

SEPTEMBER 2023

Haysville

This menu served in:
Butler, Harvey, Sedgwick Co.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
Labor Day	Sloppy Joe 4oz (on) <i>Whole Grain</i> Bun Coleslaw w/ Carrots 4oz Peaches 4oz Milk 8oz	Chicken & Rice Cass 8oz Green Beans 4oz Pineapple 4oz <i>Whole Grain</i> Breadstick Milk 8oz	Chicken(3oz) Soft Taco <i>Wheat Tortilla</i> <i>Lettuce (2oz) Cheese (1oz) Salsa</i> Mexican Rice 4oz Fiesta Corn & Black Bean Salad 4oz Craisins 1/4c Milk 8oz	Tuna Salad 3oz (on) Croissant Tomato Salad 4oz Blushing Pears 4oz Milk 8oz <i>(All Cold)</i>
11	12	13	14	15
Glazed Chicken 3oz Mixed Vegetables 4oz Ambrosia Fruit Salad 4oz Wheat Roll w/ <i>Margarine</i> Milk 8oz	Ham & Swiss Brocc Pasta 8oz Corn 4oz Peaches 4oz <i>Whole Grain</i> Breadstick Milk 8oz	Chicken & Cheese Cass 8oz Peas & Carrots Fruit Cocktail 4oz <i>Whole Grain</i> Garlic Toast Milk 8oz	Cranberry Meatballs 4oz Mashed Potatoes 4oz Cinnamon Apples 4oz Wheat Roll w/ <i>Margarine</i> <i>Chef's Choice Birthday Cake</i> Milk 8oz	Salisbury Steak 3oz Green Beans 4oz Apricots 4oz Wheat Bread w/ <i>Margarine</i> Milk 8oz
18	19	20	21	22
Ham & Beans 8oz Potatoes & Onions 4oz Pears 4oz Cornbread Muffin w/ <i>Margarine</i> Milk 8oz	Breaded Chicken Patty 3oz (on) <i>Whole Grain</i> Bun <i>Lettuce & Tomato / Mayo</i> Calico Salad 4oz Applesauce 4oz Milk 8oz	Tuna Noodle Cass w/ Peas 8oz Mixed Vegetables 4oz Mixed Fruit 4oz Garlic Cheddar Biscuit Milk 8oz	Hot Turkey Sandwich <i>Turkey (3oz) w/ Gravy (2oz)</i> <i>Mashed Potatoes (4oz)</i> <i>Wheat Bread Slice</i> Cantalope Slice Milk 8oz	Goulash 8oz Green Beans 4oz Pineapple 4oz <i>Whole Grain</i> Garlic Breadstick Milk 8oz
25	26	27	28	29
BBQ Pork Riblet 3oz (on) <i>Whole Grain</i> Hoagie Roll Scalloped Potatoes 4oz Apricots 4oz Milk 8oz	Meatloaf 3oz Mashed Potatoes 4oz Fruit Cocktail 4oz Wheat Roll w/ <i>Margarine</i> Milk 8oz	Turkey with Noodles 8oz Diced Carrots 4oz Pineapple 4oz <i>Whole Grain</i> Garlic Toast Milk 8oz	Calico Beef & Beans 8oz Corn 4oz Apple & Cherry Crisp 4oz Cornbread Muffin w/ <i>Margarine</i> Milk 8oz	Scalloped Chicken 6oz Mixed Vegetables 4oz Pears 4oz Wheat Bread w/ <i>Margarine</i> Milk 8oz
DAILY MEAL PATTERN				
Protein = 3oz (minimum) Vegetable = 1/2c (1C leafy greens) Fruit = 1/2c (1/4c dried) Grains = 1/2c or 1oz eq (50% <i>whole grain</i>) Dairy = 1C				