



September 2021 Lunch / Supper Menu



Mon	Tue	Wed	Thu	Fri / Sat / Sun
AUG 30	AUG 31	SEPT 1	2	3/4/5
Oven Roasted Turkey & Cheese Sandwich (4.5oz) WGR Bun Applesauce Cup (4oz) Baby Carrots x 2 (3.2oz) 1% Low Fat Milk (0.5pt) Mayo / Ranch / Tajin	WGR Breaded Chicken Patty on WGR Biscuit Sandwich (3.23oz) Mozzarella String Cheese (1 oz) Corn Vegetable Cup (4oz) Fresh Grapes (2oz) 1% Low Fat Milk (0.5pt)	Beef Maple Sausage Patty on WGR Hawaiiin Bun (3.1oz) Sunflower Seeds (1oz) Baby Carrots x 2 (3.2 oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt) Ranch / Tajin	Turkey-ham & Cheese on WGR Bun (4.5oz) Peas & Carrots Vegetable Cup (4oz) Diced Pears Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard	WGR Breaded Chicken Patty on WGR Mini-Waffle (4.4oz) Carrots Vegetable Cup (4oz) Fresh Apple 1% Low Fat Milk (0.5pt)
Mon	Tue	Wed	Thu	Fri / Sat / Sun
6	7	8	9	10/11/12
Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2 oz) Baby Carrots (1.6 oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt). Ranch	WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Corn Vegetable Cup (4oz) Fresh Apple 1% Low Fat Milk (0.5pt)	WGR Chicken Patty on WGR Hamburger Bun (4.1oz) Baby Carrots x 2 (3.2 oz) Mixed Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) BBQ Sauce / Tajin / Ranch	Mini-Cheeseburger Sliders x2 (4.5oz) WGR Bread Peaches Fruit Cup (4oz) Sweet Corn Vegetable Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard/Ketchup	Turkey-ham & Cheese on a WGR Hawaiiin Bun (3.1oz) Peas & Carrots Vegetable Cup (4oz) Sunflower Seeds (1oz) Fresh Grapes (2oz) 1% Low Fat Milk (0.5pt). Mayo/Mustard
Mon	Tue	Wed	Thu	Fri / Sat / Sun
13	14	15	16	17/18/19
Oven Roasted Turkey & Cheese Sandwich (4.5oz) WGR Bun Applesauce Cup (4oz) Baby Carrots x 2 (3.2oz) 1% Low Fat Milk (0.5pt) Mayo / Ranch / Tajin	WGR Breaded Chicken Patty on WGR Biscuit Sandwich (3.23oz) Mozzarella String Cheese (1 oz) Corn Vegetable Cup (4oz) Fresh Grapes (2oz) 1% Low Fat Milk (0.5pt)	Beef Maple Sausage Patty on WGR Hawaiiin Bun (3.1oz) Sunflower Seeds (1oz) Baby Carrots x 2 (3.2 oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt) Ranch / Tajin	Turkey-ham & Cheese on WGR Bun (4.5oz) Peas & Carrots Vegetable Cup (4oz) Diced Pears Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard	WGR Breaded Chicken Patty on WGR Mini-Waffle (4.4oz) Carrots Vegetable Cup (4oz) Fresh Apple 1% Low Fat Milk (0.5pt)
Mon	Tue	Wed	Thu	Fri / Sat / Sun
20	21	22	23	24/25/26
Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2 oz) Baby Carrots (1.6 oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt). Ranch	WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Corn Vegetable Cup (4oz) Fresh Apple 1% Low Fat Milk (0.5pt)	WGR Chicken Patty on WGR Hamburger Bun (4.1oz) Baby Carrots x 2 (3.2 oz) Mixed Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) BBQ Sauce / Tajin / Ranch	Mini-Cheeseburger Sliders x2 (4.5oz) WGR Bread Peaches Fruit Cup (4oz) Sweet Corn Vegetable Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard/Ketchup	Turkey-ham & Cheese on a WGR Hawaiiin Bun (3.1oz) Peas & Carrots Vegetable Cup (4oz) Sunflower Seeds (1oz) Fresh Grapes (2oz) 1% Low Fat Milk (0.5pt). Mayo/Mustard
Mon	Tue	Wed	Thu	Fri / Sat / Sun
27	28	29	30	OCT 1/2/3
Oven Roasted Turkey & Cheese Sandwich (4.5oz) WGR Bun Applesauce Cup (4oz) Baby Carrots x 2 (3.2oz) 1% Low Fat Milk (0.5pt) Mayo / Ranch / Tajin	WGR Breaded Chicken Patty on WGR Biscuit Sandwich (3.23oz) Mozzarella String Cheese (1 oz) Corn Vegetable Cup (4oz) Fresh Grapes (2oz) 1% Low Fat Milk (0.5pt)	Beef Maple Sausage Patty on WGR Hawaiiin Bun (3.1oz) Sunflower Seeds (1oz) Baby Carrots x 2 (3.2 oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt) Ranch / Tajin	Turkey-ham & Cheese on WGR Bun (4.5oz) Peas & Carrots Vegetable Cup (4oz) Diced Pears Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard	WGR Breaded Chicken Patty on WGR Mini-Waffle (4.4oz) Carrots Vegetable Cup (4oz) Fresh Apple 1% Low Fat Milk (0.5pt)

Acronyms
WGR: Whole Grain Rich
Note: All main component food items have CN label

Identification of mixed foods
Mixed Fruit Cup: diced pears, peaches, and cherries
Mixed Veggie Cup: diced peas & carrots

Required Disclaimers
Children 24 months and older will be served 1% or fat free milk
Water is available to all participants through a water fountain
This Institution is an Equal Opportunity Provider

Special Notes
This menu may change without notice due to supply issues
Items are delivered and served cold

Food Allergen Disclaimer: These products were processed with equipment which handles peanuts and other allergen products. People who have an allergy or severe sensitivity to peanuts run the risk of serious or life-threatening allergic reaction if they consume these products

We appreciate your partnership and understand that 'Life Happens'!! To help avoid waste please remember to give at least 2 business days notice of changes to your requirements.