

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

SEPTEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LABOR DAY	2 Chicken Teriyaki Bowl	3 Baked Penne Pasta	4 Crispy Turkey Tacos	5 MINIMUM DAY	6
What's in Season?	(No School)	w/ Veggies Fruit	Garden Salad Fruit	w/ lettuce, tomatoes & cheese Fruit	Grilled Cheese Veggie Sticks Fruit	
Persimmon	Cheese Pizza Garden Salad Fruit	Sesame Noodles Garden Salad Fruit	10 Chicken Tenders Garden Salad Fruit	Roasted Veggie Enchiladas Garden Salad Fruit	MINIMUM DAY **PB&J Sandwich Veggie Sticks Fruit	13
14 Eggplant	Cheese Pizza Garden Salad Fruit	Chicken Teriyaki Bowl w/ Veggies Fruit	17 Baked Penne Pasta Garden Salad Fruit	Crispy Turkey Tacos w/ lettuce, tomatoes & cheese Fruit	MINIMUM DAY Grilled Cheese Veggie Sticks Fruit	20
Asparagus	Cheese Pizza Garden Salad Fruit	23 Sesame Noodles Garden Salad Fruit	24 Chicken Tenders Garden Salad Fruit	LOCAL HOLIDAY (No School)	26 MINIMUM DAY **PB&J Sandwich Veggie Sticks Fruit	27
28 Mushrooms	Cheese Pizza Garden Salad Fruit	30 Pick Up Stix w/ Rice & Veggies Fruit	**Made with Wow Butter (Soy-based & Peanut-free)		Eat the Rainbow!	Protein Protein Choose My Plate.gov

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