

September BREAKFAST MENU: Don Bosco

The USDA and MSDE are Equal Opportunity Providers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
SCHOOL CLOSED	Pancake (2 oz) Turkey Sausage (1 oz) Diced Pears (1 c)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Fresh Honeydew Melon * (1 c)	French Toast (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c)	Whole Grain Muffin (2.25 oz) Orange * (1 c)
LABOR DAY	Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)
9	10	11	12	13
Pancake (2 oz) Turkey Sausage (1 oz) Cinnamon Apple Slices (1 c)	French Toast (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c)	Whole Grain Muffin (2.25 oz) Orange * (1 c)	Vanilla Yogurt Fresh Cantaloupe * (1 c) Granola Topping (1/4 c)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Diced Pears (1 c)
Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)
16	17	18	19	20
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Diced Pears (1 c)	Whole Grain Muffin (2.25 oz) Orange * (1 c)	French Toast (2 oz) Turkey Sausage (1 oz) Cinnamon Apple Slices (1 c)	Vanilla Yogurt Fresh Cantaloupe * (1 c) Granola Topping (1/4 c)
Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)
23	24	25	26	27
Whole Grain Muffin (2.25 oz) Orange * (1 c)	French Toast (2 oz) Turkey Sausage (1 oz) Cinnamon Apple Slices (1 c)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Diced Pears (1 c)	Pancake (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c)	Whole Grain Muffin (2.25 oz) Apple * (1 c)
Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)
30				
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c)				
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

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MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
SCHOOL CLOSED LABOR DAY	Hamburger (2 oz) Baked Beans (Veggie) (1 c) Fresh Cantaloupe * (1 c) Whole Grain Hot Dog Roll (2 oz) Milk (8 oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Wedge (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (2 oz) Cinnamon Apple Slices (1 c) Milk (8 oz)	Baked Chicken (2 oz) Roasted Potatoes (1/2 c) Green Beans (1/2 c) Banana * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	Meat Ball Sub (2 oz) Tomato Sauce (1/2 c) Potato Wedges (1 c) Fresh Water Melon * (1 c) Whole Grain Sub Roll (2 oz) Milk (8 oz)
9	10	11	12	13
All Beef Hot Dog (2 oz) Baked Beans (Veggie) (1 c) Fresh Cantaloupe * (1 c) Whole Grain Hot Dog Roll (2 oz) Milk (8 oz)	Chili w/ ground beef (2 oz) Diced Tomatoes (1/4 c) Onion (1/4 c) Diced Green & Red Peppers (1/4 c) Red Kidney Beans (1/4 c) Corn Bread (2 oz) Mandarin Orange Slices (1 c) Milk (8 oz)	Pizza Sub w/ pizza sauce (1/2 c) Mozzarella Cheese (2 oz) Whole Grain Sub Roll (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1/4 c) Fresh Water Melon * (1 c) Milk (8oz)	Cheesy Burger Pasta (1 c) with Ground Turkey (2 oz) Whole Grain Penne Pasta (1 c) Tomato Sauce (1/2 c) Broccoli (1/2 c) Pineapple Chunks (1 c) Milk (8oz)	BBQ Chicken (2 oz) Dirty Brown Rice (1 c) Corn & (1/2 c) Black Bean Salsa (1/2 c) Fresh Honeydew melon * (1 c) Milk (8oz)
16	17	18	19	20
Chicken Patty Sandwich (2 oz) Potato Wedges (1 c) Fresh Water Melon * (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)	Baked Chicken (2 oz) Roasted Potatoes (1/2 c) Green Beans (1/2 c) Banana * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) Italian Dressing (2 oz) Cinnamon Apple Slices (1 c) Whole Grain Wheat Bread (2 slice) Milk (8 oz)	Red Curry Chicken (2 oz) Curried Tomato Sauce (1/2 c) Brown Rice (yellowrecipe) (1 c) Curried Kidney Beans (1/2 c) Fresh Honeydew melon * (1 c) Milk (8 oz)	Whole Grain Spaghetti (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Green Beans (1/2 c) Sliced Peaches (1 c) Milk (8oz)
23	24	25	26	27
Hamburger (2 oz) Baked Beans (Veggie) (1 c) Sliced Peaches (1 c) Whole Grain Hot Dog Roll (2 oz) Milk (8 oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Wedge (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (2 oz) 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 (8oz)	Meat Ball Sub (2 oz) Tomato Sauce (1/2 c) Potato Wedges (1 c) Cinnamon Apple Slices (1 c) Whole Grain Sub Roll (2 oz) Milk (8 oz)	Peruvian Chicken (2 oz) Peruvian Brown Rice (1 c) w/ Red Kidney Beans (1/2 c) Diced Tomato (1/2 c) Corn (1/2 c) Fresh Water Melon * (1 c) Milk (8 oz)
30				
All Beef Hot Dog (2 oz) Baked Beans (Veggie) (1 c) Fresh Cantaloupe * (1 c) Whole Grain Hot Dog Roll (2 oz) Milk (8 oz)				

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Bowie Produce, Landover MD