

September 22 to October 17, 2014

Breakfast & Lunch TOTMA

15 Cereal , Granola Bar, Raisins, Juice, Milk	16 Pancake, Sausage, Fruit Juice, Milk Syrup	17 Cereal , Granola Bar, Fruit, Juice, Milk	18 Egg & Sausage Taco or Fruit, Juice, Milk, Salsa	19 Cereal , Granola Bar, Fruit, Juice, Milk
MONDAY Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch
22 Mac & Cheese-Salad-Buttered Peas -Juice-Breadstick-Dressing 2 G; 1 oz. M/MA ¼ c r/o; ¼ starch; 1/8 c-dg; 1/8 other	23 Chicken Nachos-Salad-Beans-Spanish Rice-Fruit-Dressing-Sour Cream-Salsa 1.5 G; 1.5 oz. M/MA ¼ c r/o; ¼ legumes; 1/4 c-dg;	24 Cheese Pita Pizza-Salad-Garlic Green Beans-Fruit-Dressing 1.75 G; 1 oz. M/MA 1/4 c r/o; 1/8 c dg; 3/8 c other	25 Baked Chicken-Salad-Black-Eyed Peas-Fruit-Roll Dressing-Ketchup 1 G; 2 oz. M/MA ¼ c r/o, ¼ c legumes; 1/8 c-dg; 1/8 c other	26 Beef Hamburger-Cheese-Salad-Fries-Fruit-Dressing-Mayo-Mustard-Ketchup-Pickles 2 G; 2.75 oz. M/MA ¼ c r/o; 1/8 c dg; ¼ c starch; 1/8 other
29 Pasta w/ Marinara Sauce-Cheese- Glazed Carrots – Salad-Breadstick-Fruit Dressing 2 G; 1 oz. M/MA ½ c r/o; 1/8 c dg; 1/8 c other	30 Chicken Kabobs-Salad-Roasted Sweet Potatoes-Pasta Salad-Fruit-Dressing-Ketchup 1 G; 2 oz. M/MA ½ c r/o; 1/8 c dg; 1/8 c other	1 Beef or Fish Tacos-Salad-Beans-Rice-Fruit-Dressing-Sour Cream-Salsa-Jalapenos 2 G; 2.5 oz. M/MA 1/8 c r/o; 1/8 c dg; ½ c legumes	2 Hot Dog-Baked Fries-Salad-Fruit-Dressing-Pickles-Ketchup-Mustard-Jalapeno 1.5 G; 2 oz. M/MA 1/8 c dg; ½ c starch; 1/8 c other	3 Asian Chicken-Salad-Roasted Cauliflower-Roasted Broccoli-Rice-Fruit-Chow Mein Noodles-Dressing-Ketchup 1.5 G; 2 oz. M/MA ¼ c r/o; ¼ c dg; ¼ c other
6 Pasta w/ Marinara Sauce-Cheese-Green Beans-Salad-Breadstick-Fruit-Dressing 2 G; 1 oz. M/MA ½ c r/o; 1/8 c dg; 1/4 other	7 Chili-Cheese-Salad-Beans-Rice-Fruit- Chips-Dressing, Sour Cream, Salsa, Jalapeno 1.5 G; 2.5 oz. M/MA ¼ c r/o; ¼ c dg; ¼ c legumes	8 Turkey/Cheese Sandwich-Salad-Carrot Sticks-Sunchips Dressing-Mayo-Mustard 2 G; 1.75 oz. M/MA ½ c r/o; 1/8 c dg; 1/8 other	9 Beef Pepperoni/Cheese Pita Pizza-Salad-Whole Kernel Corn-Fruit-Dressing-jalapenos 1.75 G; 2 oz. M/MA 1/8 c dg; 1/8 other; ½ c starch	10 Bar B Q Chicken-Salad-Ranch Style Beans-Fruit-Cornbread-Dressing 1 G; 2 oz. M/MA ¼ c r/o; ¼ c dg; ¼ c legumes
13 Baked Ziti-Roasted Broccoli-Salad-Breadstick-Fruit-Dressing 2 G; 1 oz. M/MA ¼ c r/o; 3/8 c dg;; 1/8 other	14 Chicken Slider-Cheese-Salad-Fries-Fruit-Dressing-Mayo-Ketchup-Pickles 1 G; 2.75 oz. M/MA 1/4 c r/o; 1/8 c dg; ¼ starch; 1/8 other	15 Beef & Cheese Nachos-Salad-Beans-Rice-Fruit-Dressing, Sour Cream, Salsa, 1.5 G; 2.5 oz. M/MA 1/8 c r/o; 1/8 c dg; ½ c legumes	16 Cheese or Egg Salad Sandwich-Cucumbers-Carrot Sticks-Fruit-Sunchips 3 G; 1.5 oz. M/MA ½ c r/o; 1/8 c dg; 1/8 other	17 Meatloaf or Fish Fillet-Mashed Potatoes-Roll-Fruit Dressing, Ketchup, Salsa 1 G; 2 oz. M/MA ¼ c r/o; 1/8 c dg; ¼ c starch; 1/8 c other