

PREFERRED MEALS

September BREAKFAST

THE INTERGENERATIONAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017
				APPLE JACKS REDUCED SUGAR Graham Crackers Fresh Fruit Choice of Milk
September 4, 2017	September 5, 2017	September 6, 2017	September 7, 2017	September 8, 2017
LABOR DAY	FROOT LOOPS REDUCED SUGAR Vanilla Waffle Square Craisins Grape Juice Choice of Milk	MOZZARELLA STRING CHEESE Strawberry Pancake Square Fresh Fruit Choice of Milk	MAPLE PANCAKES Fresh Fruit Orange Juice Choice of Milk	FROSTED FLAKES (LOW SUGAR) Animal Grahams Fresh Fruit Choice of Milk
September 11, 2017	September 12, 2017	September 13, 2017	September 14, 2017	September 15, 2017
CINNAMON TOAST CRUNCH Graham Crackers Craisins Diced Pears Choice of Milk	CHICKEN BISCUIT Pineapple Tidbits Grape Juice Honey Choice of Milk	VANILLA YOGURT Granola Fresh Fruit Choice of Milk	WAFFLES Fresh Fruit Blended Fruit Juice Syrup Choice of Milk	MINI WHEATS LITTLE BITES French Toast Breakfast Bar Fresh Fruit Choice of Milk
September 18, 2017	September 19, 2017	September 20, 2017	September 21, 2017	September 22, 2017
RICE KRISPIES Strawberry Pancake Square Craisins Pineapple Tidbits Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN Mixed Fruit Cup Orange Juice Choice of Milk	MOZZARELLA STRING CHEESE Peach Mini Loaf Fresh Fruit Choice of Milk	FRENCH TOAST STICKS Fresh Fruit Diced Pears Syrup Choice of Milk	APPLE JACKS REDUCED SUGAR Vanilla Waffle Square Fresh Fruit Choice of Milk
September 25, 2017	September 26, 2017	September 27, 2017	September 28, 2017	September 29, 2017
NO SCHOOL	WHOLE GRAIN PANCAKES Cinnamon Applesauce Blended Fruit Juice Syrup Choice of Milk	GOLDEN GRAHAM CEREAL Cherry Breakfast Bar Fresh Fruit Choice of Milk	CHICKEN BISCUIT Fresh Fruit Mixed Fruit Cup Honey Choice of Milk	COCOA PUFFS Graham Crackers Fresh Fruit Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.



Nutritional Information: THE INTERGENERATIONAL SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-01-2017	APPLE JACKS REDUCED SUGAR	110	1	0	0	0	160	24	3	8	2	80	12	0	4	G/B:1sv WG
	Graham Crackers	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-04-2017	LABOR DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-05-2017	FROOT LOOPS REDUCED SUGAR	110	1	0	0	0	170	24	3	8	2	80	12	0	4	G/B:1sv WG
	Vanilla Waffle Square	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-06-2017	MOZZARELLA STRING CHEESE	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Strawberry Pancake Square	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-07-2017	MAPLE PANCAKES	180	4	2	0	5	240	32	2	8	4	0	0	60	1	G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-08-2017	FROSTED FLAKES (LOW SUGAR)	100	0	0	0	0	160	24	2	7	2	150	21	0	8	G/B:1sv WG
	Animal Grahams	120	4	0	0	0	115	20	2	6	2	0	0	0	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-11-2017	CINNAMON TOAST CRUNCH	110	3	0	0	0	160	22	3	6	1	120	5	200	4	G/B:1sv WG
	Graham Crackers	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-12-2017	CHICKEN BISCUIT	265	10	2	0	12	535	34	4	5	10	0	48	120	2	MMA:1oz G/B:2.25sv WG
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-13-2017	VANILLA YOGURT	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Granola	120	4	0	0	0	40	19	2	5	3	0	0	20	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

Nutritional Information: THE INTERGENERATIONAL SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-14-2017	WAFFLES	130	3	0	0	0	300	24	4	2	4	0	0	80	1	G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-15-2017	MINI WHEATS LITTLE BITES	100	1	0	0	0	105	23	3	6	3	0	0	0	8	G/B:1sv WG
	French Toast Breakfast Bar	170	6	2	0	0	60	27	2	9	3	0	0	20	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-18-2017	RICE KRISPIES	100	0	0	0	0	170	23	1	1	2	200	12	0	8	G/B:1sv WG
	Strawberry Pancake Square	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-19-2017	TURKEY HAM & CHEESE ON ENGLISH MUFFIN	207	6	3	0	28	553	25	4	2	11	30	0	175	2	MMA:1oz G/B:2sv WG
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Orange Juice	60	0	0	0	0	20	14	0	11	0	0	30	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-20-2017	MOZZARELLA STRING CHEESE	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Peach Mini Loaf	137	4	0	0	0	173	23	2	7	2	2	0	31	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-21-2017	FRENCH TOAST STICKS	250	9	2	0	0	300	37	4	8	7	85	8	220	3	G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-22-2017	APPLE JACKS REDUCED SUGAR	110	1	0	0	0	160	24	3	8	2	80	12	0	4	G/B:1sv WG
	Vanilla Waffle Square	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-25-2017	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-26-2017	WHOLE GRAIN PANCAKES	144	2	0	0	5	272	29	4	7	4	3	0	100	1	G/B:2sv WG
	Cinnamon Applesauce	58	0	0	0	0	3	15	2	13	0	1	1	7	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-27-2017	GOLDEN GRAHAM CEREAL	100	1	0	0	0	220	24	1	8	1	120	5	80	4	G/B:1sv WG
	Cherry Breakfast Bar	170	6	2	0	0	60	27	2	9	3	0	0	0	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-28-2017	CHICKEN BISCUIT	265	10	2	0	12	535	34	4	5	10	0	48	120	2	MMA:1oz G/B:2.25sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-29-2017	COCOA PUFFS	110	2	0	0	0	160	25	2	8	2	150	6	100	4	G/B:1sv WG
	Graham Crackers	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: THE INTERGENERATIONAL SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-01-2017	APPLE JACKS REDUCED SUGAR							X	X
	Graham Crackers							X	X
	Fresh Fruit								
	Choice of Milk	X							
09-04-2017	LABOR DAY								
09-05-2017	FROOT LOOPS REDUCED SUGAR							X	X
	Vanilla Waffle Square		X					X	X
	Craisins								
	Grape Juice								
	Choice of Milk	X							
09-06-2017	MOZZARELLA STRING CHEESE	X							
	Strawberry Pancake Square		X					X	X
	Fresh Fruit								
	Choice of Milk	X							
09-07-2017	MAPLE PANCAKES	X	X					X	X
	Fresh Fruit								
	Orange Juice								
	Choice of Milk	X							
09-08-2017	FROSTED FLAKES (LOW SUGAR)							X	X
	Animal Grahams		X					X	X
	Fresh Fruit								
	Choice of Milk	X							
09-11-2017	CINNAMON TOAST CRUNCH							X	X
	Graham Crackers							X	X
	Craisins								
	Diced Pears								
	Choice of Milk	X							
09-12-2017	CHICKEN BISCUIT	X						X	X
	Pineapple Tidbits								
	Grape Juice								
	Honey								
	Choice of Milk	X							
09-13-2017	VANILLA YOGURT	X							
	Granola	X							
	Fresh Fruit								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-26-2017	WHOLE GRAIN PANCAKES	X	X					X	X
	Cinnamon Applesauce								
	Blended Fruit Juice								
	Syrup								
	Choice of Milk	X							
09-27-2017	GOLDEN GRAHAM CEREAL								X
	Cherry Breakfast Bar							X	X
	Fresh Fruit								
	Choice of Milk	X							
09-28-2017	CHICKEN BISCUIT	X						X	X
	Fresh Fruit								
	Mixed Fruit Cup								
	Honey								
	Choice of Milk	X							
09-29-2017	COCOA PUFFS								
	Graham Crackers							X	X
	Fresh Fruit								
	Choice of Milk	X							