

**BADR
Lunch**

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5 Grilled Teriyaki Chicken Fillet on Wheat Hamburger Bun -1 Diced Carrots - 1c. Fresh Orange - 1 Milk - 8oz	6 Macaroni and Cheese-6 oz. Romaine Salad w/ Dressing-1.5c. Whole Grain Bread - 1 Fresh Orange-1 Milk - 8oz
9 W/G Mini Cheese Quesadillas - 3 REFRIED BEANS Applesauce Cup - 1/2 c. Milk - 8oz	10 Beef Meatloaf w/Ketchup - 3oz French Fries -3/4c Wheat Dinner Roll - 1 Applesauce Cup - 1/2 c. Milk - 8oz	11 Cheese Lasagna with NONMEAT Sauce-4 oz. Green Beans-3/4c. Whole Wheat Dinner Roll - 1 Fresh Banana-1 Milk -8oz	12 BREAKFAST FOR LUNCH French Toast Sticks-3 w/Syrup Turkey Sausage Links-3 Fresh Baby Carrots w/ Dip-1c. Mixed Fruit Cup - 1/2c Milk - 8oz	13 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz
16 Grilled Chicken Fillet w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Applesauce Cup - 1/2 c. Wheat Dinner Roll -1 Milk - 8oz	17 W/G Popcom Chicken-3.8 oz. w/ Sweet & Sour Sauce Green Beans-3/4 c. Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz	18 All Beef Hamburger on a Whole Wheat Bun-1 Diced Carrots-1c. Fresh Banana-1 Milk 8oz	19 Salisbury Steak with Gravy - 3oz. RED BEANS- 3/4c Applesauce Cup-1/2 c. Whole Grain Bread -1 Milk - 8oz	20 Cheese Pizza Calzone - 5oz. Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz
23 Chicken Burger Whole Wheat Bun-1 Vegetarian Beans - 3/4c Diced Pear Cup-1/2 c. Milk - 8oz	24 BBQ Beef Riblet on Wheat Hamburger Bun - 1 French Fries - 3/4c. Fresh Apple-1 Milk - 8oz	25 W/W Wow Butter Grape Jelly Jammer - 1 Fresh Baby Carrots w/ Dip-1c. Diced Pear Cup-1/2 c. Milk - 8oz	26 Chicken Meatballs w/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables - 3/4c. Fresh Apple-1 Whole Wheat Dinner Roll -1 Milk - 8oz	27 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz
30 Cheese Ravioli w/ NONMEAT Sauce - 3.5oz. Corn - 3/4c. ORANGE Wheat Dinner Roll -1 Milk - 8oz				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Happy Labor Day!	3	4	5 Fresh Apple-1 W/G Krispy Rice Cereal-1oz W/G Graham Crackers-3pk Milk-8 oz.	6 Strawberry Applesauce Cup1/2c Orange Juice - 4 oz. HONEY NUT CHEERIOS W/G Banana Muffin-2 oz. Milk-8 oz.
9 Mixed Fruit Cup - 1/2c 100% Apple Juice-4oz. W/G Cinnamon Toasters-1oz W/G Corn Muffin - 2oz Milk-8 oz.	10 Fresh Orange-1 Multigrain Cheerios - 1oz. Apple Breakfast Bar - 1 Milk-8 oz.	11 Fresh Pear - 1 W/G White Bagel with Cream Cheese-1 oz. Milk-8 oz.	12 Diced Pear Cup - 1/2c. 100% Fruit Punch-4oz W/G Poffitz Pancakes -1 Milk-8 oz.	13 Peach Applesauce Cup -1/2c 100% Grape Juice - 4oz BLUEBERRY MUFFIN Milk-8 oz.
16 Fresh Apple-1 W/G Fruit Loops Cereal -1oz. W/G Graham Crackers-3pk Milk-8 oz.	17 Peach Applesauce Cup-1/2c 100% Fruit Punch-4 oz. W/G Corn Flakes Cereal-1oz W/G Chocolate Tiger Bites-1 Milk-8 oz.	18 Fresh Pear - 1 W/G Blueberry Bagel w/ Cream Cheese - 1 Milk - 8oz	19 Fresh Orange - 1 W/G Superdonut - 2oz. Milk-8 oz.	20 Mixed Fruit Cup - 1/2c. 100% Apple Juice - 4oz W/G Croissant with Margarine - 2.2oz Milk-8 oz.
23 Fresh Apple-1 W/G Rice Chex Cereal W/G Graham Crackers-3pk Milk-8 oz.	24 Applesauce Cup -1/2c 100% Orange Juice - 4oz. Multigrain Cheerios - 1oz. W/G CHOCOLATE Tiger Bites- 1 Milk-8 oz.	25 Fresh Pear - 1 POFFITZ PANCAKES Milk -8oz.	26 Diced Pear Cup - 1/2c. 100% Straw-Kiwi Juice - 4oz. W/G Cinn. Frosted Flakes-1oz. W/G Chat Snax-1 Milk-8 oz.	27 Mandarin Orange Cup - 1/2 100% Grape Juice - 4oz. CHEX CEREAL W/G Blueberry Muffin-2oz Milk-8 oz.
30 Applesauce Cup - 1/2c 100% Orange Juice - 4oz. Multigrain Cheerios - 1oz. W/G Cinnamon Tiger Bites - 1 Milk-8 oz.				