

SUPPER 2023 AFTERSCHOOL HOT SUPPER MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/4/2023 LABOR DAY	9/5/2023 297 CHICKEN & VEGETABLE DUMPLINGS 683 UNSWEETENED APPLESAUCE CUP 100 MILK	9/6/2023 286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 MILK	9/7/2023 202 CHEESEBURGER ON BUN 604 BAKED BEANS 506 CHOPPED ROMAINE SALAD OR 683 UNSWEETENED APPLESAUCE CUP 100 MILK	9/8/2023 284 CHICKEN ALFREDO WITH PENNE AND BROCCOLI 506 CHOPPED ROMAINE SALAD OR 611 BAGGED CARROTS PACK 100 MILK
9/11/2023 282 BBQ POPCORN CHICKEN WITH SWEET MASHED POTATOES 684 MIXED BERRY APPLESAUCE CUP 904 WHEAT BREAD 100 MILK	9/12/2023 215 TACO STICK 620 SALSA 670 FRESH FRUIT 941 TOSTITO SCOOPS 100 MILK	9/13/2023 298 TURKEY CHILI WITH ITALIAN VEGETABLES 683 UNSWEETENED APPLESAUCE CUP 904 WHEAT BREAD 100 MILK	9/14/2023 228 MAC AND CHEESE WITH BROCCOLI 506 CHOPPED ROMAINE SALAD OR 670 FRESH FRUIT 100 MILK	9/15/2023 264 4x6 CHEESE PIZZA OR 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD OR 611 BAGGED CARROTS PACK 100 MILK
9/18/2023 283 CHICKEN TENDERS WITH CORN 670 FRESH FRUIT 904 WHEAT BREAD 100 MILK	9/19/2023 273 SWEDISH MEATBALLS WITH BROCCOLI 683 UNSWEETENED APPLESAUCE CUP 100 MILK	9/20/2023 287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 670 FRESH FRUIT 100 MILK	9/21/2023 280 HAMBURGER WITH GREEN BEANS 506 CHOPPED ROMAINE SALAD OR 670 FRESH FRUIT 100 MILK	9/22/2023 268 FRENCH BREAD PIZZA OR 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD OR 611 BABY CARROTS PACK 684 MIXED BERRY APPLESAUCE CUP 100 MILK
9/24/2023 293 CHICKEN PARMESAN WITH GREEN BEANS 683 UNSWEETENED APPLESAUCE CUP 100 MILK	9/25/2023 256 CHEESE STUFFED BREADSTICKS 622 MARINARA SAUCE 670 FRESH FRUIT 100 MILK	9/26/2023 215 TACO STICK 620 SALSA CUP 670 FRESH FRUIT 941 TOSTITO SCOOPS 100 MILK	9/27/2023 296 SALIBURY STEAK WITH ROASTED SEASONED POTATOES 506 CHOPPED ROMAINE SALAD OR 684 MIXED BERRY APPLESAUCE CUP 904 WHEAT BREAD 100 MILK	9/28/2023 225 CIABATTA CHEESE MELT 506 CHOPPED ROMAINE SALAD OR 611 BABY CARROTS PACK 670 FRESH FRUIT 100 MILK

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Milk Variety includes Skim White Milk, 1 % White Milk, Skim Chocolate Milk, Skim Strawberry Milk and Skim Lactose Free Milk

REMINER: Water must be OFFERED every day!
WG = WHOLE GRAIN-RICH