

PREFERRED MEALS

September LUNCH

THE INTERGENERATIONAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017
				POPCORN CHICKEN Tropical Veggie Juice Diced Peaches BBQ Sauce Choice of Milk
September 4, 2017	September 5, 2017	September 6, 2017	September 7, 2017	September 8, 2017
LABOR DAY	*NATIONAL CHEESE PIZZA DAY* CHEESE PIZZA Garden Vegetables Applesauce Cup Choice of Milk	MINI CORN DOGS & CHICKEN FUN MIX French Fries Diced Pears Ketchup BBQ Sauce Choice of Milk	*AROUND THE WORLD DAY* SWEET & SOUR MEATBALLS W/PINEAPPLE BROCCOLI & BROWN RICE Corn Fresh Fruit Choice of Milk	CRISPY CHICKEN FILLET Whole Wheat Bun Taco Beans Baby Carrots Fat Free Ranch Dressing Fresh Fruit BBQ Sauce Choice of Milk
September 11, 2017	September 12, 2017	September 13, 2017	September 14, 2017	September 15, 2017
CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Green Beans Diced Peaches Choice of Milk	*BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE Golden Potato Rounds Orange Juice Syrup Ketchup Choice of Milk	PIZZA DIPPERS Marinara Dipping Sauce Broccoli Mixed Fruit Cup Choice of Milk	MACARONI & CHEESE Mixed Vegetables Fresh Fruit Choice of Milk	*FRESH FEATURE FRIDAY* CHARBROILED HAMBURGER Whole Wheat Bun Maple Baked Beans Crunchy Celery Sticks Light Ranch Dressing Fresh Fruit Ketchup Choice of Milk
September 18, 2017	September 19, 2017	September 20, 2017	September 21, 2017	September 22, 2017
CHICKEN TENDERS W/SWEET POTATO PUFFS Corn Applesauce Cup BBQ Sauce Ketchup Vanilla Cookie Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun Maple Baked Beans Diced Peaches Mustard Ketchup (2) Choice of Milk	BBQ CHICKEN Whole Wheat Bun Diced Carrots Diced Pears Choice of Milk	DELI SUB SANDWICH Broccoli Baby Carrots Light Ranch Dressing Fresh Fruit Mayonnaise Choice of Milk	*NEW ITEM* MEATLOAF PANINI Mixed Vegetables Fresh Fruit Ketchup Choice of Milk
September 25, 2017	September 26, 2017	September 27, 2017	September 28, 2017	September 29, 2017
NO SCHOOL	CHICKEN QUESO BURRITO Salsa Cup Refried Beans Pineapple Tidbits Choice of Milk	*NEW ITEM* TURKEY BURGER WITH POTATO WEDGES Whole Wheat Bun Corn Fresh Fruit Ketchup Chipotle Ranch Choice of Milk	*MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN Romaine Lettuce Cucumber Coins Light Ranch Dressing Applesauce Cup Choice of Milk	PENNE PASTA W/MEATSAUCE Broccoli Fresh Fruit Chocolate Chip Minis 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.



NEW SCHOOL YEAR, NEW MENU!!!

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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	POPCORN CHICKEN	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	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	*NATIONAL CHEESE PIZZA DAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHEESE PIZZA	333	11	5	0	23	587	38	3	4	17	135	2	420	2	MMA:1.5oz G/B:2.5sv WG V:1/4c RO
	Garden Vegetables	56	0	0	0	0	34	12	3	4	2	397	14	22	1	V:1/4c S V:1/4c RO
	Applesauce Cup	55	0	0	0	0	3	15	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-06-2017	MINI CORN DOGS & CHICKEN FUN MIX	286	15	3	0	38	509	24	3	6	16	0	33	50	2	MMA:2oz G/B:1.5sv WG
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-07-2017	*AROUND THE WORLD DAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	SWEET & SOUR MEATBALLS W/PINEAPPLE BROCCOLI & BROWN RICE	385	15	5	0	35	289	50	4	20	16	70	36	37	2	MMA:2oz G/B:1sv WG V:1/4c DG V:1/8c O
	Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-08-2017	CRISPY CHICKEN FILLET	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Whole Wheat Bun	142	2	0	0	0	156	14	1	2	6	0	0	29	1	G/B:2sv WG
	Taco Beans	207	2	0	0	0	474	37	9	2	12	122	3	139	2	V:1/2c L V:1/8c RO
	Baby Carrots	13	0	0	0	0	29	3	1	2	0	1525	1	12	0	V:1/4c RO
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-11-2017	CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE	358	19	4	0	34	866	23	2	3	22	159	5	70	4	MMA:2.25oz G/B:1sv WG V:1/2c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	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
09-12-2017	*BREAKFAST FOR LUNCH*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PANCAKES & SAUSAGE	282	8	1	0	42	527	30	4	7	22	3	0	130	2	MMA:2.25oz G/B:2sv WG
	Golden Potato Rounds	163	5	1	0	0	27	27	3	0	3	0	8	0	0	V:3/4c S
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	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	PIZZA DIPPERS	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	79	4	1	0	0	314	8	0	3	3	149	5	20	0	V:1/2c RO
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-14-2017	MACARONI & CHEESE	401	19	11	0	58	810	39	2	9	19	139	1	470	1	MMA:2oz G/B:1sv WG
	Mixed Vegetables	94	1	0	0	0	36	20	5	6	4	408	24	29	1	V:1/4c RO V:1/2c S
	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	
09-15-2017	*FRESH FEATURE FRIDAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHARBROILED HAMBURGER	123	6	1	0	33	221	2	0	0	15	2	0	24	1	
	Whole Wheat Bun	142	2	0	0	0	156	14	1	2	6	0	0	29	1	G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-18-2017	CHICKEN TENDERS W/SWEET POTATO PUFFS	336	18	3	0	25	456	28	5	7	16	178	0	3	2	MMA:2oz G/B:1sv WG V:1/4c RO
	Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Vanilla Cookie	130	5	1	0	0	45	20	1	6	2	0	0	0	0	G/B:1sv WG
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-19-2017	HOT DOG W/ POTATO ROUNDS	164	11	4	0	25	369	11	1	1	5	0	3	0	1	MMA:1.5oz V:1/4c S
	Hot Dog Bun	110	2	0	0	0	230	20	3	3	5	0	0	60	1	G/B:1.5sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup (2)	10	0	0	0	0	45	2	0	1	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
09-20-2017	BBQ CHICKEN	207	7	2	0	75	701	16	0	11	22	109	3	20	1	MMA:2oz V:1/4c RO
	Whole Wheat Bun	142	2	0	0	0	156	14	1	2	6	0	0	29	1	G/B:2sv WG
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO
	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	
09-21-2017	DELI SUB SANDWICH	287	13	5	0	54	819	30	3	2	14	40	1	151	2	MMA:2oz G/B:2sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Baby Carrots	13	0	0	0	0	29	3	1	2	0	1525	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Mayonnaise	60	6	1	0	5	40	1	0	1	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	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	MEATLOAF PANINI	300	10	3	0	40	754	30	3	3	21	38	2	154	2	
	Mixed Vegetables	94	1	0	0	0	36	20	5	6	4	408	24	29	1	V:1/4c RO V:1/2c S
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	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	CHICKEN QUESO BURRITO	323	12	5	0	48	372	32	4	2	21	57	2	252	4	MMA:2oz G/B:2sv WG
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	Refried Beans	118	2	0	0	0	144	20	7	1	7	0	8	43	2	V:1/2c L
	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	
09-27-2017	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	TURKEY BURGER WITH POTATO WEDGES	178	8	2	0	38	155	11	1	0	15	5	2	34	2	MMA:2oz V:1/4c S
	Whole Wheat Bun	142	2	0	0	0	156	14	1	2	6	0	0	29	1	G/B:2sv WG
	Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	0	0	8	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
09-28-2017	*MAKE YOUR OWN SALAD DAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	POPCORN CHICKEN	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Cucumber Coins	5	0	0	0	0	1	1	0	0	0	2	1	5	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-29-2017	PENNE PASTA W/MEATSAUCE	311	8	1	0	36	563	36	3	10	22	144	5	92	2	
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Chocolate Chip Minis	130	6	0	0	0	85	19	2	8	2	0	0	0	0	G/B:1sv WG
	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	POPCORN CHICKEN							X	X
	Tropical Veggie Juice								
	Diced Peaches								
	BBQ Sauce							X	
	Choice of Milk	X							
09-04-2017	LABOR DAY								
09-05-2017	*NATIONAL CHEESE PIZZA DAY*								
	CHEESE PIZZA	X						X	X
	Garden Vegetables								
	Applesauce Cup								
09-06-2017	Choice of Milk	X							
09-06-2017	MINI CORN DOGS & CHICKEN FUN MIX	X	X					X	X
	French Fries							X	
	Diced Pears								
	Ketchup								
	BBQ Sauce							X	
	Choice of Milk	X							
09-07-2017	*AROUND THE WORLD DAY*								
	SWEET & SOUR MEATBALLS W/PINEAPPLE BROCCOLI & BROWN RICE	X	X					X	X
	Corn								
	Fresh Fruit								
09-08-2017	Choice of Milk	X							
09-08-2017	CRISPY CHICKEN FILLET							X	X
	Whole Wheat Bun							X	X
	Taco Beans								
	Baby Carrots								
	Fat Free Ranch Dressing	X	X					X	
	Fresh Fruit								
	BBQ Sauce							X	
Choice of Milk	X								
09-11-2017	CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE	X						X	X
	Green Beans								
	Diced Peaches								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-12-2017	*BREAKFAST FOR LUNCH*								
	PANCAKES & SAUSAGE	X	X					X	X
	Golden Potato Rounds							X	
	Orange Juice								
	Syrup								
	Ketchup								
	Choice of Milk	X							
09-13-2017	PIZZA DIPPERS	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Broccoli								
	Mixed Fruit Cup								
	Choice of Milk	X							
09-14-2017	MACARONI & CHEESE	X						X	X
	Mixed Vegetables								
	Fresh Fruit								
	Choice of Milk	X							
09-15-2017	*FRESH FEATURE FRIDAY*								
	CHARBROILED HAMBURGER							X	
	Whole Wheat Bun							X	X
	Maple Baked Beans								
	Crunchy Celery Sticks								
	Light Ranch Dressing	X	X					X	
	Fresh Fruit								
	Ketchup								
Choice of Milk	X								
09-18-2017	CHICKEN TENDERS W/SWEET POTATO PUFFS							X	X
	Corn								
	Applesauce Cup								
	BBQ Sauce							X	
	Ketchup								
	Vanilla Cookie							X	X
	Choice of Milk	X							
09-19-2017	HOT DOG W/ POTATO ROUNDS							X	
	Hot Dog Bun							X	X
	Maple Baked Beans								
	Diced Peaches								
	Mustard								
	Ketchup (2)								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-20-2017	BBQ CHICKEN							X	
	Whole Wheat Bun							X	X
	Diced Carrots								
	Diced Pears								
	Choice of Milk	X							
09-21-2017	DELI SUB SANDWICH	X						X	X
	Broccoli								
	Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Fruit								
	Mayonnaise		X					X	
	Choice of Milk	X							
09-22-2017	*NEW ITEM*								
	MEATLOAF PANINI	X						X	X
	Mixed Vegetables								
	Fresh Fruit								
	Ketchup								
Choice of Milk	X								
09-25-2017	NO SCHOOL								
09-26-2017	CHICKEN QUESO BURRITO	X						X	X
	Salsa Cup								
	Refried Beans							X	
	Pineapple Tidbits								
	Choice of Milk	X							
09-27-2017	*NEW ITEM*								
	TURKEY BURGER WITH POTATO WEDGES							X	
	Whole Wheat Bun							X	X
	Corn								
	Fresh Fruit								
	Ketchup								
	Chipotle Ranch	X	X						
	Choice of Milk	X							

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
09-28-2017	*MAKE YOUR OWN SALAD DAY*								
	POPCORN CHICKEN							X	X
	Romaine Lettuce								
	Cucumber Coins								
	Light Ranch Dressing	X	X					X	
	Applesauce Cup								
	Choice of Milk	X							
09-29-2017	PENNE PASTA W/MEATSAUCE	X						X	X
	Broccoli								
	Fresh Fruit								
	Chocolate Chip Minis		X					X	X
	Choice of Milk	X							