup Fresh Fruit, ½ cup Choice of Milk</p> <p>26</p>	<p>Asian Day General Tso Chicken Seasoned Brown Rice Steamed Broccoli, ½ cup Chilled Peach Cup, ¾ cup Fortune Cookie Choice of Milk</p> <p>27</p>	<p>Pork Meatballs & Rotini Pasta Steamed Green Beans, ½ cup Fruit Cup, ½ cup Choice of Milk</p> <p>28</p>	<p>Cheese Pizza Cucumber Coins with Lowfat Ranch Dip, ½ cup Fresh Fruit, ½ cup Choice of Milk</p> <p>29</p>

Available Daily

Peanut Butter or Sun Butter & Jelly Sandwiches
American Cheese Sandwiches
A side salad of leafy dark green vegetable is offered daily.
Milk is available with every meal. Choose 1% White Milk or Fat Free White Milk daily.
Fat Free Chocolate milk is available Tuesdays and Thursdays.

Select a fruit AND/OR vegetable with your sandwich.

You may also choose your choice of milk.
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