




<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:</p> <p>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>	<p>SEPTEMBER 2013 MENUS</p>		<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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
SEPTEMBER 2	SEPTEMBER 3	SEPTEMBER 4	SEPTEMBER 5	SEPTEMBER 6				
 <p>NO SCHOOL</p>	<p>BREADED CHICKEN ON BUN FRESH CAULIFLOWER BABY CARROTS SLICED TOMATOES APPLESAUCE PEACH – HHS</p> <p>CEREAL KIWI</p>	<p>CHILI & CRACKERS ROMAINE & SPINACH PINEAPPLE ORANGE – HHS CINNAMON ROLL</p> <p>BREAKFAST PITA MANDARIN ORANGES</p>	<p>HOTDOG ON BUN TATOR TOTS CALIFORNIA BLEND VEGETABLES CITRUS CUP GRAPES – HHS SNICKERDOODLE - HHS</p> <p>BREAKFAST PIZZA APPLESAUCE</p>	<p>HAMBURGER/BUN SEASONED FRIES FRESH BROCCOLI JELL-O WITH FRUIT STRAWBERRIES – HHS SUGAR COOKIE – HHS</p> <p>CINNAMON ROLL SAUSAGE – HHS BANANA</p>	<p>Calories</p> <p>Sodium (Mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>K-5 B L 493.60 649.50</p> <p>681.04 1086.96</p> <p>5.98 8.92</p>	<p>6-8 B L 493.60 695.08</p> <p>681.04 1190.96</p> <p>5.98 6.66</p>	<p>9-12 B L 529.60 815.68</p> <p>745.04 1347.03</p> <p>4.68 7.09</p>
SEPTEMBER 9	SEPTEMBER 10	SEPTEMBER 11	SEPTEMBER 12	SEPTEMBER 13				
<p>HOTDOG ON BUN FRENCH FRIES ROMAINE & SPINACH SLICED TOMATOES CITRUS CUP GRAPES – HHS NO BAKE COOKIE - HHS</p> <p>BISCUITS & GRAVY APPLESAUCE</p>	<p>BEEF & NOODLES MASHED POTATOES DICED CARROTS APPLE PEAR – HHS HOT ROLL</p> <p>PANCAKES GRAPES SYRUP</p>	<p>CHICKEN STRIP WRAP ROMAINE & SPINACH FRESH CAULIFLOWER CINNAMON APPLESAUCE STRAWBERRIES-HHS CHOCOLATE MUFFIN-HHS</p> <p>LATE START FLATBREAD SANDWICH PEACHES</p>	<p>PIZZA GREEN BEANS CORN PEACH ORANGE – HHS APPLE CINNAMON MUFFIN – HHS</p> <p>BREAKFAST PIZZA STRAWBERRIES</p>	<p>MR. RIB ON BUN BAKED BEANS WINTER BLEND VEGETABLES BANANA FRUIT COCKTAIL – HHS CHOCOLATE CHIP COOKIE-HHS</p> <p>BREAKFAST BITES PEAR HALVES SYRUP</p>	<p>Calories</p> <p>Sodium (Mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>K-5 B L 468.20 619.80</p> <p>725.90 1215.67</p> <p>7.23 9.51</p>	<p>6-8 B L 468.20 690.60</p> <p>725.90 1319.22</p> <p>7.23 9.38</p>	<p>9-12 B L 468.20 839.10</p> <p>725.90 1396.84</p> <p>7.23 9.89</p>

SEPTEMBER 16	SEPTEMBER17	SEPTEMBER 18	SEPTEMBER 19	SEPTEMBER 20	WEEKLY NUTRIENT AVERAGES							
PIZZA ROMAINE & SPINACH APPLE CITRUS CUP – HHS GREEN BEANS NO BAKE COOKIE – HMS & HHS SAUSAGE ON BISCUIT FRUIT COCKTAIL	MACARONI & CHEESE LITTLE SAUSAGES WINTER BLEND VEGETABLES PEAS DICED PEAR & TOPPING BANANA – HHS APPLE CINNAMON MUFFIN – HHS WAFFLES SAUSAGE -HHS ORANGE SYRUP	CHEF SALAD PINEAPPLE PEACH- HHS BREADSTICK BLUEBERRY MUFFIN YOGURT PINEAPPLE	WEINER BOATS BAKED BEANS ORANGE PEAR – HHS HOT ROLL BREAKFAST PIZZA KIWI	GRILLED CHICKEN ON BUN BABY CARROTS SLICED TOMATOES APPLESAUCE GRAPES – HHS BUTTERSCOTCH COOKIE – HHS CINNAMON TASTRIES APPLESAUCE	Calories	K-5 B	L	6-8 B	L	9-12 B	L	
					Sodium (Mg)	498.50	629.76	498.50	673.75	539.60	853.56	
					% of Total 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 BREAKFAST SUNDAE CITRUS CUP	HAMBURGER ON BUN FRIES FRESH CAULIFLOWER ORANGE PEACH – HHS CHOCOLATE MUFFIN- HHS HAM ON BISCUIT GRAPES	BURRITO BABY CARROTS GREEN BEANS GRAPES PEAR – HHS LATE START FRENCH TOAST STICKS SAUSAGE PEACH SYRUP	CHICKEN NUGGETS MASHED POTATOES PEAS & CARROTS APPLESAUCE GRAPES – HHS HOT ROLL – HMS & HHS BREAKFAST PIZZA STRAWBERRIES	ITALIAN PASTA BAKE MIXED VEGETABLES BROCCOLI WITH CHEESE JELL-O WITH FRUIT CITRUS CUP-HHS BROWNIE-HHS PANCAKE & SAUSAGE ON A STICK PEAR SYRUP	Calories	K-5 B	L	6-8 B	L	9-12 B	L	
					Sodium (Mg)	499.50	638.80	499.50	698.32	499.50	825.14	
					% of Total Calories from Sat. Fat	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 CEREAL KIWI	CHICKEN & NOODLES MASHED POTATOES GREEN BEANS PEAR ORANGE – HHS HOT ROLL – HMS & HHS BREAKFAST PITA MANDARIN ORANGES	CHILI & CRACKERS DICED TOMATOES ROMAINE & SPINACH PINEAPPLE GRAPES – HHS CINNAMON ROLL WAFFLE STIX SAUSAGE FRESH PEAR SYRUP	CHICKEN STICKS CORN DICED CARROTS APPLE FRUIT COCKTAIL- HHS BLUEBERRY MUFFIN- HHS BREAKFAST PIZZA APPLESAUCE	MINI CORNDOGS SEASONED FRIES FRESH BROCCOLI JELL-O WITH FRUIT STRAWBERRIES– HHS SUGAR COOKIE-HHS CINNAMON ROLL SAUSAGE-HHS BANANA	Calories	K-5 B	L	6-8 B	L	9-12 B	L	
					Sodium (Mg)	493.60	643.21	493.60	678.14	529.60	756.74	
					% of Total Calories from Sat. Fat	5.98	7.22	5.98	7.09	4.68	9.88	

