

September 2018

	<p>4 <i>Baked Chicken—3oz.</i> <i>WG Honey Roll—1 each</i> <i>Glazed Carrots—1/2 c.(FR)</i> <i>Grapes—1/2 cup (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>	<p>5 <i>Chicken Fajitas—4 oz.</i> <i>WG Tortilla—1 each</i> <i>Corn—1/2 cup (FZ)</i> <i>Watermelon—4 oz. (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>	<p>6 <i>Cheeseburger—2 oz.</i> <i>wG Bun—1 each</i> <i>Roasted Potatoes—1/2 cup</i> <i>Pineapple Slice—4 oz. (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>	<p>7 <i>Salisbury Steak—2 oz.</i> <i>WG Breadstick—1 each</i> <i>Mashed Potatoes—1/2 cup (FR)</i> <i>Cantaloupe—4 oz. (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>
<p>10 <i>Sloppy Joey's—3 oz.</i> <i>Whole Wheat Bun—1 each</i> <i>Corn on the Cob—4 oz. (FZ)</i> <i>Apple—1 each (FR)</i> <i>Skim milk—8 fl. oz.</i></p>	<p>11 <i>Beef Chili Mac—4 oz. (WG)</i> <i>Baked Potato—1/2 cup (FR)</i> <i>Fresh Pineapple—4 oz. (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>	<p>12 <i>Orange Chicken—1 thigh</i> <i>WG Honey Roll—1 each</i> <i>Carrots w/ Ranch—1/2 cup (FR)</i> <i>Mandarin Oranges - 1/2 cup (CN)</i> <i>Skim Milk—8 fl. oz.</i></p>	<p>13 <i>Beef Burrito Stack—4 oz.</i> <i>WG Spanish Rice—1/2 cup</i> <i>Corn—1/2 cup (FZ)</i> <i>Watermelon—4 oz. (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>	<p>14 <i>BBQ Smoked Sausage—1 each</i> <i>WG Bun—1 each</i> <i>Garden Salad—1 cup (FR)</i> <i>Cantaloupe—4 oz. (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>
<p>17 <i>Sweet N Sour Chicken—3 oz.</i> <i>WG Brown Rice—1/2 cup</i> <i>Garden Salad—1 cup (FR)</i> <i>Grapes—1/2 cup (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>	<p>18 <i>Spaghetti w/ Meatsauce—4 oz. (WG)</i> <i>WG Honey Roll-1 each</i> <i>Steamed Mixed Veggies-1/2 cup (FZ)</i> <i>Banana—1 each (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>	<p>19 <i>Chicken Cordon Bleu Bake —4 oz. (WG)</i> <i>Garlic Bread—1 slice</i> <i>Carrots w/ Ranch—1/2 cup (FR)</i> <i>Pineapple—4 oz. (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>	<p>20 <i>Chicken Queso—4 oz.</i> <i>WG Tortilla Chips—1 oz.</i> <i>Corn—1/2 cup (FZ)</i> <i>Watermelon—4 oz. (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>	<p>21 <i>Buffalo Chicken—2 oz.</i> <i>Whole Wheat Bun—1 each</i> <i>Lettuce/Tomato Salad—1 cup</i> <i>Grapes—1/2 cup (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>
<p>24 <i>Beef Nachos—3 oz.</i> <i>WG Tortilla Chips—1 oz.</i> <i>Lettuce/Tomato Salad-1 cup(FR)</i> <i>Orange—1 each (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>	<p>25 <i>Beef Fajitas—3 oz.</i> <i>WG Tortilla Chips—1 oz.</i> <i>Garden Salad—1cup (FR)</i> <i>Cantaloupe—4 oz. (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>	<p>26 <i>Chicken N Noodles—4 oz.</i> <i>WG Honey Roll—1 each</i> <i>Green Beans—1/2 cup (FZ)</i> <i>Watermelon—4 oz. (FR)</i> <i>Skim Milk—8 fl. oz.</i></p>	<p>27 <i>Chicken Parm Bake—4 oz.</i> <i>WG Honey Roll—1 each</i> <i>Steamed Veggies—1/2 cup (FZ)</i> <i>Fruit Cocktail—1/2 cup (CN)</i> <i>Skim Milk—8 fl. oz.</i></p>	<p>28 <i>Philly Cheesesteak-2 oz.</i> <i>WG Hot Dog Bun—1 each</i> <i>Broccoli w/ ranch—1/2 cup (FR)</i> <i>Peaches—1/2 cup (CN)</i> <i>Skim Milk—8 fl. oz.</i></p>