

# September BREAKFAST MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Whole Grain Muffin (2.25 oz)
				Orange * (1 c)
				Milk (8oz)
4	5	6	7	8
<b>SCHOOL CLOSED</b>	French Toast (1 slice)	Scrambled Egg (1 lg)	Vanilla Yogurt (4 oz)	Whole Grain Muffin (2.25 oz)
<b>LABOR DAY</b>	Turkey Sausage (1 oz)	Hash Brown Potatoes (1/2 c)	Fresh Strawberries * (1 c)	Orange * (1 c)
	Sliced Pears (1 c)	Whole Grain Bagel (2 oz)	Granola Topping (1/4 c)	Milk (8oz)
	Milk (8oz)	Fresh Watermelon * (1 c)	Milk (8oz)	
		Milk (8oz)		
11	12	13	14	15
Pancake (2 oz)	French Toast (1 slice)	Scrambled Egg (1 lg)	Vanilla Yogurt (4 oz)	Whole Grain Muffin (2.25 oz)
Turkey Sausage (1 oz)	Turkey Sausage (1 oz)	Hash Brown Potatoes (1/2 c)	Fresh Strawberries * (1 c)	Orange * (1 c)
Guava & Pineapple (1 c)	Sliced Pears (1 c)	Whole Grain Bagel (2 oz)	Granola Topping (1/4 c)	Milk (8oz)
Milk (8oz)	Milk (8oz)	Fresh Watermelon * (1 c)	Milk (8oz)	
		Milk (8oz)		
18	19	20	21	22
Pancake (2 oz)	Scrambled Egg (1 lg)	French Toast (1 slice)	Vanilla Yogurt (4 oz)	Whole Grain Muffin (2.25 oz)
Turkey Sausage (1 oz)	Hash Brown Potatoes (1/2 c)	Turkey Sausage (1 oz)	Fresh Strawberries * (1 c)	Orange * (1 c)
Guava & Pineapple (1 c)	Whole Grain Bagel (2 oz)	Sliced Peaches (1 c)	Granola Topping (1/4 c)	Milk (8oz)
Milk (8oz)	Fresh Watermelon * (1 c)	Milk (8oz)	Milk (8oz)	
	Milk (8oz)			
25	26	27	28	29
Vanilla Yogurt (4 oz)	French Toast (1 slice)	Scrambled Egg (1 lg)	Vanilla Yogurt (4 oz)	Whole Grain Muffin (2.25 oz)
Fresh Strawberries * (1 c)	Turkey Sausage (1 oz)	Hash Brown Potatoes (1/2 c)	Fresh Strawberries * (1 c)	Orange * (1 c)
Granola Topping (1/4 c)	Sliced Pears (1 c)	Whole Grain Bagel (2 oz)	Granola Topping (1/4 c)	Milk (8oz)
Milk (8oz)	Milk (8oz)	Fresh Watermelon * (1 c)	Milk (8oz)	
		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

Harrisburg Dairy, PA

## September LUNCH MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
				All Beef Hot Dog (2 oz) Baked Beans (Veggie) (1 c) Baked Apple Slices (1 c) Whole Grain Hot Dog Roll (2 oz)  Milk (8 oz)
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>SCHOOL CLOSED</b>	Hawaiian Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Broccoli (3/4 c) Fresh Watermelon * (1 c) Milk (8 oz)	Pizza Sub Mozzarella Cheese (1.5 oz) Pepperoni (Beef) (.5 oz) Pizza Sauce (1/4 c) Whole Wheat Sub Roll (2 oz) Potato Wedges (3/4 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Chicken Tenders (2 oz) Brown Rice (yellowrecipe) (1 c) Sliced Carrots (1 c) Fresh Honeydew melon * (1 c) Milk (8 oz)	Turkey Burger (2 oz) Baked Beans (Veggie) (1 c) Baked Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)
<b>LABOR DAY</b>				
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Chili Mac (1 c) with Ground Turkey (2 oz) Whole Grain Penne Pasta (1 c) Tomato Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Baked Chicken (2 oz) Mashed Sweet Potatoes (1/2 c) Corn (1/2 c) Fresh Watermelon * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	Garlic Turkey Pasta (2 oz) Whole Grain Penne Pasta (1 c) Garlic Tomato Sauce (1 c) Broccoli (1 c) Fresh Honeydew melon * (1 c) Milk (8 oz)	Chicken Patty Sandwich (2 oz) Lettuce & Tomato (1/4c ea) Curried Chick Peas (1 c) Guava & Pineapple (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)	Sliced Turkey Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1.5 oz) Mandarin Orange Slices (1 c) Whole Grain Wheat Bread (2 slice) Milk (8 oz)
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (2 c) Whole Grain Croutons (1 c) Caesar Dressing (1 oz) Guava & Pineapple (1 c) Milk (8 oz)	Fajita Chicken (2 oz) Brown Rice (yellowrecipe) (1 c) Green Pepper & Onion (3/8c ea) Diced Tomato (1/4 c) Fresh Watermelon * (1 c) Milk (8 oz)	Whole Grain Spag (2 oz) (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Broccoli (1/2 c) Fresh Honeydew melon * (1 c) Milk (8 oz)	Pizza Sub Mozzarella Cheese (1.5 oz) Pepperoni (Beef) (.5 oz) Pizza Sauce (1/4 c) Whole Wheat Sub Roll (2 oz) Potato Wedges (3/4 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Hamburger (3 oz) Lettuce & Tomato (1/4c ea) Baked Beans (Veggie) (3/4 c) Baked Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Taco Bowl w/Ground Turkey (2 oz) Dice Tom & Tomato Sauce (1/2 c) Iceberg Lettuce (1/4 c) Mexican Brown Rice (1 c) Black Bean & Corn Salsa (1/2 c) Pineapple Chunks (1 c) Whole Grain Corn Tortilla (1.5 oz) Milk (8 oz)	Lemon Curry Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Sliced Carrots (3/4 c) Fresh Watermelon * (1 c) Milk (8 oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1/4 c) Whole Grain Wheat Bread (2 slice) Fresh Cantaloupe * (1 c) Milk (8 oz)	Macaroni & Cheese(2 oz) (1 c) Whole Grain Penne Pasta (1 c) Green Peas (1 c) Fresh Honeydew melon * (1 c) Milk (8 oz)	All Beef Hot Dog (2 oz) Baked Beans (Veggie) (1 c) Baked Apple Slices (1 c) Whole Grain Hot Dog Roll (2 oz) Milk (8 oz)

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Bowie Produce, Landover MD