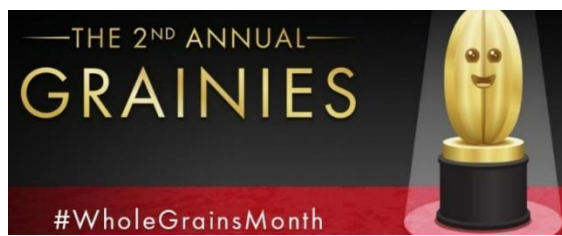


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE</p> <p>MENU SUBJECT TO CHANGE</p> <p style="text-align: center;">This institution is an equal opportunity provider.</p>		<p>1</p> <p>Chicken and Gravy Over WG Brown Rice WG Assorted Graham Cracker Crunchy Broccoli with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>2</p> <p>WG Chicken Nuggets with BBQ Sauce WG Assorted Graham Cracker Steamed Green Beans Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>3</p> <p>Harvest Chicken Salad on WG Croissant Crunchy Broccoli with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk</p>
<p>6 NO SCHOOL / MCFI CLOSED</p>	<p>7</p> <p>Orange Chicken over WG Brown Rice WG Assorted Graham Cracker Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>8</p> <p>Hamburger on WG Bun Ketchup Packet Steamed Mixed Vegetables Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>9</p> <p>Chicken Fajita on WG Tortilla Taco Sauce Packet WG Assorted Graham Cracker Steamed Corn Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>10</p> <p>WG Cheese Pizza Sticks (2) with Marinara Dipping Sauce Romaine Salad with Salad Dressing (2) Seasonal Fruit 100% Fruit Juice Choice of Milk</p>
<p>13</p> <p>Chicken Nachos with WG Tortilla Chips (2 oz), Shredded Cheese, Shredded Lettuce and Salsa Cup Patterson Orchard Fresh Apple 100% Fruit Juice Choice of Milk</p>	<p>14</p> <p>Baked Chicken Leg WG Cornbread with Honey Packet WG Savory Cracker Vegetarian Baked Beans Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>15</p> <p>Turkey and Cheese Sub on WG Roll Mayo Packet Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk WG Rice Krispies Treat</p>	<p>16</p> <p>Turkey Hot Dog on WG Bun Ketchup Packet (2) McCain Roasted Potatoes Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>17</p> <p>Domino's Cheese Pizza Crunchy Broccoli with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk</p>
<p>20</p> <p>Brunch for Lunch Glazed French Toast (1) Jones Chicken Breakfast Sausage (1) WG Savory Cracker Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>21</p> <p>WG Beef and Cheese Burrito Taco Sauce Packet WG Assorted Graham Cracker Ranchero Beans Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>22</p> <p>Chicken Alfredo over Pasta WG Dinner Roll with Margarine Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>23</p> <p>WG Chicken Patty on WG Bun Mayo Packet Steamed Corn Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>24</p> <p>WG Meat Calzone Marinara Sauce Cup Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk</p>
<p>27</p> <p>Teriyaki Chicken over WG Brown Rice WG Assorted Graham Cracker Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>28</p> <p>BBQ Chicken Sandwich on WG Bun Steamed Mixed Vegetables Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>29</p> <p>WORLD SCHOOL MILK DAY Homemade Beef and Bean Chili with Shredded Cheese and Noodles Whole Grain Cornbread with Honey Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>30</p> <p>WG Cheese Pizza Sticks (2) Marinara Sauce Cup Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	

= Local Items



Every September, we celebrate the goodness of whole grains! The annual Whole Grains Month campaign brings whole grain recipes, health information, cooking tips, and much more to people around the world. Whole Grains Month is a great time for everyone to get on the whole grains bandwagon. Eating better is not an all-or-nothing choice. Every little improvement you make in your food helps—all year long.

Source: wholegrainscouncil.org

For more recipes and ideas, click the QR Code!

