**Please Note:** Milk choice includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk.

Reduced fat dressing is served with salads and fresh vegetables.

All Grain items are Whole Grain Rich.

**Fall Cycle**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Weekly Nutrient Averages** |
|  | K-5 | 6-8 | 9-12 |
| **Week 1**Pig in a BlanketRoasted Red PotatoesBroccoli w/CheeseFresh Apple SlicesFruit Choice - CannedMilk Choice | Chicken WrapSpanish Brown RiceRomaine LettuceTomato SliceSautéed ZucchiniTropical Fruit**Oatmeal Cookie** **(9-12)**Fruit Choice - FreshMilk Choice | Spaghetti w/Meat SauceGarlic BreadGarden SaladGreen BeansMandarin OrangesFruit Choice - CannedMilk Choice | Taco SaladTortilla Chips& Tomato SalsaRefried Beans Fresh Watermelon**Cinnamon Puff** **(6-12)**Fruit Choice - CannedMilk Choice | Chicken & Noodles**Whole Wheat Roll & Honey (6-12)**Mashed PotatoesFresh Baby CarrotsFresh GrapesFruit Choice - FreshMilk Choice | **Calories****Sodium (mg)****% of Total Calories from Sat. Fat** | **645****1066****8.2%** | **692****1113****7.8%** | **788****1162****7.4%** |
| **Week 2**Mini Meatball SubRanch Potato WedgesTossed SaladFresh PeachFruit Choice - CannedMilk Choice | BBQ Chicken DrumstickWhole Wheat Roll & JellyBaked BeansCreamy Cole SlawApricot HalvesFruit Choice - FreshMilk Choice | White Chicken ChiliCornbread MuffinCherry TomatoesCucumber SlicesFresh BananaFruit Choice - CannedMilk Choice | Cheese PizzaBroccoli FloretsFresh Baby CarrotsFresh Citrus Fruit CupFruit Choice - CannedMilk Choice | Biscuits & Gravy**Sausage Patty** **(6-12)**Fresh Sugar Snap PeasHash Brown PattyFresh PlumFruit Choice - CannedMilk Choice | **Calories****Sodium (mg)****% of Total Calories from Sat. Fat** | **640****1078****5.6%** | **654****1107****5.8%** | **839****1302****5.6%** |

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Reduced fat dressing is served with salads and fresh vegetables.

All Grain items are Whole Grain Rich.

**Fall Cycle, continued**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Weekly Nutrient Averages** |
|  | K-5 | 6-8 | 9-12 |
| **Week 3**Pork Rib on a BunDark Green Leaf Lettuce & Tomato SliceSweet Potato PuffsFresh AppleFruit Choice - CannedMilk Choice | Taco SoupTortilla Chips & Tomato SalsaBroccoli FloretsFresh StrawberriesFruit Choice - CannedMilk Choice | Corn DogGreen BeansTater TotsFruit CocktailSnickerdoodle Fruit Choice - FreshMilk Choice | Chicken Quesadilla**Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12)**Refried BeansFresh CantaloupeFruit Choice - CannedMilk Choice | Cowboy CavatiniWhole Wheat Roll& JellySeasoned CornGarden SaladFresh OrangeFruit Choice - FreshMilk Choice | **Calories****Sodium (mg)****% of Total Calories from Sat. Fat** | **636****1099****8.2%** | **636****1099****8.2%** | **771****1129****8.2%** |
| **Week 4**Hamburger on a BunDark Green Leaf LettuceTomato SliceOven FriesStrawberries & BananasFruit Choice - FreshMilk Choice | Chili**Tortilla Chips (9-12)**Red Bell Pepper StripsFresh PeachCinnamon RollFruit Choice - CannedMilk Choice | Chicken NuggetsWhole Wheat Roll & JellyMashed Potatoes & GravyTossed SaladFresh PearFruit Choice - CannedMilk Choice | Baked HamAngel Biscuit & JellyApple Glazed Sweet PotatoesGreen BeansFresh Grapes**Honey Apple Crisp (9-12)**Fruit Choice - CannedMilk Choice | Macaroni & CheeseMeatballs**Whole Wheat Bread & Jelly (6-12)**Seasoned PeasFresh Baby CarrotsApple SaladFruit Choice - CannedMilk Choice | **Calories****Sodium (mg)****% of Total Calories from Sat. Fat** | **648****1124****8.5%** | **671****1148****8.3%** | **834****1222****7.9%** |

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