

# 9-12 Menu – Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Philly Chicken Sub</b>                      Crunchy Carrot Sticks with Dip                      French Fries                      Canned Pineapple                      Fresh Melon Cup                      Milk Choice</p>	<p><b>Cheesy Omelet with Salsa</b>                      Harvest Apple Muffin                      Superb Sweet Potato Tots                      Canned Pears                      Smooth Yogurt and Crunchy Granola                      Milk Choice</p>	<p><b>Chicken Nuggets</b>                      Creamy Butternutty Mac &amp; Cheese                      Fresh Garden Salad                      Strawberry Cup                      Canned Peaches                      Milk Choice</p>	<p><b>Hamburger on a Bun</b>                      Tangy Apple Cranberry Coleslaw                      Texas-style Baked Beans                      Toasted Potato Wedges                      Fruit Cocktail                      Milk Choice</p>	<p><b>Italian Seasoned Stromboli with Marinara Sauce</b>                      Steamed Green Beans                      Citrus Fruit Cup                      Oatmeal Cookie                      Milk Choice</p>

## Notes:

\*\* Indicates an “extra” item that does not contribute to the meal pattern

All grains are whole grain rich.

Milk Choice includes:  
 1% White  
 Skim White  
 Skim Chocolate



# 9-12 Menu – Week 2 with Grab ‘n’ Go

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Philly Chicken Sub</b> Crunchy Carrot Sticks with Dip French Fries Canned Pineapple Fresh Melon Cup Milk Choice</p>	<p><b>Cheesy Omelet with Salsa</b> Harvest Apple Muffin Superb Sweet Potato Tots Canned Pears Smooth Yogurt and Crunchy Granola Milk Choice</p>	<p><b>Chicken Nuggets</b> Creamy Butternutty Mac &amp; Cheese Fresh Garden Salad Strawberry Cup Canned Peaches Milk Choice</p>	<p><b>Hamburger on a Bun</b> Tangy Apple Cranberry Coleslaw Texas-style Baked Beans Toasted Potato Wedges Fruit Cocktail Milk Choice</p>	<p><b>Italian Seasoned Stromboli with Marinara Sauce</b> Steamed Green Beans Citrus Fruit Cup Oatmeal Cookie Milk Choice</p>
<p><b>Tuna Salad Sandwich</b> Carrots and Jicama with Dip Applesauce Cup Assorted Whole Fruit* Baked Chips* (**) Milk Choice</p>	<p><b>Berry Chicken Salad</b> Dinner Roll Canned Peaches Assorted Whole Fruit* Milk Choice</p>	<p><b>Greek Turkey Pita</b> Carrots and Cucumbers with Dip Fresh Melon Cup Assorted Whole Fruit* Milk Choice</p>	<p><b>Taco Salad</b> Southwest Salsa Strawberry Cup Assorted Whole Fruit* Milk Choice</p>	<p><b>Chicken Caesar Wrap</b> Tomato Corn Salad Crunchy Carrot Sticks and Dip Grapes Assorted Whole Fruit* Oatmeal Cookie Milk Choice</p>

## Notes:

\*\* Indicates an “extra” item that does not contribute to the meal pattern

All grains are whole grain rich.

Milk Choice includes:

1% White  
Skim White  
Skim Chocolate

