

<p>This is an equal opportunity program. If you feel you have been discriminated against, write immediately to: The Secretary of Agriculture, Washington DC 20250</p>	<p>Food For Thought: 7 Secrets to Success Roof said: Aim high Fan said: Be cool Clock said: Every minute is precious Mirror said: Reflect before you act Window said: See the world Calender said: Be up-to-date Door said: Push hard to achieve your goals!!!</p>	<h2>SEPTEMBER 2013 MENUS</h2>		<p>All menus meet the USDA and State regulations for school children. 1%, and Skim Chocolate & Strawberry milk are served with each meal and 100% fruit juice is served with each breakfast meal. .</p>				
MONDAY SEPTEMBER 2	TUESDAY SEPTEMBER 3	WEDNESDAY SEPTEMBER 4	THURSDAY SEPTEMBER 5	FRIDAY SEPTEMBER 6	Weekly Nutrient Averages			
	BREADED CHICKEN ON BUN FRESH CAULIFLOWER BABY CARROTS SLICED TOMATOES APPLESAUCE PEACH - HHS	CHILI & CRACKERS ROMAINE & SPINACH PINEAPPLE ORANGE - HHS CINNAMON ROLL	HOTDOG ON BUN TATOR TOTS CALIFORNIA BLEND VEGETABLES CITRUS CUP GRAPES - HHS SNICKERDOODLE - HHS	HAMBURGER/BUN SEASONED FRIES FRESH BROCCOLI JELL-O WITH FRUIT STRAWBERRIES - HHS SUGAR COOKIE - HHS	Calories Sodium (Mg) % of Total Calories from Sat. Fat	K-5 B L 493.60 649.50	6-8 B L 493.60 695.08	9-12 B L 529.60 815.68
NO SCHOOL	CEREAL KIWI	BREAKFAST PITA MANDARIN ORANGES	BREAKFAST PIZZA APPLESAUCE	CINNAMON ROLL SAUSAGE - HHS BANANA				
SEPTEMBER 9	SEPTEMBER 10	SEPTEMBER 11	SEPTEMBER 12	SEPTEMBER 13				
HOTDOG ON BUN FRENCH FRIES ROMAINE & SPINACH SLICED TOMATOES CITRUS CUP GRAPES - HHS NO BAKE COOKIE - HHS	BEEF & NOODLES MASHED POTATOES DICED CARROTS APPLE PEAR - HHS HOT ROLL	CHICKEN STRIP WRAP ROMAINE & SPINACH FRESH CAULIFLOWER CINNAMON APPLESAUCE STRAWBERRIES-HHS CHOCOLATE MUFFIN-HHS	PIZZA GREEN BEANS CORN PEACH ORANGE - HHS APPLE CINNAMON MUFFIN - HHS	MR. RIB ON BUN BAKED BEANS WINTER BLEND VEGETABLES BANANA FRUIT COCKTAIL - HHS CHOCOLATE CHIP COOKIE-HHS	Calories Sodium (Mg) % of Total Calories from Sat. Fat	K-5 B L 468.20 619.80	6-8 B L 468.20 690.60	9-12 B L 468.20 839.10
BISCUITS & GRAVY APPLESAUCE	PANCAKES GRAPES SYRUP	LATE START FLATBREAD SANDWICH PEACHES	BREAKFAST PIZZA STRAWBERRIES	BREAKFAST BITES PEAR HALVES SYRUP		7.23 9.51	7.23 9.38	7.23 9.89

SEPTEMBER 16	SEPTEMBER 17	SEPTEMBER 18	SEPTEMBER 19	SEPTEMBER 20	WEEKLY NUTRIENT AVERAGES				
PIZZA ROMAINE & SPINACH APPLE CITRUS CUP – HHS GREEN BEANS NO BAKE COOKIE – HMS & HHS	MACARONI & CHEESE LITTLE SAUSAGES WINTER BLEND VEGETABLES PEAS DICED PEAR & TOPPING BANANA – HHS APPLE CINNAMON MUFFIN – HHS	CHEF SALAD PINEAPPLE PEACH- HHS BREADSTICK	WEINER BOATS BAKED BEANS ORANGE PEAR – HHS HOT ROLL	GRILLED CHICKEN ON BUN BABY CARROTS SLICED TOMATOES APPLESAUCE GRAPES – HHS BUTTERSCOTCH COOKIE – HHS	Calories	K-5 B L	6-8 B L	9-12 B L	539.60 853.56
SAUSAGE ON BISCUIT FRUIT COCKTAIL	WAFFLES SAUSAGE -HHS ORANGE SYRUP	BLUEBERRY MUFFIN YOGURT PINEAPPLE	BREAKFAST PIZZA KIWI	CINNAMON TASTRIES APPLESAUCE	Sodium (Mg)	661.50 1214.13	661.50 1256.13	725.50 1301.49	
Calories from Sat. Fat	4.32 9.89	4.32 9.90	4.63 9.71						
SEPTEMBER 23	SEPTEMBER 24	SEPTEMBER 25	SEPTEMBER 26	SEPTEMBER 27					
TACO PIE REFRIED BEANS ROMAINE & SPINACH DICED TOMATOES FRUIT WITH TOPPING SNICKERDOODLE- HHS	HAMBURGER ON BUN FRIES FRESH CAULIFLOWER ORANGE PEACH – HHS CHOCOLATE MUFFIN- HHS	BURRITO BABY CARROTS GREEN BEANS GRAPES PEAR – HHS	CHICKEN NUGGETS MASHED POTATOES PEAS & CARROTS APPLESAUCE GRAPES – HHS HOT ROLL – HMS & HHS	ITALIAN PASTA BAKE MIXED VEGETABLES BROCCOLI WITH CHEESE JELL-O WITH FRUIT CITRUS CUP-HHS BROWNIE-HHS	Calories	K-5 B L	6-8 B L	9-12 B L	499.50 825.14
BREAKFAST SUNDAE CITRUS CUP	HAM ON BISCUIT GRAPES	LATE START	FRENCH TOAST STICKS SAUSAGE PEACH SYRUP	BREAKFAST PIZZA STRAWBERRIES	Sodium (Mg)	499.50 638.80	499.50 698.32	499.50 1242.16	
Calories from Sat. Fat	1146.48 1051.45	1146.48 1184.75	5.15 8.82	5.15 8.82	5.15 8.82				
SEPTEMBER 30	OCTOBER 1	OCTOBER 2	OCTOBER 3	OCTOBER 4					
CORNDOG FRENCH FRIES CORN GRAPES STRAWBERRIES- HHS	CHICKEN & NOODLES MASHED POTATOES GREEN BEANS PEAR ORANGE – HHS HOT ROLL – HMS & HHS	CHILI & CRACKERS DICED TOMATOES ROMAINE & SPINACH PINEAPPLE GRAPES – HHS CINNAMON ROLL	CHICKEN STICKS CORN DICED CARROTS APPLE FRUIT COCKTAIL- HHS BLUEBERRY MUFFIN- HHS	MINI CORNDOGS SEASONED FRIES FRESH BROCCOLI JELL-O WITH FRUIT STRAWBERRIES– HHS SUGAR COOKIE-HHS	Calories	K-5 B L	6-8 B L	9-12 B L	529.60 756.74
CEREAL KIWI	BREAKFAST PITA MANDARIN ORANGES	WAFFLE STIX SAUSAGE FRESH PEAR SYRUP	BREAKFAST PIZZA APPLESAUCE	CINNAMON ROLL SAUSAGE-HHS BANANA	Sodium (Mg)	681.04 1180.32	681.04 1266.55	745.05 1277.96	
Calories from Sat. Fat	5.98 7.22	5.98 7.09	4.68 9.88						

