

# SEPTEMBER 2022 CHILD CARE HOT LUNCH MENU

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

MONDAY 9/5/2022	TUESDAY 9/6/2022	WEDNESDAY 9/7/2022	THURSDAY 9/8/2022	FRIDAY 9/9/2022
<p><b>Labor Day</b></p>	281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	280 BEEF PATTY WITH GREEN BEANS 697 BAGGED APPLE SLICES 914 WHEAT HAMBURGER BUN 100 WHITE MILK	291 GRILLED CHICKEN STRIPS WITH CARRIBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS 506 CHOPPED ROMAINE SALAD 100 WHITE MILK	264 4" x 6" WG CHEESE PIZZA or 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
290 SPANISH BROWN RICE WITH BLACK BEANS, CHEDDAR CHEESE & PLAINTAINS 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA 670 FRESH FRUIT 100 WHITE MILK	286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 697 BAGGED APPLE SLICES 100 WHITE MILK	264 4" x 6" WG CHEESE PIZZA or 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK	285 GRILLED CHICKEN STRIPS WITH HONEY MUSTARD SAUCE AND GREEN BEANS 506 CHOPPED ROMAINE SALAD 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
288 WG MACARONI & CHEESE WITH BROCCOLI 670 FRESH FRUIT 100 WHITE MILK	293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	295 MEATLOAF & GRAVY WITH MASHED POTATOES 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	264 4" x 6" WG CHEESE PIZZA or 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD 697 BAGGED APPLE SLICES 100 WHITE MILK	283 WG CHICKEN TENDERS WITH CORN 506 CHOPPED ROMAINE SALAD 100 WHITE MILK
9/26/2022	9/27/2022	9/28/2022	Start of Fall 9/29/2022	9/30/2022
287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 670 FRESH FRUIT 100 WHITE MILK	280 BEEF PATTY WITH GREEN BEANS 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK	291 GRILLED CHICKEN STRIPS WITH CARRIBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS 506 CHOPPED ROMAINE SALAD 100 WHITE MILK	264 4" x 6" WG CHEESE PIZZA or 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD 697 BAGGED APPLE SLICES 100 WHITE MILK

**MENU SUBJECT TO CHANGE**

**+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD**

**WG = WHOLE GRAIN-RICH**

**Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.**

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

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