

# September 2020 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>14</b> ham sandwiches (2 slices w/ bread 1 ½ oz ham) peaches ( 1/4c) carrots (1/4c) 1% milk (3/4c)</p>	<p><b>15</b> beef &amp; bean chili (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1% milk (3/4 c)</p>	<p><b>16</b> mac &amp; cheese w/ turkey dogs (1/2c pasta 1.5 oz chopped turkey dogs) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c) -</p>	<p><b>17</b> hamburger cream of mush (1/2 c) Hapa rice (1/2 c) pears (1/4 c) corn (1/4 c) 1% milk (3/4 C)</p>	<p><b>18</b> Hamburger (1.5oz) on bun Pears (1/4c) Green beans (1/4c) 1% milk (3/4c)</p>
<p><b>21</b> turkey sandwiches (2 slices w/ bread 1 ½ oz turkey) applesauce ( 1/4c) cucumbers(1/4c) 1% milk (3/4c)</p>	<p><b>22</b> spaghetti (1/2 c pasta &amp; 1/2c meat sauce) pears (1/4 c) green beans (1/4 c) 1% milk (3/4 c)</p>	<p><b>23</b> fish sticks (3 pieces) Hapa rice (1/2 c) peaches (1/4 c) green beans (1/4 c) 1% milk (3/ 4 c)</p>	<p><b>24</b> hamburger &amp; veggie stew (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)</p>	<p><b>25</b> - sloppy joes (1/2 c meat sauce &amp; bun) pears(1/4 c) green beans (1/4 c) 1% milk (3/4 c)</p>
<p><b>28</b> PB&amp;J Sandwiches (2 sl w/ bread &amp; 1.5o pb) pears (1/4 c) carrots (1/4 c) 1% milk (3/4 C)</p>	<p><b>29</b> beef stroganoff (1/2c meat sauce 1/2c pasta) pears (1/4c) corn (1/4c) 1% milk (3/4c)</p>	<p><b>30</b> taco salad (1oz grnd beef, ½ oz cheese, ¼ cup lettuce 7 cabbage) oranges (1/4c) slice of wheat bread 1% milk (3/4c)</p>		

This menu is subject to change based upon the availability of products.  
Rice is hapa ½ white ½ brown  
Infant Toddler substitutions made

AM snack: ½ cup oranges, ¼ cup cheerios & crackers

PM snack: ½ cup 1% milk, ¼ cup cheerios & crackers