

SEPTEMBER 2024 LUNCH MENU: DON BOSCO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
LABOR DAY	Steak & cheese subs Sirloin beef steak 2oz American cheese 1oz Whole grain sub rolls 2oz Sliced carrots 1c Whole apples 1c Milk 8oz	Chicken Fajita Chicken strips 2oz Whole grain tortilla 1oz Mexican brown rice 1/2c Black beans & corn 1c Grilled peppers & onions 1/4c Watermelon 1c Milk 8oz	Grilled chicken salad Grilled Chicken cubes 2oz Crisp romaine lettuce 2c Whole grain garlic bread 2oz Tomato wedges 1/4c Banana 1c Milk 8oz	Hamburger 2.8oz Whole grain buns 2oz Potato wedges 1c Whole oranges 1c Milk 8oz
9	10	11	12	13
Italian meatball subs Turkey & beef Meatballs 2oz Whole grain sub rolls 2oz Provolone cheese 1oz Marinara sauce 1/4c Baked veggie beans 1c Banana 1c Milk 8oz	Chicken Caesar salad Grilled chicken 2oz Whole grain croutons 2oz Tomato wedges 1c Crisp romaine lettuce 2c Caesar dressing 1.5oz Canteloupe 1c Milk 8oz	All beef hotdogs (2 oz) Whole grain buns 2oz Roasted potato 1c Banana 1c Milk 8oz	Baked chicken tenders 2oz Brown rice yellow recipe 1c Roasted zucchini & squash 1c Honeydew melon 1c Milk 8oz	Cheese & pepperoni pizza Pizza Cheese & pepperoni 3.5oz Cheese & pepperoni pizza 2oz Fresh Baby carrots 3/4c Tomato sauce 1/4c Whole orange 1c Milk 8oz
16	17	18	19	20
Chicken Parmesan sub Baked chicken patty 2oz Whole grain sub roll 2oz Provolone cheese 1oz Baked veggie beans 1c Banana 1c Milk 8oz	Grilled cheese & ham sandwich Turkey Ham & cheese 3oz Whole grain sliced bread 2oz Tomato soup 6oz Sliced carrots 1c Honeydew melon 1c Milk 8oz	Grilled Chicken salad Grilled chicken cubes 2oz Romaine lettuce 1c Whole grain garlic bread 2oz Ranch dressing 1c Canteloupe 1c Tomato & cucumber Milk 8oz	Teriyaki meatballs 2oz Fried brown rice 1c w/red kidney beans 1/8c Black beans & corn 1c Banana 1c Milk 8oz	Breakfast for lunch Scrambled egg 2.5oz Whole grain pan cake 2oz Baked potato tots 1c Whole orange 1c Milk 8oz
23	24	25	26	27
Chicken tender salad Baked chicken tender 2oz Roamine lettuce 2c Whole grain croutons 2oz Tomato wedges 1/4c Ranch dressing 1.5oz Banana 1c Milk 8oz	Chicken patty sandwich Baked chicken patty 2oz Whole grain buns 2oz Roasted potato 1c Honeydew melon 1c Milk 8oz	Beef taco 2oz Diced & sauce tomato 1/4c Whole grain tortilla 1oz Mexican rice 1/2c Black & red bean salsa 1c Canteloupe 1c Milk 8oz	Salisbury steak Beef patty 2.8oz Whole grain sliced bread 2oz Mashed potato 1c Brown gravy 1/8c Whole oranges 1c Milk 8oz	Cheese & pepperoni pizza Pizza cheese & pepperoni 3.5oz Whole grain dough 2oz Tomato sauce 1/4c Fresh Baby carrots 3/4c Whole apples 1c Milk 8oz
30				
Italian meatball sub Beef & turkey meatballs 2oz Provolone cheese 1oz Whole grain sub rolls 2oz Baked veggie beans 1c Banana 1c Milk 8oz				

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz: Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

* Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come); Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

Harrisberg Dairy, PA

Bowie Produce, Landover MD