



23/24 Mid-C Breakfast
Breakfast

The Lunch Lady (FSMC)

Mon	Tue	Wed	Thu	Fri
9/4/2023	9/5/2023	9/6/2023	9/7/2023	9/8/2023
	Main Entree Turkey Sausage	Main Entree Yogurt Cup	Main Entree Cheese Stick	Main Entree Breakfast Burrito
	Grain Biscuit, whole grain	Grain WW Muffin Tops	Grain Waffle, WG	Fruit Banana
	Fruit Apple	Fruit Orange Slices	Fruit Peaches, canned	Fruit Juice Fruit Juice
	Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Milk Skim Milk 1% Milk
	Milk Skim Milk 1% Milk	Milk Skim Milk 1% Milk	Milk 1% Milk Skim Milk	
			Condiments Maple Syrup-Sugar Free	
9/11/2023	9/12/2023	9/13/2023	9/14/2023	9/15/2023
Grain Cereal Cup, WG Waffle, WG	Main Entree Berry and Yogurt Parfait	Main Entree Turkey & Cheese Croissant	Main Entree Turkey Sausage	Main Entree Yogurt Smoothie
Fruit Grapes	Grain Granola Pack	Fruit Apple	Grain Butter Toast, WG	Grain WG Cereal bar
Fruit Juice Fruit Juice	Fruit Banana	Fruit Juice Fruit Juice	Fruit Orange Slices	Fruit Apple
Milk 1% Milk Skim Milk	Fruit Juice Fruit Juice	Milk 1% Milk Skim Milk	Fruit Juice Fruit Juice	Milk 1% Milk Skim Milk
Condiments Maple Syrup-Sugar Free	Milk 1% Milk Skim Milk		Milk 1% Milk Skim Milk	
9/18/2023	9/19/2023	9/20/2023	9/21/2023	9/22/2023
Main Entree Cheese Stick	Main Entree Egg & Cheese Wrap	Main Entree Yogurt Cup	Main Entree Turkey Sausage	Grain WG Cheese Breadstick
Grain Bagel, whole grain	Fruit Banana	Grain WW Muffin Tops	Grain Whole Wheat Pancakes	Fruit Grapes
Fruit Apple	Fruit Juice Fruit Juice	Fruit Banana	Fruit Grapes	Fruit Juice Fruit Juice
Fruit Juice Fruit Juice	Milk 1% Milk Skim Milk	Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Milk 1% Milk Skim Milk
Milk 1% Milk Skim Milk		Milk 1% Milk Skim Milk	Milk 1% Milk Skim Milk	
Condiments Cream Cheese Cup			Condiments Maple Syrup-Sugar Free	



Mon	Tue	Wed	Thu	Fri
9/25/2023	9/26/2023	9/27/2023	9/28/2023	9/29/2023
Main Entree Cheese Stick	Main Entree Turkey Sausage	Main Entree Yogurt Cup	Main Entree Cheese Stick	Main Entree Breakfast Burrito
Grain Cereal Cup, WG	Grain Biscuit, whole grain	Grain WW Muffin Tops	Grain Waffle, WG	Fruit Banana
Fruit Grapes	Fruit Apple	Fruit Orange Slices	Fruit Peaches, canned	Fruit Juice Fruit Juice
Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Milk Skim Milk 1% Milk
Milk Skim Milk 1% Milk	Milk Skim Milk 1% Milk	Milk Skim Milk 1% Milk	Milk 1% Milk Skim Milk	
			Condiments Maple Syrup-Sugar Free	



23/24 Mid-C Lunch
Lunch

The Lunch Lady (FSMC)

Mon	Tue	Wed	Thu	Fri
9/4/2023	9/5/2023	9/6/2023	9/7/2023	9/8/2023
	Main Entree Frito Pie	Main Entree Navajo Burger	Main Entree Chicken Vegetable Pot Pie	Main Entree Nacho Cheese
	Grain Corn Chips	Grain Navajo Bread	Grain Biscuit, whole grain	Grain Tortilla Chips, WG
	Vegetable Shredded Lettuce & Tomatoes Carrots	Vegetable Shredded Lettuce & Tomatoes Celery	Vegetable Peas & Carrots Tomato Bites	Vegetable Corn Refried Beans
	Fruit Grapes	Fruit Mixed Fruit, canned	Fruit Peaches, canned	Fruit Pears, canned
	Milk 1% Milk Chocolate Milk 1%	Milk 1% Milk Chocolate Milk 1%	Milk 1% Milk Chocolate Milk 1%	Milk 1% Milk Chocolate Milk 1%
9/11/2023	9/12/2023	9/13/2023	9/14/2023	9/15/2023
Main Entree Gyro	Main Entree Chicken Shawarma	Main Entree Saltsa Kima-Greek Chili	Main Entree Greek Salad Wrap	Main Entree Nacho Cheese
Grain WG Pita Pocket	Grain Pita Chips	Grain Whole Wheat Pasta	Grain Whole Wheat Tortilla	Grain Tortilla Chips, WG Granola bar
Vegetable Shredded Lettuce & Tomatoes Cucumber Slices	Vegetable Hummus Dip Carrots	Vegetable Spanakopita-Spinach Pie Mixed Vegetables	Vegetable Falafel	Vegetable Corn Refried Beans
Fruit Applesauce	Fruit Grapes	Fruit Mixed Fruit, canned	Fruit Peaches, canned	Fruit Pears, canned
Milk 1% Milk Chocolate Milk 1%	Milk 1% Milk Chocolate Milk 1%	Milk 1% Milk Chocolate Milk 1%	Milk 1% Milk Chocolate Milk 1%	Milk 1% Milk Chocolate Milk 1%
Dairy and Egg Products Tzatziki -Creamy Cucumber Sauce		Dairy and Egg Products Shredded Yellow Cheese		
9/18/2023	9/19/2023	9/20/2023	9/21/2023	9/22/2023
Main Entree Green Chile Cheese Enchiladas	Main Entree Beef Tacos	Main Entree Chicken & Vegetable Fajitas	Main Entree Chicken Taquitos	Main Entree Nacho Cheese
Vegetable Choice of Salad Vegetables Mixed Vegetables	Grain Whole Wheat Tortilla	Grain Whole Wheat Tortilla	Vegetable Choice of Salad Vegetables Broccoli florets	Grain Tortilla Chips, WG
Fruit Apple	Vegetable Choice of Salad Vegetables Shredded Lettuce & Tomatoes Corn	Vegetable Choice of Salad Vegetables Carrots	Fruit Banana	Vegetable Choice of Salad Vegetables Refried Beans
Milk Chocolate Milk 1% 1% Milk	Fruit Orange Slices	Fruit Grapes	Milk Chocolate Milk 1% 1% Milk	Fruit Peaches, canned
	Milk Chocolate Milk 1% 1% Milk	Milk Chocolate Milk 1% 1% Milk		Milk Chocolate Milk 1% 1% Milk



Mon	Tue	Wed	Thu	Fri
9/25/2023	9/26/2023	9/27/2023	9/28/2023	9/29/2023
Grain WG Cheese Breadstick	Main Entree Tomato Meat Sauce	Main Entree Chicken Cannellini Alfredo	Main Entree Beefy Lasagna	Main Entree Nacho Cheese
Vegetable Marinara sauce Mixed Vegetables Choice of Salad Vegetables	Grain Whole Wheat Pasta	Grain Whole Wheat Pasta Breadstick, whole grain	Grain Breadstick, whole grain	Grain Tortilla Chips, WG
Fruit Applesauce	Vegetable Choice of Salad Vegetables Green Beans	Vegetable Broccoli florets Choice of Salad Vegetables	Vegetable Choice of Salad Vegetables Corn	Vegetable Choice of Salad Vegetables Refried Beans
Milk 1% Milk Chocolate Milk 1%	Fruit Grapes	Fruit Mixed Fruit, canned	Fruit Peaches, canned	Fruit Pears, canned
	Milk 1% Milk Chocolate Milk 1%	Milk 1% Milk Chocolate Milk 1%	Milk 1% Milk Chocolate Milk 1%	Milk Chocolate Milk 1% 1% Milk
			Condiments Gravy	

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 9/3/2023, End = 9/30/2023)
Menu Plan	(23/24 Mid-C Breakfast, 23/24 Mid-C Lunch)