veg = Vegetarian

= Vegan

September Supper

Fruit and Vegetables offered daily:
M: Fruit Bowl & Seasoned Beans

M: Fruit Bowl & Seasoned Beans
T: Assorted Fruit Cups & Baby Carrots
W: Fruit Bowl & Side Salad
Th: Assorted Fruit Cups & Baby Carrots

F: Fruit Bowl & Spicy Cucumber



All meals include the following components: Grain,
Meat or Meat Alternative, Fruit, Vegetable, and Milk.
Students must select 3 out of the 5 components
offered, with one component being a fruit or vegetable.
\*The whole grain option may consist of chips, crackers,
a roll, or a pretzel.

Assorted Condiments: (optional vary daily) Mustard, Mayonnaise, Ketchup, Tapatio. Milk: 1%Low-fat White Milk, and Nonfat Chocolate Milk offered daily with each meal. All milk is locally sourced and rBST hormone free. \*\* Milk is NOT required with Meals\*\*

NOURISHING THE FUTURE