

# SEPTEMBER

## LUNCH



### KIDS COMMUNITY COLLEGE CHARTER L2 - Lunch K-8

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| August 31, 2020   | September 1, 2020  | September 2, 2020   | September 3, 2020  | September 4, 2020  |
|   | CRISPY CHICKEN PATYY<br>Whole wheat bun<br>California Blend Veggies<br>Diced Peaches<br>Chipotle Ranch<br>Choice of Milk | Cheeseburger<br>Whole wheat bun<br>French fries<br>Greenbeans<br>Fruit cup<br>Choice of Milk  | CORN DOG ON A STICK^<br>Golden Potato Rounds<br>Fruit cup<br>Mustard<br>Ketchup<br>Choice of Milk        | Chicken Tenders with sweet potatoes<br>Baked Beans<br>Carrots<br>Light Ranch Dressing<br>Applesauce Cup<br>Bread stick<br>Choice of Milk |
| September 7, 2020   | September 8, 2020  | September 9, 2020   | September 10, 2020   | September 11, 2020   |
| LABOR DAY   | TURKEY SALAMI & CHEESE<br>ON A WHOLE WHEAT BUN^<br>Tropical Veggie Juice<br>Applesauce<br>Mustard<br>Choice of Milk      | Cheeseburger<br>Bun ^<br>Baby Carrots<br>Green beans<br>Fruit Cup<br>Mustard<br>Ketchup<br>Choice of Milk                                     | Nashville Hot Popcorn Chicken ^<br>French Fries<br>Sun Splash Veggie Juice<br>Choice of Milk             | CHICKEN NUGGETS ^<br>w/ swee potatoes<br>Diced Pears<br>Honey Mustard<br>Choice of Milk  |
| September 14, 2020  | September 15, 2020   | September 16, 2020  | September 17, 2020   | September 18, 2020   |
| TURKEY HAM & CHEESE<br>SANDWICH ^<br>Tropical Veggie Juice<br>Mixed Fruit<br>Light Mayonnaise<br>Choice of Milk | Crispy Chicken Patty ^<br>Bun ^<br>Potato Wedges<br>Orange Juice<br>BBQ Sauce<br>Ketchup<br>Choice of Milk               | CHEESEBURGER<br>Bun ^<br>Green Beans<br>Baby Carrots<br>Light Ranch Dressing<br>Fruit Cup<br>Mustard<br>Ketchup<br>Choice of Milk             | CHICKEN STRIPS<br>W/sweet potatoes^<br>Baked Beans<br>Apple Sauce<br>Honey<br>Choice of Milk             | HERO SANDWICH^<br>Sun Splash Veggie Juice<br>Carrots<br>Pineapple Tidbits<br>Light Mayonnaise<br>Choice of Milk                          |
| September 21, 2020  | September 22, 2020   | September 23, 2020  | September 24, 2020   | September 25, 2020   |
| TURKEY BOLOGNA SANDWICH^<br>Tropical Veggie Juice<br>Applesauce<br>Mustard<br>Choice of Milk                    | ^CRISPY CHICKEN PATTY ^<br>Bun ^<br>Broccoli<br>Diced Pears<br>Chipotle Ranch<br>Choice of Milk                          | BBQ CHICKEN<br>TATER TOT-CHOS<br>Carrots<br>Light Ranch Dressing<br>Fruit Cup<br>Mustard<br>Ketchup<br>Choice of Milk                         | TERIYAKI CHICKEN PATTY<br>Bun ^<br>Mixed Vegetables<br>Fruit Cup<br>Mustard<br>Ketchup<br>Choice of Milk | BBQ chicken<br>Bun ^<br>Fiesta Beans<br>Mixed Vegetables<br>Light Ranch Dressing<br>Diced Peaches<br>BBQ Sauce<br>Choice of Milk         |
| September 28, 2020  | September 29, 2020   | September 30, 2020  | October 1, 2020  | October 2, 2020  |
| HERO SANDWICH^<br>Tropical Veggie Juice<br>Pineapple Tidbits<br>Light Mayonnaise<br>Choice of Milk              | MEATLOAF W/TOMATO SAUCE<br>Country Blend Vegetables<br>Mixed Fruit Cup<br>Light Mayonnaise<br>Choice of Milk             | CHEESEBURGER<br>Bun ^<br>Mixed Vegetables<br>Broccoli Florets<br>Light Ranch Dressing<br>Orange Juice<br>Mustard<br>Ketchup<br>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

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|  |   |           |    |   |   |    |      |    |   |    |    |     |    |     |   |                                 |
|--|---|-----------|----|---|---|----|------|----|---|----|----|-----|----|-----|---|---------------------------------|
|  | 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 |                                 |
| 09-04-2020                                   | CHICKEN DRUMSTICK                       | 160       | 10 | 2 | 0 | 90 | 320  | 2  | 0 | 0  | 16 | 0   | 0  | 9   | 1 | MMA:2.5oz                       |
|  | Cornbread ^                             | 198       | 6  | 1 | 0 | 28 | 140  | 32 | 2 | 15 | 3  | 156 | 1  | 26  | 1 | G/B:2sv WG                      |
|  | SLOPPY JOE                              | 203       | 11 | 4 | 0 | 36 | 496  | 16 | 1 | 8  | 12 | 28  | 5  | 30  | 2 | MMA:2oz V:3/8c RO               |
|  | 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  | 285  | 37 | 7 | 8  | 10 | 1   | 0  | 76  | 3 | V:1/2c L                        |
|  | Baby Carrots                            | 20        | 0  | 0 | 0 | 0  | 44   | 5  | 2 | 3  | 0  | 391 | 2  | 18  | 0 | V:1/4c RO                       |
|  | Light Ranch Dressing                    | 30        | 2  | 0 | 0 | 5  | 55   | 2  | 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                          |
|  | 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 |                                 |
|  | 7                                       | LABOR DAY | 0  | 0 | 0 | 0  | 0    | 0  | 0 | 0  | 0  | 0   | 0  | 0   | 0 | 0                               |
| TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN^ |   | 433       | 13 | 5 | 0 | 48 | 1315 | 57 | 6 | 7  | 24 | 0   | 2  | 295 | 4 | MMA:2oz G/B:2sv WG              |
| 09-08-2020                                   | Tropical Veggie Juice                   | 90        | 0  | 0 | 0 | 0  | 45   | 23 | 0 | 22 | 0  | 750 | 60 | 0   | 0 | V:3/4c O                        |
|  | Applesauce                              | 51        | 0  | 0 | 0 | 0  | 2    | 14 | 1 | 12 | 0  | 1   | 1  | 5   | 0 | F:1/2c                          |
|  | 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 |                                 |
|  | *NEW ITEM*                              | 0         | 0  | 0 | 0 | 0  | 0    | 0  | 0 | 0  | 0  | 0   | 0  | 0   | 0 |                                 |
| 09-09-2020                                   | CHEESY CHIPOTLE CHICKEN W/SPANISH RICE^ | 272       | 7  | 2 | 0 | 45 | 386  | 38 | 4 | 2  | 18 | 76  | 5  | 66  | 2 | MMA:2oz G/B:1sv WG<br>V:1/4c RO |
|  | 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                         |
|  | Bun ^                                   | 140       | 2  | 0 | 0 | 0  | 270  | 26 | 2 | 3  | 6  | 0   | 0  | 40  | 1 | G/B:2sv WG                      |
|  | Baby Carrots                            | 20        | 0  | 0 | 0 | 0  | 44   | 5  | 2 | 3  | 0  | 391 | 2  | 18  | 0 | V:1/4c RO                       |
|  | Romaine Salad                           | 5         | 0  | 0 | 0 | 0  | 2    | 1  | 1 | 0  | 0  | 124 | 1  | 9   | 0 | V:1/2c DG                       |
|  | Light Italian Dressing                  | 10        | 0  | 0 | 0 | 0  | 170  | 2  | 0 | 2  | 0  | 0   | 0  | 0   | 0 |                                 |
|  | Fresh Banana                            | 105       | 0  | 0 | 0 | 0  | 1    | 27 | 3 | 14 | 1  | 23  | 10 | 6   | 0 | F:1/2c                          |
|  | 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 |                                 |

|            |                                |     |    |   |   |    |     |    |   |    |    |     |    |     |   |                       |
|------------|--------------------------------|-----|----|---|---|----|-----|----|---|----|----|-----|----|-----|---|-----------------------|
| 09-10-2020 | PANCAKES & SAUSAGE ^           | 290 | 14 | 4 | 0 | 40 | 400 | 28 | 3 | 6  | 15 | 0   | 0  | 89  | 2 | MMA:2.25oz 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           | 215 | 11 | 2 | 0 | 0  | 592 | 27 | 3 | 1  | 3  | 0   | 2  | 0   | 0 | V:3/4c S              |
|            | Fresh Plum                     | 52  | 0  | 0 | 0 | 0  | 0   | 13 | 2 | 11 | 1  | 19  | 11 | 7   | 0 | F:1c                  |
|            | Syrup                          | 80  | 0  | 0 | 0 | 0  | 10  | 20 | 0 | 10 | 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 |                       |
| 09-11-2020 | 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                 | 202 | 12 | 4 | 0 | 48 | 445 | 10 | 1 | 5  | 17 | 39  | 0  | 30  | 2 | MMA:2oz               |
|            | Bun ^                          | 140 | 2  | 0 | 0 | 0  | 270 | 26 | 2 | 3  | 6  | 0   | 0  | 40  | 1 | G/B:2sv WG            |
|            | Fiesta Beans                   | 179 | 0  | 0 | 0 | 0  | 514 | 33 | 8 | 2  | 11 | 118 | 3  | 69  | 3 | V:1/2c L V:1/8c RO    |
|            | Baby Carrots                   | 20  | 0  | 0 | 0 | 0  | 44  | 5  | 2 | 3  | 0  | 391 | 2  | 18  | 0 | V:1/4c RO             |
|            | Light Ranch Dressing           | 30  | 2  | 0 | 0 | 5  | 55  | 2  | 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                |
|            | Honey Mustard                  | 80  | 6  | 1 | 0 | 10 | 125 | 7  | 0 | 5  | 0  | 0   | 0  | 0   | 0 |                       |
|            | Choice of Milk                 | 121 | 1  | 1 | 0 | 8  | 139 | 19 | 0 | 17 | 8  | 493 | 0  | 302 | 0 |                       |
| 09-14-2020 | TURKEY HAM & CHEESE SANDWICH ^ | 263 | 9  | 4 | 0 | 45 | 794 | 29 | 3 | 3  | 18 | 0   | 1  | 208 | 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              |
|            | Mixed Fruit                    | 52  | 0  | 0 | 0 | 0  | 5   | 12 | 1 | 10 | 2  | 5   | 3  | 5   | 0 | F:1/2c                |
|            | Light Mayonnaise               | 50  | 4  | 0 | 0 | 10 | 75  | 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 |                       |
| 09-15-2020 | MEATBALL SUB                   | 226 | 12 | 4 | 0 | 35 | 485 | 14 | 1 | 1  | 14 | 46  | 1  | 45  | 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    |
|            | Bun ^                          | 140 | 2  | 0 | 0 | 0  | 270 | 26 | 2 | 3  | 6  | 0   | 0  | 40  | 1 | G/B:2sv WG            |
|            | Potato Wedges                  | 150 | 4  | 0 | 0 | 0  | 50  | 25 | 3 | 0  | 3  | 0   | 6  | 0   | 1 | V:3/4c S              |
|            | Orange Juice                   | 60  | 0  | 0 | 0 | 0  | 0   | 14 | 0 | 12 | 0  | 0   | 60 | 0   | 0 | F:1/2c                |
|            | 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 |                       |



|                |                               |     |    |   |   |     |     |    |    |    |     |     |     |     |   |                                 |  |
|----------------|-------------------------------|-----|----|---|---|-----|-----|----|----|----|-----|-----|-----|-----|---|---------------------------------|--|
|                | TURKEY BOLOGNA SANDWICH^      | 250 | 11 | 2 | 0 | 50  | 850 | 28 | 3  | 3  | 10  | 0   | 1   | 98  | 3 | 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                        |  |
|                | Applesauce                    | 51  | 0  | 0 | 0 | 0   | 2   | 14 | 1  | 12 | 0   | 1   | 1   | 5   | 0 | F:1/2c                          |  |
|                | 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 |                                 |  |
| 09-22-2020     |                               |     |    |   |   |     |     |    |    |    |     |     |     |     |   |                                 |  |
|                | SPAGHETTI & MEATBALLS ^       | 332 | 10 | 4 | 0 | 37  | 513 | 42 | 4  | 8  | 18  | 40  | 2   | 88  | 2 | MMA:2oz G/B:1sv WG<br>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              |  |
|                | 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                       |  |
|                | Diced Pears                   | 56  | 0  | 0 | 0 | 0   | 9   | 15 | 2  | 9  | 2   | 0   | 1   | 1   | 0 | F:1/2c                          |  |
|                | Chipotle Ranch                | 30  | 2  | 0 | 0 | 5   | 55  | 2  | 0  | 1  | 0   | 30  | 0   | 0   | 0 |                                 |  |
|                | Choice of Milk                | 121 | 1  | 1 | 0 | 8   | 139 | 19 | 0  | 17 | 8   | 493 | 0   | 302 | 0 |                                 |  |
| 09-23-2020     |                               |     |    |   |   |     |     |    |    |    |     |     |     |     |   |                                 |  |
|                | BBQ CHICKEN<br>TATER TOT-CHOS | 349 | 14 | 4 | 0 | 47  | 769 | 36 | 2  | 10 | 22  | 49  | 3   | 112 | 1 | MMA:2oz V:1/4c RO V:1/2c<br>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                         |  |
|                | Bun ^                         | 140 | 2  | 0 | 0 | 0   | 270 | 26 | 2  | 3  | 6   | 0   | 0   | 40  | 1 | G/B:2sv WG                      |  |
|                | Potato Rounds                 | 144 | 7  | 1 | 0 | 0   | 394 | 18 | 2  | 1  | 2   | 0   | 1   | 0   | 0 | V:1/2c S                        |  |
|                | Baby Carrots                  | 20  | 0  | 0 | 0 | 0   | 44  | 5  | 2  | 3  | 0   | 391 | 2   | 18  | 0 | V:1/4c RO                       |  |
|                | 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                          |  |
|                | 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   |   |                                 |  |
| 09-24-2020     |                               |     |    |   |   |     |     |    |    |    |     |     |     |     |   |                                 |  |
|                | TERIYAKI CHICKEN PATTY        | 130 | 4  | 1 | 0 | 35  | 550 | 8  | 1  | 6  | 15  | 30  | 1   | 20  | 1 | MMA:2oz                         |  |
|                | Bun ^                         | 140 | 2  | 0 | 0 | 0   | 270 | 26 | 2  | 3  | 6   | 0   | 0   | 40  | 1 | G/B:2sv WG                      |  |
|                | CORN DOG ON A STICK^          | 280 | 13 | 4 | 0 | 40  | 660 | 31 | 2  | 9  | 9   | 30  | 9   | 60  | 2 | MMA:2oz G/B:2sv WG              |  |
|                | Mixed Vegetables              | 94  | 0  | 0 | 0 | 0   | 84  | 20 | 4  | 6  | 4   | 386 | 3   | 27  | 1 | V:1/4c RO V:1/2c S              |  |
|                | Fresh Plum                    | 52  | 0  | 0 | 0 | 0   | 0   | 13 | 2  | 11 | 1   | 19  | 11  | 7   | 0 | F:1c                            |  |
|                | 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   |   |                                 |  |

|            |                                 |     |    |   |   |    |     |    |   |    |    |     |    |     |   |                      |
|------------|---------------------------------|-----|----|---|---|----|-----|----|---|----|----|-----|----|-----|---|----------------------|
| 09-25-2020 | Choice of Milk                  | 121 | 1  | 1 | 0 | 8  | 139 | 19 | 0 | 17 | 8  | 493 | 0  | 302 | 0 |                      |
|            | BBQ PULLED PORK                 | 203 | 6  | 1 | 0 | 54 | 544 | 17 | 0 | 10 | 24 | 49  | 1  | 25  | 2 | MMA:2oz V:1/4c RO    |
|            | Bun ^                           | 140 | 2  | 0 | 0 | 0  | 270 | 26 | 2 | 3  | 6  | 0   | 0  | 40  | 1 | 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   |
|            | Fiesta Beans                    | 179 | 0  | 0 | 0 | 0  | 514 | 33 | 8 | 2  | 11 | 118 | 3  | 69  | 3 | V:1/2c L V:1/8c RO   |
|            | 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 |                      |
|            | Diced Peaches                   | 55  | 0  | 0 | 0 | 0  | 1   | 13 | 1 | 12 | 2  | 0   | 4  | 2   | 0 | F:1/2c               |
|            | 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 |                      |
| 09-28-2020 | HERO SANDWICH^                  | 277 | 12 | 4 | 0 | 49 | 819 | 30 | 3 | 2  | 15 | 0   | 2  | 151 | 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             |
|            | Pineapple Tidbits               | 50  | 0  | 0 | 0 | 0  | 7   | 11 | 1 | 9  | 2  | 13  | 6  | 10  | 0 | F:1/2c               |
|            | Light Mayonnaise                | 50  | 4  | 0 | 0 | 10 | 75  | 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 |                      |
| 09-29-2020 | MEATLOAF W/TOMATO SAUCE         | 161 | 9  | 4 | 0 | 30 | 256 | 7  | 1 | 1  | 13 | 97  | 2  | 27  | 2 | MMA:2.25oz V:1/4c RO |
|            | KICKIN' CHICKEN ^               | 270 | 15 | 3 | 0 | 25 | 400 | 17 | 3 | 1  | 15 | 0   | 0  | 40  | 2 | MMA:2oz G/B:1sv WG   |
|            | Bun ^                           | 140 | 2  | 0 | 0 | 0  | 270 | 26 | 2 | 3  | 6  | 0   | 0  | 40  | 1 | G/B:2sv WG           |
|            | 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    |
|            | Mixed Fruit Cup                 | 52  | 0  | 0 | 0 | 0  | 5   | 12 | 1 | 10 | 2  | 5   | 3  | 5   | 0 | F:1/2c               |
|            | Light Mayonnaise                | 50  | 4  | 0 | 0 | 10 | 75  | 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 |                      |
| 09-30-2020 | CHEESY BUFFALO CHICKEN ROTINI ^ | 327 | 14 | 6 | 0 | 48 | 719 | 34 | 3 | 9  | 17 | 126 | 0  | 201 | 1 | MMA:2oz G/B:1sv WG   |
|            | CHEESEBURGER                    | 180 | 13 | 6 | 0 | 48 | 290 | 3  | 1 | 0  | 16 | 0   | 0  | 115 | 1 | MMA:2.5oz            |
|            | Bun ^                           | 140 | 2  | 0 | 0 | 0  | 270 | 26 | 2 | 3  | 6  | 0   | 0  | 40  | 1 | G/B:2sv WG           |
|            | Mixed Vegetables                | 57  | 0  | 0 | 0 | 0  | 58  | 12 | 3 | 4  | 2  | 386 | 3  | 21  | 1 | V:1/4c S V:1/4c RO   |
|            | Broccoli Florets                | 9   | 0  | 0 | 0 | 0  | 8   | 2  | 0 | 0  | 1  | 47  | 29 | 15  | 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               |
|            | 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





|                        |  |   |   |  |  |  |   |   |   |  |
|------------------------|--|---|---|--|--|--|---|---|---|--|
|                        | Fresh Nectarine                              |   |   |  |  |  |   |   |   |  |
|                        | Mustard                                      |   |   |  |  |  |   |   |   |  |
|                        | Ketchup                                      |   |   |  |  |  |   |   |   |  |
|                        | Choice of Milk                               | X |   |  |  |  |   |   |   |  |
| 09-04-2020             |  |   |   |  |  |  |   |   |   |  |
|                        | CHICKEN DRUMSTICK                            |   |   |  |  |  |   |   |   |  |
|                        | Cornbread ^                                  | X | X |  |  |  |   | X | X |  |
|                        | SLOPPY JOE                                   |   |   |  |  |  |   | X |   |  |
|                        | Bun ^  | X |   |  |  |  |   | X | X |  |
|                        | Baked Beans                                  |   |   |  |  |  |   |   |   |  |
|                        | Baby Carrots                                 |   |   |  |  |  |   |   |   |  |
|                        | Light Ranch Dressing                         | X | X |  |  |  |   | X |   |  |
|                        | Applesauce Cup                               |   |   |  |  |  |   |   |   |  |
|                        | BBQ Sauce                                    |   |   |  |  |  |   | X |   |  |
|                        | Choice of Milk                               | X |   |  |  |  |   |   |   |  |
|                        | 7  |   |   |  |  |  |   |   |   |  |
| LABOR DAY              |  |   |   |  |  |  |   |   |   |  |
| 09-08-2020             |  |   |   |  |  |  |   |   |   |  |
|                        | TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN^ | X |   |  |  |  |   | X | X |  |
|                        | Tropical Veggie Juice                        |   |   |  |  |  |   |   |   |  |
|                        | Applesauce                                   |   |   |  |  |  |   |   |   |  |
|                        | Mustard                                      |   |   |  |  |  |   |   |   |  |
|                        | Choice of Milk                               | X |   |  |  |  |   |   |   |  |
| 09-09-2020             |  |   |   |  |  |  |   |   |   |  |
|                        | *NEW ITEM*                                   |   |   |  |  |  |   |   |   |  |
|                        | CHEESY CHIPOTLE CHICKEN W/SPANISH RICE^      | X |   |  |  |  |   |   |   |  |
|                        | Tortilla Chips ^                             |   |   |  |  |  |   |   |   |  |
|                        | CHARBROILED HAMBURGER                        |   | X |  |  |  |   | X |   |  |
|                        | Bun ^  | X |   |  |  |  |   | X | X |  |
|                        | Baby Carrots                                 |   |   |  |  |  |   |   |   |  |
|                        | Romaine Salad                                |   |   |  |  |  |   |   |   |  |
| Light Italian Dressing |  |   |   |  |  |  | X |   |   |  |

|                      |                                |   |   |  |  |  |  |   |   |  |
|----------------------|--------------------------------|---|---|--|--|--|--|---|---|--|
|                      | Fresh Banana                   |   |   |  |  |  |  |   |   |  |
|                      | Mustard                        |   |   |  |  |  |  |   |   |  |
|                      | Ketchup                        |   |   |  |  |  |  |   |   |  |
|                      | Choice of Milk                 | X |   |  |  |  |  |   |   |  |
| 09-10-2020           |                                |   |   |  |  |  |  |   |   |  |
|                      | PANCAKES & SAUSAGE ^           | X | X |  |  |  |  | X | X |  |
|                      | HOT DOG                        |   |   |  |  |  |  |   |   |  |
|                      | Hot Dog Bun ^                  | X |   |  |  |  |  | X | X |  |
|                      | Golden Potato Rounds           |   |   |  |  |  |  | X |   |  |
|                      | Fresh Plum                     |   |   |  |  |  |  |   |   |  |
|                      | Syrup                          |   |   |  |  |  |  |   |   |  |
|                      | Mustard                        |   |   |  |  |  |  |   |   |  |
|                      | Ketchup                        |   |   |  |  |  |  |   |   |  |
|                      | Choice of Milk                 | X |   |  |  |  |  |   |   |  |
|                      | 09-11-2020                     |   |   |  |  |  |  |   |   |  |
| CHICKEN NUGGETS ^    |                                |   |   |  |  |  |  | X | X |  |
| BEEF RIB-B-QUE       |                                |   |   |  |  |  |  | X |   |  |
| Bun ^                |                                | X |   |  |  |  |  | X | X |  |
| Fiesta Beans         |                                |   |   |  |  |  |  |   |   |  |
| Baby Carrots         |                                |   |   |  |  |  |  |   |   |  |
| Light Ranch Dressing |                                | X | X |  |  |  |  | X |   |  |
| Diced Pears          |                                |   |   |  |  |  |  |   |   |  |
| Honey Mustard        |                                |   | X |  |  |  |  |   |   |  |
| Choice of Milk       |                                | X |   |  |  |  |  |   |   |  |
| 09-14-2020           |                                |   |   |  |  |  |  |   |   |  |
|                      | TURKEY HAM & CHEESE SANDWICH ^ | X |   |  |  |  |  | X | X |  |
|                      | Tropical Veggie Juice          |   |   |  |  |  |  |   |   |  |
|                      | Mixed Fruit                    |   |   |  |  |  |  |   |   |  |
|                      | Light Mayonnaise               |   | X |  |  |  |  | X |   |  |
| Choice of Milk       | X                              |   |   |  |  |  |  |   |   |  |
| 09-15-2              |                                |   |   |  |  |  |  |   |   |  |
|                      | MEATBALL SUB                   | X | X |  |  |  |  | X | X |  |

|                |                                   |   |   |  |  |  |  |   |   |  |
|----------------|-----------------------------------|---|---|--|--|--|--|---|---|--|
|                | Hot Dog Bun ^                     | X |   |  |  |  |  | X | X |  |
|                | KICKIN' CHICKEN ^                 |   |   |  |  |  |  | X | X |  |
|                | Bun ^                             | X |   |  |  |  |  | X | X |  |
|                | Potato Wedges                     |   |   |  |  |  |  | X |   |  |
|                | Orange Juice                      |   |   |  |  |  |  |   |   |  |
|                | BBQ Sauce                         |   |   |  |  |  |  | X |   |  |
|                | Ketchup                           |   |   |  |  |  |  |   |   |  |
|                | Choice of Milk                    | X |   |  |  |  |  |   |   |  |
| 09-16-2020     |                                   |   |   |  |  |  |  |   |   |  |
|                | GENERAL TSO'S CHICKEN & NOODLES ^ | X | X |  |  |  |  | X | X |  |
|                | CHEESEBURGER                      | X | X |  |  |  |  | X |   |  |
|                | Bun ^                             | X |   |  |  |  |  | X | X |  |
|                | Romaine Salad                     |   |   |  |  |  |  |   |   |  |
|                | Baby Carrots                      |   |   |  |  |  |  |   |   |  |
|                | Light Ranch Dressing              | X | X |  |  |  |  | X |   |  |
|                | Fresh Banana                      |   |   |  |  |  |  |   |   |  |
|                | Mustard                           |   |   |  |  |  |  |   |   |  |
|                | Ketchup                           |   |   |  |  |  |  |   |   |  |
| Choice of Milk | X                                 |   |   |  |  |  |  |   |   |  |
| 09-17-2020     |                                   |   |   |  |  |  |  |   |   |  |
|                | CHICKEN STRIPS W/MAC & CHEESE^    | X |   |  |  |  |  | X | X |  |
|                | HOT DOG                           |   |   |  |  |  |  |   |   |  |
|                | Hot Dog Bun ^                     | X |   |  |  |  |  | X | X |  |
|                | Baked Beans                       |   |   |  |  |  |  |   |   |  |
|                | Crunchy Celery Sticks             |   |   |  |  |  |  |   |   |  |
|                | Light Ranch Dressing              | X | X |  |  |  |  | X |   |  |
|                | Sliced Apples                     |   |   |  |  |  |  |   |   |  |
|                | Honey                             |   |   |  |  |  |  |   |   |  |
|                | Mustard                           |   |   |  |  |  |  |   |   |  |
| Ketchup        |                                   |   |   |  |  |  |  |   |   |  |
| Choice of Milk | X                                 |   |   |  |  |  |  |   |   |  |
| 09             |                                   |   |   |  |  |  |  |   |   |  |



|                |                         |   |   |  |  |  |  |   |   |  |
|----------------|-------------------------|---|---|--|--|--|--|---|---|--|
|                | Mustard                 |   |   |  |  |  |  |   |   |  |
|                | Ketchup                 |   |   |  |  |  |  |   |   |  |
|                | Choice of Milk          | X |   |  |  |  |  |   |   |  |
| 09-24-2020     |                         |   |   |  |  |  |  |   |   |  |
|                | TERIYAKI CHICKEN PATTY  |   |   |  |  |  |  | X | X |  |
|                | Bun ^                   | X |   |  |  |  |  | X | X |  |
|                | CORN DOG ON A STICK^    | X | X |  |  |  |  | X | X |  |
|                | Mixed Vegetables        |   |   |  |  |  |  |   |   |  |
|                | Fresh Plum              |   |   |  |  |  |  |   |   |  |
|                | Mustard                 |   |   |  |  |  |  |   |   |  |
|                | Ketchup                 |   |   |  |  |  |  |   |   |  |
|                | Choice of Milk          | X |   |  |  |  |  |   |   |  |
| 09-25-2020     |                         |   |   |  |  |  |  |   |   |  |
|                | BBQ PULLED PORK         |   |   |  |  |  |  | X |   |  |
|                | Bun ^                   | X |   |  |  |  |  | X | X |  |
|                | POPCORN CHICKEN ^       |   |   |  |  |  |  | X | X |  |
|                | Fiesta Beans            |   |   |  |  |  |  |   |   |  |
|                | Cucumber Coins          |   |   |  |  |  |  |   |   |  |
|                | Light Ranch Dressing    | X | X |  |  |  |  | X |   |  |
|                | Diced Peaches           |   |   |  |  |  |  |   |   |  |
|                | BBQ Sauce               |   |   |  |  |  |  | X |   |  |
| Choice of Milk | X                       |   |   |  |  |  |  |   |   |  |
| 09-28-2020     |                         |   |   |  |  |  |  |   |   |  |
|                | HERO SANDWICH^          | X |   |  |  |  |  | X | X |  |
|                | Tropical Veggie Juice   |   |   |  |  |  |  |   |   |  |
|                | Pineapple Tidbits       |   |   |  |  |  |  |   |   |  |
|                | Light Mayonnaise        |   | X |  |  |  |  | X |   |  |
|                | Choice of Milk          | X |   |  |  |  |  |   |   |  |
| 09-29-2020     |                         |   |   |  |  |  |  |   |   |  |
|                | MEATLOAF W/TOMATO SAUCE |   |   |  |  |  |  | X | X |  |
|                | KICKIN' CHICKEN ^       |   |   |  |  |  |  | X | X |  |
|                | Bun ^                   | X |   |  |  |  |  | X | X |  |

|            |                                 |   |   |  |  |  |  |   |   |
|------------|---------------------------------|---|---|--|--|--|--|---|---|
|            | Country Blend Vegetables        |   |   |  |  |  |  |   |   |
|            | Mixed Fruit Cup                 |   |   |  |  |  |  |   |   |
|            | Light Mayonnaise                |   | X |  |  |  |  | X |   |
|            | Choice of Milk                  | X |   |  |  |  |  |   |   |
| 09-30-2020 |                                 |   |   |  |  |  |  |   |   |
|            | CHEESY BUFFALO CHICKEN ROTINI ^ | X |   |  |  |  |  | X | X |
|            | CHEESEBURGER                    | X | X |  |  |  |  | X |   |
|            | Bun ^                           | X |   |  |  |  |  | X | X |
|            | Mixed Vegetables                |   |   |  |  |  |  |   |   |
|            | Broccoli Florets                |   |   |  |  |  |  |   |   |
|            | Light Ranch Dressing            | X | X |  |  |  |  | X |   |
|            | Orange Juice                    |   |   |  |  |  |  |   |   |
|            | Mustard                         |   |   |  |  |  |  |   |   |
|            | Ketchup                         |   |   |  |  |  |  |   |   |
|            | Choice of Milk                  | X |   |  |  |  |  |   |   |