





# SEPTEMBER 2019 AFTERSCHOOL HOT SUPPER MENU

**Remember that at least one vegetable component MUST be served every day at Supper!**

MONDAY 9/2/2019	TUESDAY 9/3/2019	WEDNESDAY 9/4/2019	THURSDAY 9/5/2019	FRIDAY 9/6/2019
 <b>Labor Day</b>	201 CHEESEBURGER PATTY 625 SWEET MAPLE CARROTS 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK	289 WG PANCAKES WITH SAUSAGE PATTY 634 HASH BROWNS 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK <b>FOOD ORDER DUE - WEEK OF 9/23</b>	264 4" X 6" WHOLE GRAIN CHEESE PIZZA 611 <b>BABY CARROTS PACK</b> 670 FRESH FRUIT 100 WHITE MILK	251 WG BAKED CHICKEN NUGGETS 606 CHOPPED ROMAINE SALAD 697 <b>BAGGED APPLE SLICES</b> 904 WHEAT BREAD 100 WHITE MILK
273 WG ROTINI BAKE W/CHEESE & MEATSAUCE 624 GARLIC BUTTER GREEN BEANS 670 FRESH FRUIT 100 WHITE MILK	205 WHOLE GRAIN POPCORN CHICKEN 628 MIXED VEGETABLES 683 UNSWEETENED APPLESAUCE CUP 904 WHEAT BREAD 100 WHITE MILK	255 CHEESE STUFFED BREADSTICKS 622 RED GOLD MARINARA SAUCE CUP 611 <b>BABY CARROTS PACK</b> 670 FRESH FRUIT 100 WHITE MILK <b>FOOD ORDER DUE - WEEK OF 9/30</b>	226 WG PHILLY STEAK & CHEESE PINWHEEL 606 <b>CHOPPED ROMAINE SALAD</b> 697 <b>BAGGED APPLE SLICES</b> 100 WHITE MILK	253 HOT DOG WITH FRENCH FRIES 603 MAPLE BAKED BEANS 907 WHEAT HOT DOG BUN 100 WHITE MILK 
207 RIB-B-QUE 639 CORN 625 SWEET MAPLE CARROTS 914 WHEAT HAMBURGER BUN 100 WHITE MILK	204 CHICKEN PARMESAN 626 SWEET GARLIC BUTTER PEAS 684 MIXED BERRY APPLESAUCE CUP 914 WHEAT HAMBURGER BUN 100 WHITE MILK	272 FOUR CHEESE WG PANINI 611 <b>BABY CARROTS PACK</b> 670 FRESH FRUIT 100 WHITE MILK <b>FOOD ORDER DUE - WEEK OF 10/7</b>	251 WG BAKED CHICKEN NUGGETS 628 MIXED VEGETABLES 670 FRESH FRUIT 904 WHEAT BREAD 100 WHITE MILK 	263 5" ROUND WG CHEESE PIZZA 606 <b>CHOPPED ROMAINE SALAD</b> 697 <b>BAGGED APPLE SLICES</b> 100 WHITE MILK
253 HOT DOG WITH FRENCH FRIES 670 FRESH FRUIT 907 WHEAT HOT DOG BUN 100 WHITE MILK	210 WG CRISPY CHICKEN FILLET 639 CORN 697 <b>BAGGED APPLE SLICES</b> 914 WHEAT HAMBURGER BUN 100 WHITE MILK 	271 WG SPAGHETTI AND MEATBALLS 623 BROCCOLI 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK <b>FOOD ORDER DUE - WEEK OF 10/14</b>	269 MINI CORN DOGS & WG CHICKEN NUGGETS W/POTATO ROUNDS 606 <b>CHOPPED ROMAINE SALAD</b> 904 WHEAT BREAD 100 WHITE MILK	223 WG VEGETABLE PINWHEEL 611 <b>BABY CARROTS PACK</b> 670 FRESH FRUIT 100 WHITE MILK

**ITEMS HIGHLIGHTED CANNOT BE CHANGED OR CANCELLED**

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Milk: Either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk must be served.

**REMINDER! Water must be OFFERED every day!**

**MENU SUBJECT TO CHANGE**

**WG = WHOLE GRAIN-RICH**