

Tuesday Sep 1

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Corn Dog	1 each 1 each	30	
Or			
Beef Teriyaki Bites	1 serving 4 nug...	10.2	
Southern Style Biscuit	2.2oz each 1 e...	26	
Mashed Potatoes	1/2 cup	14	
Pinto Beans	1/2 cup	10	
Diced Peaches	140 Grams 1/2 ...	17	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Wednesday Sep 2

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Beef-a-Roni	3/4 cup 3/4 cup	26.7	
Garlic Breadstick	1 each 2 oz	26	
Or			
Turkey & Cheese Wrap	1 each	26	
Steamed Broccoli Spears	1/2 CUP	4.4	
Buttered Corn	1/2 cup 1/2 cup	17	
Fresh Grape Packets (Item # 2238)	1 pack 1/2 cup		
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Thursday Sep 3

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Grilled Cheese	1 each 2 oz	30.5	
Or			
BBQ Rib on Bun	1 each	37	
Glazed Carrots	1/2 cup	21.8	
Lima Beans	1/2 cup	28	
Fruit Mix	1/2 cup 1/2 cup	20	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Friday Sep 4

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Hotdog w/Chili on Bun	1 each 1 each	34.4	
Or			
BBQ on Bun	1 each	33	
Creamy Cole Slaw	1/8 cup	2.8	
Potato Tots	1 CUP	29.1	
Baked Beans	1/2 cup 1/2 cup	30	
Fresh Apple (Item # 2112)	1 each		
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Tuesday Sep 8

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Nardones Cheese Pizza	1 each 2oz Me...	30	
Or			
Chicken Salad w/Crackers	1/2 CUP	47.4	
Buttered Corn	1/2 cup 1/2 cup	17	
Steamed Broccoli	1 CUP	8.7	
Applesauce Cups	1/2 cup 1/2 cup	14	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Wednesday Sep 9

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Country Style Steak	1 patty each	5	
Or			
Oven Roasted Chicken	2 oz serving	0	
Southern Style Biscuit	2.2oz each 1 e...	26	
Mashed Potatoes w/gravy	1/2 cup	14	
Sweet Peas	1/2 cup	15.8	
Orange Wedges	1 Whole Orang...	15.4	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Thursday Sep 10

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Walking Taco	1 each 1 each	30.8	
Or			
Chicken Nachos	1 Serving 2oz ...	23.9	
Lettuce & Cheese Cup	1/4 CUP 1/4 CUP	1	
Salsa 1/4 cup	1/4 cup 63.11	4.1	
Pinto Beans	1/2 cup	10	
Diced Peaches	140 Grams 1/2 ...	17	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Friday Sep 11

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Chicken Fillet on Bun	1 each 1 each	43	
Or			
Ham&Cheese Sandwich	1 each 1 each	36	
Lettuce, Tomato, & Pickle	1/2 cup 86.49 g...	2.2	
Fresh Baby Carrots	1/2 cup 1/2 cup	9.6	
Fresh Strawberries	0.5 Cup	5.6	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Monday Sep 14

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Wild Mikes Cheese Pocket	1 each 1 each	28	
Or			
Corn Dog	1 each 1 each	30	
Broccoli w/Ranch	1/2 cup	8	
Fresh Baby Carrots	1/2 cup 1/2 cup	9.6	
Applesauce Cups	1/2 cup 1/2 cup	14	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Tuesday Sep 15

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Baked Porkchop on Bun	1 each	18	
Or			
Chicken Fillet on Bun	1 each 1 each	43	
Candied Yams	1/2 cup	44	
Collard Greens	1 CUP	13.8	
Pineapple Tidbits	1/2 cup 1/2 cup	15	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Wednesday Sep 16

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Spaghetti with Meatsauce	3/4 cup	19.7	
Or			
Grilled Cheese	1 each 2 oz	30.5	
Garlic Breadstick	1 each 2 oz	26	
Buttered Corn	1/2 cup 1/2 cup	17	
Cucumber Slices with Ranch	1/2 cup 1/2 cup	7.6	
Fruit Mix	1/2 cup 1/2 cup	20	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Thursday Sep 17

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Meat Loaf	1 patty each 2....	8	
Or			
Chicken Nugget	1 serving 5 nug...	16.3	
Southern Style Biscuit	2.2oz each 1 e...	26	
Mashed Potatoes	1/2 cup	14	
Green Beans	1/2 cup	6.3	
Fresh Banana (Item # 2803)	1 each 1/2 cup		
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Friday Sep 18

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Cheeseburger on Bun	1 each 1 each	32.1	
Or			
Fish on Bun	1 each	46.2	
Crispy Baked Fries	1/2 cup	12	
Baked Beans	1/2 cup 1/2 cup	30	
Orange Wedges	1 Whole Orang...	15.4	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Monday Sep 21

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Meatball Sub	1 each 1 each	35.5	
Or			
Hotdog w/Chili on Bun	1 each 1 each	34.4	
Lima Beans	1/2 cup	28	
Steamed Cauliflower	1/2 cup	4.5	
Diced Pears	1/2 cup 1/2 cup	20	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Tuesday Sep 22

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Chicken Nugget	1 serving 5 nug...	16.3	
Or			
Beef Teriyaki Bites	1 serving 4 nug...	10.2	
Garlic Breadstick	1 each 2 oz	26	
Mashed Potatoes w/gravy	1/2 cup	14	
Green Beans	1/2 cup	6.3	
Diced Peaches	140 Grams 1/2 ...	17	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Wednesday Sep 23

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Soy Butter &Jelly Sandwich	1 each 4.6 oz	53	
Or			
Sloppy Joe	1 each	39	
Broccoli w/Ranch	1/2 cup	8	
Pinto Beans	1/2 cup	10	
Fresh Grape Packets (Item # 223)	1 pack 1/2 cup		
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Thursday Sep 24

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Pepperoni Pizza	1 Each	36	
Or			
Corn Dog	1 each 1 each	30	
Buttered Corn	1/2 cup 1/2 cup	17	
Cucumber Slices with Ranch	1/2 cup 1/2 cup	7.6	
Fruit Mix	1/2 cup 1/2 cup	20	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Friday Sep 25

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Ham&Cheese Sandwich	1 each 1 each	36	
Or			
Wild Mikes Cheese Pocket	1 each 1 each	28	
Fresh Baby Carrots	1/2 cup 1/2 cup	9.6	
Pickle Spears	1/2 cup		
Watermelon	1 1	5	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Monday Sep 28

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Stuffed Crust Pepperoni Pizza	1 slice each 14...	38	
Or			
Chicken Salad w/Crackers	1/2 CUP	47.4	
Buttered Corn	1/2 cup 1/2 cup	17	
Garden Salad	1/2 cup	3.2	
Applesauce Cups	1/2 cup 1/2 cup	14	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Tuesday Sep 29

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Creamed Chicken	2 OZ.	0.5	
Or			
Country Style Steak	1 patty each	5	
Steamed Rice	1/2 cup	25.7	
Collard Greens	1 CUP	13.8	
Black-eyed Peas	1/2 cup 1/2 cup...	24	
Diced Peaches	140 Grams 1/2 ...	17	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Wednesday Sep 30

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Turkey & Cheese Sandwich	1 each 1 each	33	
Or			
Ham&Cheese Sandwich	1 each 1 each	36	
Fresh Baby Carrots	1/2 cup 1/2 cup	9.6	
Pickle Spears	1/2 cup		
Fresh Banana (Item # 2803)	1 each 1/2 cup		
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		