


September K - 8 Menu Selections

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			Monday		Tuesday		Wednesday		Thursday		Friday		
Week 1	Daily Require	Weekly Require	6 Main Menu	Sandwich Line	7 Main Menu	Sandwich Line	8 Main Menu	Sandwich Line	9 Main Menu	Sandwich Line	10 Both Lines		
Meat/MA	1 M/MA (Min.)	9-10 M/MA											
Veg Option													
Fruit	1/2c	2 1/2cup											
Veggie (G)	3/4c	1/2c (min)											
Veggie (R/O)		3/4c (min)											
Veg. (S)		1/2c											
Veg. (O)		1/2c											
Legume		1/2c											
W/G Bread	1 B/G (Min.)	8-10 B/G											
Milk	8oz												
Extras										Catfish - Tartar Sauce			
Week 4	Daily Require	Weekly Require	13 Main Menu	Sandwich Line	14 Main Menu	Sandwich Line	15 Main Menu	Sandwich Line	16 Main Menu	Sandwich Line	17 Both Lines		
Meat/MA	1 M/MA (Min.)	9-10 M/MA	General Tso's Chicken (2M/MA)		Hamburger (2M/MA) OR Cheeseburger (2M/MA)		Breezy Mac (2M/MA)			Chicken Tender Basket (2M/MA)	Offer Both Hotdog (2M/MA) with Chili		
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		
Fruit	1/2c	2 1/2cup	Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		
Veggie (G)	3/4c	1/2c (min)	Steamed Broccoli (1/2c)										
Veggie (R/O)		3/4c (min)											
Veg. (S)		1/2c			Regular Fries (3/4c)				Regular Fries (3/4c)		Fries or Tots(3/4c)		
Veg. (O)		1/2c					Green Beans (1/2c)						
Legume		1/2c											
W/G Bread	1 B/G (Min.)	8-10 B/G	Breadstick (1B/G) Rice (1/2c=1B)		Bun,(2B/G)		Roll 2oz			Roll (2 B/G)	Bun, Purchased (2B/G)		
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		
Extras											Relish and unions		
Week 1	Daily Require	Weekly Require	20 Main Menu	Sandwich Line	21 Main Menu	Sandwich Line	22 Main Menu	Sandwich Line	23 Main Menu	Sandwich Line	24 Both Lines		
Meat/MA	1 M/MA (Min.)	9-10 M/MA	Chicken Tender(2M/MA, 1.25B/G)		Tacos, Beef (2M/MA)		Fettuccini (2M/MA)	Deli Sandwich (2M/MA)		Chicken Tender Sandwich (2M/MA)	Offer Both Meatball Sub (2M/MA)		
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		
Fruit	1/2c	2 1/2cup	Canned/Fresh/Dried/Frozen Fruit (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		
Veggie (G)	3/4c	1/2c (min)			GreenLeaf Lettuce (1/2c = 1/4c)		Broccoli Florets (1/4c)						
Veggie (R/O)		3/4c (min)			Salsa		Carrot, raw(1/4c)						
Veg. (S)		1/2c	Green Peas (1/2c)				Regular Fries (3/4c)		Regular Fries (3/4c)		Marinara Sauce (1/4c.) Sub-Fries (3/4c) Cauliflower (1/4c)		
Veg. (O)		1/2c							Coleslaw (1/4c)				
Legume		1/2c			Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)								
W/G Bread	1 B/G (Min.)	8-10 B/G	Roll (1 B/G) Mac & Cheese 1/2c (.75B/G + .75M/MA)		Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G) Corn Shells (2=1.25B/G)		Garlic Breadstick (1B/G) Pasta (1/2c =1B/G)	Bread, Sliced, Purchased (2B/G)		Bun, Purchased (2B/G)	Pizza (2B/G) Sub Roll (2B/G)		
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		
Extras					Sour Cream and Jalapenos								
Week 2	Daily Require	Weekly Require	27 Main Menu	Sandwich Line	28 Main Menu	Sandwich Line	29 Main Menu	Sandwich Line	30 Both Lines	Sandwich Line	Friday, October 1, 2021		
Meat/MA	1 M/MA (Min.)	9-10 m/ma	Chicken Tender(2M/MA, 1.25B/G)	Chicken Patty (2M/MA) Breaded, Spicy, or Grilled	Tacos, Beef (2M/MA)		Meat Sauce (2M/MA)		Chili Cheese Fries (2M/MA)	Hotdog (2M/MA) with Chili	No School Fair Day		
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option				
Fruit	1/2c	2 1/2 cup	Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)				
Veggie (G)	3/4c	1/2c (min)	Salad(1/2c=1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Green Leaf Lettuce (1/2c = 1/4c)		Meat sauce (1/2c)						
Veggie (R/O)		3/4c (min)			Salsa or Tomatoes, diced (1/4c)		Green Beans (1/2c)		Carrots, baby (1/4c)	Fries or Tots(3/4c)			
Veg. (S)		1/2c	Mashed Potatoes (1/2c) w/ cheese	Regular Fries (3/4c)									
Veg. (O)		1/2c											
Legume		1/2c			Ranchero Pinto or Fiesta Black Beans (1/2c=1/2c)								
W/G Bread	1 B/G (Min.)	8-10 B/G	Breadstick (1B/G) Roll (1B/G)	Bun, Purchased (2B/G)	Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G) Corn Shells (2=1.25B/G)		French Bread (1B/G) Spaghetti OR Lasagna (1/2c =1B/G)		Bun, Purchased (2B/G)	Chili Cheese Fries-Roll (2B/G)			
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate				
Extras					Sour Cream and Jalapenos		Parmesan cheese			Relish and Onions			

This institution is an equal opportunity provider. Menus are subject to change.

***Vegetarian Options**
 Yogurt & Cheese Stick
 Smoothie & Cheese Stick
 Sunbutter & Jelly Sandwich
 Parfait

Deserts

Must prepare a desert 1 to 2 times weekly (NO MORE THAN 2 TIMES A WEEK)	Choices
Fruit Crisp - (1/2c=1/4c fruit serving)	Cake/Cupcake Cookie Brownie Rice Crispy