

SEPTEMBER

LUNCH



KIDS COMMUNITY COLLEGE CHARTER

L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
August 30, 2021	August 31, 2021	September 1, 2021	September 2, 2021	September 3, 2021
		WALKING TACO CHEESY TACO MEAT Wild White Nacho Doritos [^] Romaine Salad Cucumber Coins French Dressing Fresh Banana Salsa Choice of Milk	TURKEY HAM & CHEESE PANINI [^] Sliced Apples Mustard Ketchup Choice of Milk	CRUNCHY CHICKEN TENDERS [^] Baked Beans Baby Carrots Ranch Dressing Applesauce Cup BBQ Sauce Choice of Milk
September 6, 2021	September 7, 2021	September 8, 2021	September 9, 2021	September 10, 2021
LABOR DAY	HERO SANDWICH [^] Tropical Veggie Juice Applesauce Light Mayonnaise Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun [^] Romaine Salad Cucumber Coins Ranch Dressing Fresh Banana Mustard Ketchup Choice of Milk	TERIYAKI CHICKEN PATTY Hamburger Bun [^] Golden Potato Rounds Fresh Plum Mustard Ketchup Choice of Milk	CHICKEN NUGGETS [^] Baked Beans Baby Carrots Ranch Dressing Diced Pears BBQ Sauce Chocolate Cookie [^] Choice of Milk
September 13, 2021	September 14, 2021	September 15, 2021	September 16, 2021	September 17, 2021
TURKEY & CHEESE ON A BUN [^] Tropical Veggie Juice Mixed Fruit Mustard Choice of Milk	KICKIN' CHICKEN [^] Hamburger Bun [^] Potato Wedges Orange Juice BBQ Sauce Ketchup Choice of Milk	HERO SANDWICH [^] Baby Carrots Baked Beans Pineapple Tidbits Light Mayonnaise Choice of Milk	CRUNCHY CHICKEN TENDERS [^] Green Beans Diced Carrots Sliced Apples BBQ Sauce Mustard Ketchup Choice of Milk	CHEESEBURGER Hamburger Bun [^] Romaine Salad Baby Carrots Ranch Dressing Fresh Banana Mustard Ketchup Choice of Milk
September 20, 2021	September 21, 2021	September 22, 2021	September 23, 2021	September 24, 2021
TURKEY HAM & CHEESE SANDWICH [^] Tropical Veggie Juice Applesauce Tortilla Chips [^] Light Mayonnaise Choice of Milk	CRISPY CHICKEN PATTY [^] Hamburger Bun [^] Broccoli Diced Pears BBQ Sauce Choice of Milk	BBQ CHICKEN TATER TOT-CHOS Tortilla Chips [^] Golden Potato Rounds Fresh Banana Mustard Ketchup Choice of Milk	CORN DOG ON A STICK [^] Baby Carrots Ranch Dressing Baked Beans Fresh Plum Mustard Ketchup Choice of Milk	"NATIONAL PANCAKE DAY" PANCAKES & SAUSAGE [^] Sun Splash Veggie Juice Baby Carrots Ranch Dressing Diced Peaches Syrup BBQ Sauce Choice of Milk
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
HERO SANDWICH [^] Tropical Veggie Juice Pineapple Tidbits Mustard Choice of Milk	MEATLOAF W/TOMATO SAUCE Country Blend Vegetables Mixed Fruit Cup BBQ Sauce Choice of Milk	NASHVILLE (HOT) POPCORN CHICKEN [^] Sliced Bread [^] Diced Carrots French Fries Orange Juice Mustard Ketchup Choice of Milk	HOT DOG Hot Dog Bun [^] Baked Beans Crunchy Celery Sticks Ranch Dressing Sliced Apples Honey Mustard Mustard Ketchup Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

[^] Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com



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Nutritional Information: KIDS COMMUNITY COLLEGE CHARTER

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-01-2021	*WALKING TACO*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHEESY TACO MEAT	171	10	5	0	40	459	6	0	1	13	108	0	125	2	MMA:2oz
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
	CHARBROILED HAMBURGER	140	10	4	0	40	150	2	1	0	12	0	0	40	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
	Cucumber Coins	0	0	0	0	0	0	0	0	0	0	0	0	0	0	V:1/4c O BW-PLANT
	French Dressing	10	0	0	0	0	140	1	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Salsa	5	0	0	0	0	95	1	0	0	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	09-02-2021	TURKEY HAM & CHEESE PANINI ^	295	13	6	0	56	773	30	3	3	18	0	1	223	3
CORN DOG ON A STICK^		250	9	2	0	40	390	30	5	5	9	0	0	80	2	MMA:2oz G/B:2sv WG
Potato Wedges		135	3	0	0	0	30	27	2	0	2	0	0	15	0	V:3/4c S
Sliced Apples		30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT
Mustard		5	0	0	0	0	20	0	0	0	0	0	0	0	0	
Ketchup		10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk		121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-03-2021	CRUNCHY CHICKEN TENDERS^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG
	BBQ PULLED PORK	208	6	1	0	54	556	18	1	11	24	49	1	36	2	MMA:2oz V:1/4c RO
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	

	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-06-2021																
	LABOR DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-07-2021																
	HERO SANDWICH ^	325	16	6	0	45	470	31	3	2	16	0	1	130	2	MMA:2oz G/B:2sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0	V:3/4c O BW-PLANT
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	Light Mayonnaise	50	4	0	0	10	70	2	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-08-2021																
	CHICKEN ALFREDO PASTA ^	339	17	8	0	58	542	31	2	6	17	4	1	291	1	MMA:2oz G/B:1sv WG
	CHARBROILED HAMBURGER	140	10	4	0	40	150	2	1	0	12	0	0	40	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
	Cucumber Coins	0	0	0	0	0	0	0	0	0	0	0	0	0	0	V:1/4c O BW-PLANT
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-09-2021																
	TERIYAKI CHICKEN PATTY	180	10	3	0	70	448	6	0	4	16	0	0	8	0	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	0	MMA:2oz
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Golden Potato Rounds	207	10	2	0	0	570	26	3	1	3	0	2	0	0	V:3/4c S BW-PLANT
	Fresh Plum	52	0	0	0	0	0	13	2	11	1	19	11	7	0	F:1c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-10-2021																
	CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	BEEF RIB-B-QUE	204	12	4	0	48	450	10	2	5	17	39	0	34	2	MMA:2oz

	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF	
	Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO	
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0		
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0		
	Chocolate Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	1	G/B:1sv WG	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-13-2021																	
	TURKEY & CHEESE ON A BUN^	275	7	2	0	50	710	28	2	5	24	0	0	134	2	MMA:2oz G/B:2sv WG BW-LPP	
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0	V:3/4c O BW-PLANT	
	Mixed Fruit	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c BW-PLANT	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-14-2021																	
	MEATBALL SUB	235	12	4	0	35	507	15	3	5	14	46	1	67	1	MMA:2oz V:1/2c RO	
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG	
	KICKIN' CHICKEN ^	270	15	3	0	25	400	17	3	1	15	0	0	40	2	MMA:2oz G/B:1sv WG	
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
	Potato Wedges	135	3	0	0	0	30	27	2	0	2	0	0	15	0	V:3/4c S	
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0		
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
09-15-2021																	
	HERO SANDWICH ^	325	16	6	0	45	470	31	3	2	16	0	1	130	2	MMA:2oz G/B:2sv WG	
	Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO	
	BBQ CHICKEN	167	3	2	0	37	395	18	1	11	17	49	1	25	0	MMA:2oz V:1/4c RO BW-LPP	
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF	
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c BW-PLANT	
	Light Mayonnaise	50	4	0	0	10	70	2	0	0	0	0	0	0	0		
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
09-16-2021																	
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG	

	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	MMA:2oz	
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O BW-PLANT
	Diced Carrots	32	0	0	0	0	64	7	3	5	1	770	5	32	1	V:1/2c RO BW-PLANT
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-17-2021																
	NATIONAL CHEESEBURGER DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	GENERAL TSO'S CHICKEN & NOODLES ^	384	15	3	0	22	856	43	5	15	18	115	0	13	3	MMA:2oz G/B:1.5sv WG
	CHEESEBURGER	190	14	6	0	52	280	3	1	0	14	0	0	120	1	MMA:2.5oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
	Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-20-2021																
	TURKEY HAM & CHEESE SANDWICH ^	283	12	6	0	55	774	29	3	3	16	0	1	219	2	MMA:2oz G/B:2sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0	V:3/4c O BW-PLANT
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Light Mayonnaise	50	4	0	0	10	70	2	0	0	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-21-2021																
	SPAGHETTI & MEATBALLS ^	341	10	4	0	37	536	42	6	12	18	40	2	110	2	MMA:2oz G/B:1sv WG V:3/4c RO
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1	V:3/4c DG BW-PLANT	

	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-22-2021																
	BBQ CHICKEN TATER TOT-CHOS	348	13	4	0	46	758	35	3	12	21	49	2	122	1	MMA:2oz V:1/4c RO V:1/2c S
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	CHARBROILED HAMBURGER	140	10	4	0	40	150	2	1	0	12	0	0	40	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Golden Potato Rounds	207	10	2	0	0	570	26	3	1	3	0	2	0	0	V:3/4c S BW-PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-23-2021																
	NEW ITEM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	TACO "JOE"	211	7	3	0	34	581	20	4	3	16	165	2	65	4	MMA:2oz V:3/4c RO V:1/4c O
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	CORN DOG ON A STICK^	250	9	2	0	40	390	30	5	5	9	0	0	80	2	MMA:2oz G/B:2sv WG
	Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Fresh Plum	52	0	0	0	0	0	13	2	11	1	19	11	7	0	F:1c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-24-2021																
	"NATIONAL PANCAKE DAY"	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PANCAKES & SAUSAGE ^	290	14	4	0	40	400	28	3	6	15	0	0	89	2	MMA:2.25oz G/B:2sv WG
	POPCORN CHICKEN ^	252	14	3	0	22	383	15	3	1	15	109	0	0	2	MMA:2oz G/B:1sv WG
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0		

	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-27-2021	HERO SANDWICH ^	325	16	6	0	45	470	31	3	2	16	0	1	130	2	MMA:2oz G/B:2sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0	V:3/4c O BW-PLANT
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	MEATLOAF W/TOMATO SAUCE	168	9	4	0	30	256	9	0	3	14	187	4	27	1	MMA:2.25oz V:1/4c RO
CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG	
Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
Country Blend Vegetables	68	0	0	0	0	33	15	3	4	2	396	8	34	1	V:1/4c S V:1/2c O BW-PLANT	
Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c BW-PLANT	
BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0		
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-29-2021	NASHVILLE (HOT) POPCORN CHICKEN^	318	18	3	0	22	600	24	5	8	16	180	2	14	3	MMA:2oz G/B:1sv WG
	Sliced Bread ^	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
	CHEESEBURGER	190	14	6	0	52	280	3	1	0	14	0	0	120	1	MMA:2.5oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Diced Carrots	32	0	0	0	0	64	7	3	5	1	770	5	32	1	V:1/2c RO BW-PLANT
	French Fries	87	3	0	0	0	25	14	0	0	1	0	5	0	0	V:1/2c S BW-PLANT
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-30-2021	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG
	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	0	MMA:2oz
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Crunchy Celery Sticks	0	0	0	0	0	0	0	0	0	0	0	0	0	0	V:1/4c O BW-PLANT
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT

Honey Mustard	80	6	1	0	10	125	7	0	5	0	0	0	0	0
Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0
Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other
BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
BW-HF = High Fiber Food BW-PRO = Probiotics

Allergen Information: KIDS COMMUNITY COLLEGE CHARTER

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-01-2021	*WALKING TACO*								
	CHEESY TACO MEAT	X						X	
	Wild White Nacho Doritos^	X							
	CHARBROILED HAMBURGER		X					X	
	Hamburger Bun ^	X						X	X
	Romaine Salad								
	Cucumber Coins								
	French Dressing							X	
	Fresh Banana								
	Salsa								
	Mustard								
	Ketchup								
	Choice of Milk	X							
09-02-2021	TURKEY HAM & CHEESE PANINI ^	X						X	X
	CORN DOG ON A STICK^		X					X	X
	Potato Wedges							X	
	Sliced Apples								
	Mustard								
	Ketchup								
	Choice of Milk	X							
09-03-2021	CRUNCHY CHICKEN TENDERS^							X	X
	BBQ PULLED PORK							X	
	Hamburger Bun ^	X						X	X

	Mustard									
	Ketchup									
	Choice of Milk	X								
09-24-2021	"NATIONAL PANCAKE DAY"									
	PANCAKES & SAUSAGE ^	X	X				X	X		
	POPCORN CHICKEN ^						X	X		
	Sun Splash Veggie Juice									
	Baby Carrots									
	Ranch Dressing	X	X				X			
	Diced Peaches									
	Syrup									
	BBQ Sauce						X			
	Choice of Milk	X								
	09-27-2021	HERO SANDWICH ^	X					X	X	
		Tropical Veggie Juice								
Pineapple Tidbits										
Mustard										
Choice of Milk		X								
09-28-2021		MEATLOAF W/TOMATO SAUCE						X	X	
	CRISPY CHICKEN PATTY ^						X	X		
	Hamburger Bun ^	X					X	X		
	Country Blend Vegetables									
	Mixed Fruit Cup									
	BBQ Sauce						X			
	Choice of Milk	X								
	09-29-2021	NASHVILLE (HOT) POPCORN CHICKEN^	X					X	X	
Sliced Bread ^		X					X	X		
CHEESEBURGER		X	X				X			

	Hamburger Bun ^	X							X	X
	Diced Carrots									
	French Fries								X	
	Orange Juice									
	Mustard									
	Ketchup									
	Choice of Milk	X								

09-30-2021										
		CRUNCHY CHICKEN TENDERS ^							X	X
		HOT DOG								
		Hot Dog Bun ^	X						X	X
		Baked Beans								
		Crunchy Celery Sticks								
		Ranch Dressing	X	X					X	
		Sliced Apples								
		Honey Mustard		X						
		Mustard								
		Ketchup								
		Choice of Milk	X							