

SEPTEMBER

KIDS COMMUNITY COLLEGE CHARTER L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
September 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
LABOR DAY	PANCAKES & SAUSAGE ^ Syrup Tropical Veggie Juice Applesauce Cup Choice of Milk	Hot Dog Bun ^ Romaine Salad Light Ranch Dressing Orange Juice Choice of Milk HOT DOG W/ POTATO ROUNDS Mustard Ketchup (2)	CHICKEN NUGGETS ^ BBQ Sauce Maple Baked Beans Baby Carrots Light Ranch Dressing Fresh Pear Choice of Milk	CHEESEBURGER Mustard Ketchup Bun ^ Mixed Vegetables Fresh Banana Choice of Milk
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Green Beans Applesauce Cup Choice of Milk	CRISPY CHICKEN PATTY ^ BBQ Sauce Bun ^ Mixed Vegetables Diced Pears Choice of Milk	HOT DOG Mustard Ketchup Crunchy Celery Sticks Light Ranch Dressing Hot Dog Bun ^ Fiesta Beans Fresh Banana Choice of Milk	CHICKEN NUGGETS ^ BBQ Sauce Golden Potato Rounds Diced Peaches Ketchup Choice of Milk	CHEESEBURGER Mustard Ketchup Bun ^ Romaine Salad Carrot Sticks Light Ranch Dressing Orange Juice Choice of Milk
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
CHEESE PIZZA ^ Mixed Vegetables Orange Juice Choice of Milk	CRISPY CHICKEN PATTY ^ BBQ Sauce Bun ^ Maple Baked Beans Sun Splash Veggie Juice Diced Pears Choice of Milk	HOT DOG Mustard Ketchup Hot Dog Bun ^ Romaine Salad Cucumber Coins Light Ranch Dressing Fresh Banana Choice of Milk	CHICKEN NUGGETS ^ Honey Mustard Cup Country Blend Vegetables Sliced Apples Choice of Milk	CHEESEBURGER Mustard Bun ^ French Fries Diced Peaches Ketchup Choice of Milk
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
POPCORN CHICKEN ^ BBQ Sauce Corn Mixed Fruit Cup Choice of Milk	CRISPY CHICKEN PATTY ^ Chipotle Ranch Bun ^ Golden Potato Rounds Orange Juice Ketchup Choice of Milk	Hot Dog Bun ^ Broccoli Florets Baby Carrots Light Ranch Dressing Fresh Banana Choice of Milk HOT DOG Mustard Ketchup	CHICKEN NUGGETS ^ BBQ Sauce Breadstick ^ Crunchy Celery Sticks Light Ranch Dressing Maple Baked Beans Applesauce Cup Choice of Milk	Marinara Dipping Sauce Sun Splash Veggie Juice Green Beans Fresh Pear Choice of Milk PIZZA DIPPERS ^
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
CHICKEN STRIPS W/SWEET POTATO FRIES ^ BBQ Sauce Ketchup Green Beans Orange Juice 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.

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	
2	LABOR DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
09-03-2019	PANCAKES & SAUSAGE ^	268	8	1	0	42	496	28	3	6	21	1	0	93	2	MMA:2.25oz G/B:2sv WG	
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0		
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O	
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-04-2019	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG	
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0		
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
	HOT DOG W/ POTATO ROUNDS	182	13	4	0	25	557	11	1	1	5	0	0	0	0	1	MMA:1.5oz V:1/4c S
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	0	
Ketchup (2)	10	0	0	0	0	45	2	0	1	0	0	0	0	0	0		
09-05-2019																	
	CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0		
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L	
Baby Carrots	16	0	0	0	0	35	4	1	2	0	1880	1	15	0	V:1/4c RO		

	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0		
	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Fiesta Beans	177	0	0	0	0	545	34	8	2	10	118	7	75	3	V:1/2c L V:1/8c RO
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	09-12-2019															
	CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Golden Potato Rounds	215	11	2	0	0	592	27	3	1	3	0	2	0	0	V:3/4c S
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	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	
09-13-2019																
	CHEESEBURGER	132	7	2	0	32	306	2	0	1	15	2	0	92	1	MMA:2oz
	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	
	Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-16-2019																
	CHEESE PIZZA ^	308	11	5	0	23	724	34	2	3	17	69	0	416	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

09-17-2019

CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG	
BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0		
Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L	
Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO	
Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

09-18-2019

HOT DOG	110	9	4	0	25	360	2	0	1	4	0	0	0	1	MMA:1.5oz	
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		
Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG	
Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG	
Cucumber Coins	5	0	0	0	0	1	1	0	0	0	2	1	5	0	V:1/4c O	
Light Ranch Dressing	30	2	0	0	5	55	2	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	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

09-19-2019

CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG	
Honey Mustard Cup	80	6	1	0	10	125	7	0	5	0	0	0	0	0		
Country Blend Vegetables	72	1	0	0	0	33	16	3	4	2	396	8	33	0	V:1/4c S V:1/2c O	
Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

09-20-2019

CHEESEBURGER	132	7	2	0	32	306	2	0	1	15	2	0	92	1	MMA:2oz	
Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0		
Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	

CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG		
BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0				
Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG		
Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O		
Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0			
Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L		
Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c		
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			

09-27-2019																	
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO	
	Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO	
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG	

09-30-2019																	
	CHICKEN STRIPS W/SWEET POTATO FRIES ^	322	17	3	0	25	484	25	5	4	16	577	1	10	2	MMA:2oz G/B:1sv WG V:1/4c RO	
	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		
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O	
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c	
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

	Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Pear								
	Choice of Milk	X							
09-06-2019									
	ITALIAN CHICKEN PARMESAN ^	X						X	X
	CHEESEBURGER	X						X	
	Mustard								
	Ketchup								
	Bun ^	X						X	X
	Mixed Vegetables								
	Fresh Banana								
	Choice of Milk	X							
09-09-2019									
	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	X						X	X
	Breadstick ^							X	X
	CHEESE PIZZA ^	X						X	X
	Green Beans								
	Applesauce Cup								
Choice of Milk	X								
09-10-2019									
	BAGEL DOG ^							X	X
	Ketchup								
	Mustard								
	CRISPY CHICKEN PATTY ^							X	X
	BBQ Sauce							X	
	Bun ^	X						X	X
	Mixed Vegetables								
	Diced Pears								
Choice of Milk	X								
09-11-2									
	CHICKEN TACO	X							

	Tortilla Chips ^									
	HOT DOG									
	Mustard									
	Ketchup									
	Crunchy Celery Sticks									
	Light Ranch Dressing	X	X					X		
	Hot Dog Bun ^	X						X	X	
	Fiesta Beans									
	Fresh Banana									
	Choice of Milk	X								
09-12-2019										
	MEATBALL SUB	X	X					X	X	
	Hot Dog Bun ^	X						X	X	
	CHICKEN NUGGETS ^							X	X	
	BBQ Sauce							X		
	Golden Potato Rounds							X		
	Diced Peaches									
	Ketchup									
	Choice of Milk	X								
09-13-2019										
	TERIYAKI CHICKEN PATTY							X	X	
	CHEESEBURGER	X						X		
	Mustard									
	Ketchup									
	Bun ^	X						X	X	
	Romaine Salad									
	Carrot Sticks									
	Light Ranch Dressing	X	X					X		
	Orange Juice									
Choice of Milk	X									
09-16-20										
	PENNE PASTA W/MEAT SAUCE ^	X						X	X	

	Light Ranch Dressing	X	X						X		
	Fresh Banana										
	Choice of Milk	X									
	MACARONI & CHEESE	X						X	X		
	HOT DOG										
	Mustard										
	Ketchup										
09-26-2019											
	SLOPPY JOE								X		
	Bun ^	X							X	X	
	CHICKEN NUGGETS ^								X	X	
	BBQ Sauce								X		
	Breadstick ^								X	X	
	Crunchy Celery Sticks										
	Light Ranch Dressing	X	X						X		
	Maple Baked Beans										
	Applesauce Cup										
Choice of Milk	X										
09-27-2019											
	Marinara Dipping Sauce	X							X		
	CHEESEBURGER	X							X		
	Mustard										
	Ketchup										
	Bun ^	X							X	X	
	Sun Splash Veggie Juice										
	Green Beans										
	Fresh Pear										
	Choice of Milk	X									
PIZZA DIPPERS ^	X	X						X	X		
09-30-2019											
	CHICKEN STRIPS W/SWEET POTATO FRIES ^								X	X	
	BBQ Sauce								X		

Ketchup									
CHEESE PIZZA ^	X							X	X
Green Beans									
Orange Juice									
Choice of Milk	X								