

SEPTEMBER 2014

Entrée (with whole grain) + Fruit + Vegetable + Milk or Cup for Water

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What's in Season?	LABOR DAY (No School)	2 Chicken Teriyaki Bowl w/ Veggies Fruit	MINIMUM DAY Grilled Cheese Veggie Sticks Fruit	Crispy Turkey Tacos w/ lettuce, tomatoes & cheese Fruit	5 Cheese Pizza Garden Salad Fruit	6
Persimmon	* Sesame Noodles Garden Salad Fruit	9 Chicken Tenders Garden Salad Fruit	10 MINIMUM DAY **PB&J Sandwich Veggie Sticks Fruit	Roasted Veggie Enchiladas Garden Salad Fruit	Cheese Pizza Garden Salad Fruit	13
14 Eggplant	Baked Penne Pasta Garden Salad Fruit	Chicken Teriyaki Bowl w/ Veggies Fruit	MINIMUM DAY Grilled Cheese Veggie Sticks Fruit	Crispy Turkey Tacos w/ lettuce, tomatoes & cheese Fruit	Cheese Pizza Garden Salad Fruit	20
Asparagus 21	* Sesame Noodles Garden Salad Fruit	23 Chicken Tenders Garden Salad Fruit	24 MINIMUM DAY **PB&J Sandwich Veggie Sticks Fruit	25 LOCAL HOLIDAY (No School)	26 Cheese Pizza Garden Salad Fruit	27
28 Mushrooms	Baked Penne Pasta Garden Salad Fruit	Pick Up Stix w/ Rice & Veggies Fruit	**Made with Wow Butter (Soy-based & Peanut-free)		Eat the Rainbow!	Protein Dary Choose My Plate.gov