

VDA SEPTEMBER – CONGREGATE MEALS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
BREAKFAST							2		3				
					<p>1 ¾ c WG Bran Flakes 1 oz WG Toast Butter 1 TBSP Peanut Butter ½ c Cran Apple Juice</p>		<p>Hot ¼ c Scrambled Eggs 2 c WG Pancakes (2.28 oz) Syrup 1 c Peaches ½ c Prune Juice ½ Pint Milk</p>		<p>3 oz WG Blueberry Muffin Butter 1 Yogurt ½ c Apple Juice 1 c Cantaloupe</p>				
	Hot Lunch		<p>3 oz Stir Fried Fajita Chicken Squash & Corn 1 c WG Rice 6.25 oz ½ c Japanese Vegetables ½ c Cantaloupe 1 c Milk</p> <p><i>Veg: 3 oz Chicks Strips</i></p>		<p>3 Cheese Stuffed Shells with Marinara <small>¾ c cheese 3 oz m/mma, ¼ c WG noodles 2.5 oz</small> 1 oz WG French Bread ½ c Zucchini 1 c Mixed Greens Salad w Italian 1 Orange in Wedges 1 c Milk</p> <p><i>Veg: Same</i></p>		<p>1 ½ c Vegetarian Chili <small>4 oz m/ma ½ c vegetable</small> 2 oz WG Cornbread ½ c Red Bliss Potatoes ½ c Honeydew 1 c Milk</p> <p><i>Veg: Same</i></p>						
			Cold Lunch		<p>2 oz Roast Beef 1 oz Cheese 2 WG Bread 2 oz ½ c Broccoli Salad ½ c Italian Tomato Salad 1 PC Mayo ½ c Fresh Fruit Salad 1 c Milk</p> <p><i>Veg: 1 Black Bean Powerhouse</i></p>		<p>½ c Cottage Cheese 2 oz m/ma 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Honeydew ¾ c Fruited Jello Salad 1 Fresh Nectarine alt ½ c Mango 1 c Milk</p> <p><i>Veg: Same</i></p>		<p>Hawaiian Pasta Salad 3 oz Smoked Turkey 2 oz WG Rotini ½ c Pineapple & Red Pepper ½ c Tomato Salad w Garlic Oil ½ c Mandarin Oranges 1 c Milk</p> <p><i>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette</i></p>				
PM SNACK		<p>1 WG Biscuit w Jelly ½ c Pineapple Tidbits</p>			<p>½ c Peaches 0.9 oz mini muffin</p>		<p>1 oz String Cheese 8 WG Ritz Crackers</p>						
		BREAKFAST		<p>LABOR DAY Hot Sunshine Taco 6 ¼ c Egg & Cheese, 6 inch WG Flour Tortilla 1 oz WG Toast Butter ½ c Tomato Juice 1 c Tropical Fruit Salad Pineapple Papaya Guava ½ Pint Milk</p>		<p>Yogurt Bowl ** 7 ½ c Plain Yogurt 1 oz m/ma ½ c WG Granola 2 oz 1 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Orange Juice ½ Pint Milk</p>		<p>¾ c WG Kix Cereal 8 1 oz WG Toast 1 TBSP Almond Butter ½ c Strawberries 1 c Apple Slices alt 1 c Applesauce ½ Pint Milk</p>		<p>Hot 9 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Pears ½ c Grape Juice ½ Pint Milk</p>			
Hot Lunch				<p>2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuits w Margarine ½ c Collards ½ c 3 Way Mixed Vegetables ¾ c Cherry Cobbler 1 c Milk</p> <p><i>Veg: 3 oz Chicks Tenders</i></p>		<p>1 Stuffed Cabbage <small>4 oz m/ma, ½ c Cabbage</small> ½ c WG Rice 3.125 oz 1 oz WG Roll w Margarine ½ c Summer Squash ½ c Pineapple 1 c Milk</p> <p><i>Veg: 1 Vegetarian Cabbage Roll</i></p>		<p>1 ¼ c Macaroni & Cheese <small>1 ½ oz m/ma, 1 c WG noodles 7.1 oz</small> ½ c Vegetarian Baked Beans 2 oz m/ma ½ c Cucumber Salad ½ c Stewed Tomatoes 1 Fresh Peaches 1 c Milk</p> <p><i>Veg: Same</i></p>		<p>3 Oven Roasted Haddock w Crema Sauce Lemon 2 oz MMA ½ c Chow-Chow Cole Slaw ½ c WG Rice Pilaf (1 oz) 1 oz WG Roll ½ c Green Peas ½ c Zucchini Basil Salad ½ c Watermelon 1 c Milk</p> <p><i>Veg: Vegan Fish</i></p>			
				Cold Lunch		<p>½ c Cottage Cheese 2 oz m/ma 1 oz String Cheese 1 oz m/ma 2 oz WG Apple Muffin ½ c Honeydew ¾ c Fruited Jello Salad ½ c Strawberries and Blueberries 1 c Milk</p> <p><i>Veg: Same</i></p>		<p>½ c Tuna Salad 2 oz m/ma in a ½ Tomato ½ c WG Pasta Salad 6 WG Wheat Crackers 1 oz grain ½ c Lemony Lentil Chickpea Salad ½ c Melon Salad 1 c Milk</p> <p><i>Veg: Same</i></p>		<p>3 oz Roast Beef 2 oz WW Roll ½ c Broccoli Salad ½ c Beet Salad 1 PC Mayo ½ c Cantaloupe 1 c Milk</p> <p><i>Veg: ½ c Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinaigrette</i></p>		<p>3 oz Asian Chicken Salad 2 oz WG Bran Muffin 1 c Field Greens w Ranch ½ c Carrot Pineapple salad 1 Banana 1 c Milk</p> <p><i>Veg: 3 oz Chicks Strips</i></p>	

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PM SNACK	1 oz Rold Gold Tiny Twists ¾ oz IW Cheddar Cheese	½ c Cucumbers w/Honey Mustard Dip ¾ oz WG Goldfish	0.9 oz Blueberry Mini Muffin ½ c Peaches	½ c Mixed Berries ½ c Cottage Cheese	2 Oatmeal Cookies ½ c (4 oz) Vanilla Yogurt
BREAKFAST	Hot 13 Hot Cheesy Grits ½ c Hot Grits ¼ c Shredded Cheddar ½ WG English Muffin (1 oz WG) w/ PC Jelly 1 c Melon Salad ½ c Pineapple Juice	14	15	16	17
Hot Lunch	1 c WG Spaghetti and 6 Meatballs in Tomato Sauce 3 oz m/m, 2 oz WG grain 2 oz Corn Muffin w Margarine ½ c Italian Vegetables 1 c Dinner Salad w Italian ½ c Tropical Fruit 1 c Milk Veg: 1 c WG Spaghetti with 3 oz Soy Protein	¾ c WG Crispy Rice Cereal 1 oz WG Toast butter 1 TBSP Almond Butter 1 medium Banana ½ c Orange Juice ½ Pint Milk 4 oz Turkey Burger with Tzatziki 3 oz m/m, ¼ c vegetable 1 (2.5 oz) WG Pita ¾ c Broccoli 1 Apple in slices 1 c Milk Veg: ¼ c Seasoned Lentils	¾ c WG Chex Cereal 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail ½ c Cran-Apple Juice ½ Pint Milk 1 ½ c Cowboy Stew (4 oz m/m, 2/3 c vegetable) 2 oz WG Cornbread ½ c Tasty Tots ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) 1 c Milk Veg: Vegetarian Cowboy stew remove turkey and double beans	Hot 1 c Roasted Potatoes & Turkey Hash ¾ c veg 1 1/8 oz m/m 1 WG English Muffin Butter ¼ c steamed greens ½ c Apple Juice ½ Pint Milk 2 Cheese Manicotti (5.5oz) w Tomato Basil Sauce <small>3 oz m/m 4 oz WG grain per food label</small> 1 c Ratatouille ½ c Watermelon 1 c Milk	2 oz WG Biscuit Butter and Jelly 1 Yogurt 1 c Honeydew ½ c Grape Juice ½ Pint Milk 3 oz Barbecue Beef <small>(3/8 c) #10 scoop 3 oz m/m</small> 1 (2oz) Potato Roll ½ c Brussels Sprouts ½ c Vegetarian Baked Beans ¾ c Chery Cobbler 1 c Milk Veg: 3 oz BBQ Vegetarian Patty
Cold Lunch	1 Crunchy Hawaiian Chicken Wrap 2 m/m ½ c vegetables 1 WW Tortilla 2 oz ½ c Lentil Salad 1 Banana 1 c Milk Veg: 3 oz Egg Salad	Rainbow Tuna Poke Bowl 3 oz Tuna Salad 1 c WG Rice 1 c Spinach MicroGreens Salad w Sesame Sirachi Dressing ½ c Pickled Radish, Cuke, Onion Carrot Salad ½ c Mango 1 c Milk Veg: ½ c Chickpeas 1 oz Provolone Poke Bowl	Roast Beef Salad 3 oz Beef 2 oz WG Roll 1 c Chopped Kale ½ c Salad Vegetables ½ c Cantaloupe 1 c Milk Veg: 1 Powerhouse Wrap	Middle Eastern Cold Plate ½ c Hummus 2 oz m/m 1 oz Cheese 1 oz m/m 1 oz WG Pita Bread 1 c Tabbouleh 1 oz WG grain ½ c Veg ½ c Cucumber Salad ½ c Applesauce 1 c Milk Veg: Same	½ c Chicken Salad E-7 2 oz m/m 2 oz WW Bread ½ c Fruited Yogurt 1 oz m/m ½ c Lettuce ¼ c Tomato 1 Fresh Peach alt ½ c Peaches ½ c Potato Salad 1 PC Mustard ½ c Watermelon 1 c Milk Veg: 3 oz assorted cheese slices
PM SNACK	½ WG English Muffin 2 TBSP Peanut Butter	½ c Baby Carrots w Yogurt Dip 1 oz WG Goldfish	½ c Vanilla Yogurt ½ c Pears	.9 oz Mini Muffin ½ Pint Milk	2 String Cheese 8 WG Ritz Crackers
BREAKFAST	Hot 20 2 WG Waffles & Syrup 1 oz LS Turkey Sausage 1 c Pears ½ c Pineapple Juice ½ Pint Milk	21	22	23	24
Hot Lunch	1 Kati Kati Chicken Breast 2 oz 1 c WG Jollof Rice ½ c veg 2 oz gr 2/3 c Sautéed Spinach & Tomatoes ½ c Grapes 1 c Milk Veg: 3 oz Chixless Patty	¾ c WG Bran Flake Cereal 1 oz WG Toast butter 1 TBSP Peanut Butter 1 c Fruit Cocktail 1 medium Banana ½ Pint Milk 1 Stuffed Pepper <small>3 oz m/m, ½ c Green Pepper ¼ c WG Rice</small> 1 oz WG Biscuit w Margarine ½ c Green Beans with lemon & garlic 1 Orange in Wedges 1 c Milk Veg: ¼ c Soy Protein in Pepper	MYO Parfait 8 oz Fruited Yogurt ½ c Nut free Granola 1 c Mixed Berries ½ c Cran-Apple Juice ½ Pint Milk 2 (3 oz m/m) Oven Baked Chicken Leg 1 WG Wheat Roll (2 oz) ½ c Lima Beans ½ c Glazed Carrots ½ c Watermelon 1 c Milk Veg: 3 Chickenless Nuggets* w Ketchup	Hot Eve on a Raft 1 Egg patty 2 WG Wheat Toast 2oz Butter 1 c Baked Apple ½ c Orange Juice ½ Pint Milk 1 ¼ c Beef Turkey Stroganoff (3.33 oz m/m, 1/3 c R/O Veg) 1 c WG Noodles (5 oz Grain) 2/3 c Broccoli ½ c Waldorf Salad 1 c Milk Veg: 1 c Bean Stroganoff 3 oz meat alternate	2 oz WG Blueberry Muffin 1 Yogurt 1 c Honeydew ½ c Grape Juice ½ Pint Milk 2 Fish Tacos served on 2.75 m/m, ½ c cabbage & onion 2 Corn Tortilla 1.5 grain ½ c WG Cilantro Rice 3 oz grain 1 c Tropical Bean Salad on ½ c Lettuce 3/8 c Black Beans, ¼ c Mango 1/8 c Tomato, ¼ c lettuce 1 c Milk Veg: Same
Cold Lunch	1 Powerhouse Wrap <small>¼ c Black Beans 3 oz m/m, 2 WW Tortilla (6 in 2.6 oz)</small> 1 c Tossed Green Salad w Italian ½ c Broccoli Salad ½ c Apple Slices 1 c Milk Veg: Same	3 oz Marinated Tuna 2 oz WG Roll 1 c Field Greens w Italian ½ c Fruit Salad ½ c Cowboy Caviar Salad 1 c Milk Veg: Same	3 oz Egg Salad 2 oz WG Roll 1 c Spinach Strawberry Salad w Balsamic Vinaigrette ½ c Sweet & Tart Cucumber Salad 1 Banana 1 c Milk Veg: SAME alt ½ c Cucumber, ½ c Hummus & 1 oz Provalone on 2 oz Roll	1 c Fruited Yogurt (2oz m/m) 1 oz String Cheese 1 oz m/m 2 oz WG Blueberry Muffin ½ c Honeydew 1 Fresh Peach alt ½ c Peaches ½ c Zucchini Tomato Salad 1 c Milk Vegetarian: Same	2 oz Roast Beef 1 oz Provolone Cheese 2 oz WG Roll ½ c Lettuce ¼ c Tomato mayo ½ c Pickled Beets 1 PC Mayo ½ c Berry Fruit Salad 1 c Milk Veg: ½ c Hummus 1 oz Provalone



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PM SNACK	1 oz Cheddar Cheese .9 oz Mini Muffin	4 Squares Graham Crackers (1 oz) ½ c Tootie Fruity Chip Dip	½ Pint Milk 1 c WG Chex Cereal (1 oz)	½ c Cantaloupe 4 oz Vanilla Yogurt	¼ c Pimento Cheddar Cheese 1 ½ oz m/ma 1 oz WW Bread
BREAKFAST	Hot 27 ½ c WG Oatmeal ½ WG English Muffin butter 1 oz LS Turkey Spam alt Cheddar cheese 1 c Mixed Berries ½ c Pineapple Juice ½ Pint Milk	28 2 oz WG Bagel 1 oz Swiss Cheese butter ½ c Orange Juice 1 c Fruit Salad ½ Pint Milk	29 ¾ c WG Bran Flakes 1 oz WG Toast Butter 1 TBSP Peanut Butter ½ c Cran Apple Juice 1 medium Banana, ¼ c raisins	Hot 30 ¼ c Scrambled Eggs 2 c WG Pancakes (2.28 oz) Syrup 1 c Peaches ½ c Prune Juice ½ Pint Milk	
Hot Lunch	2 ¾ " x 3 ¾" Taco Pie <small>2 oz m 2 oz gr</small> 1 c Romaine Salad w Ranch ½ c Seasoned Red Beans 1 Banana 1 c Milk <i>Veg: 3 oz Veggie Patty</i>	2 Baked Cod Ole <small>3 oz m/ma</small> ½ c WG Turmeric Cous Cous <small>2.8 oz</small> 1 oz WG Roll 2/3 c Salsa ½ c Black Beans ½ c Pears 1 c Milk <i>Veg: Vegan Fish</i>	3 oz Stir Fried Fajita Chicken Squash & Corn 1 c WG Rice <small>6.25 oz</small> ½ c Japanese Vegetables ½ c Cantaloupe 1 c Milk <i>Veg: 3 oz Chicks Strips</i>	3 Cheese Stuffed Shells with Marinara <small>¼ c cheese 3 oz m/ma, ¼ c WG noodles 2.5 oz</small> 1 oz WG French Bread ½ c Zucchini 1 c Mixed Greens Salad w Italian 1 Orange in Wedges 1 c Milk <i>Veg: Same</i>	
Cold Lunch	2 oz Turkey 1 oz Cheese 2 WW Bread 2 oz ½ c Cole Slaw ½ c Mediterranean Chickpea Salad 1 PC Mayo ½ c Strawberries 1 c Milk <i>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinagrette</i>	Chicken Caesar Salad 3 oz Chicken Strips 2 oz WG Apple Muffin 1 c Caesar Field Greens Salad ½ c Green & Red Pepper Strips ½ c Fresh Apple in slices 1 c Milk <i>Veg: 3 oz Chicx Strips</i>	2 oz Roast Beef 1 oz Cheese 2 WG Bread 2 oz ½ c Broccoli Salad ½ c Italian Tomato Salad 1 PC Mayo ½ c Fresh Fruit Salad 1 c Milk <i>Veg: 1 Black Bean Powerhouse</i>	½ c Cottage Cheese <small>2 oz m/ma</small> 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Honeydew ¾ c Fruited Jello Salad 1 Fresh Nectarine alt ½ c Mango 1 c Milk <i>Veg: Same</i>	
PM SNACK	½ c Mixed Berries ½ c Cottage Cheese	½ c Fruited Yogurt 1 oz WG Granola	1 WG Biscuit w Jelly ½ c Pineapple Tidbits	½ c Peaches 0.9 oz mini muffin	