

## September Menu

# 2024

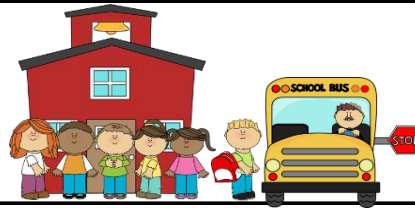
2	3	4	5	6
<b>HOLIDAY BUILDING CLOSED</b> 	<b>Beef &amp; Cheese Sub</b> 3oz (M/MA) 2 oz Hamburg 1oz Cheese, 2oz (GR) Sub Roll, 8oz (VEG) Potato Puffs, 4oz (FR) Apples, 8oz (Dairy) Milk	<b>Macaroni &amp; Cheese</b> 2oz (M/MA) Cheese, 6oz (GR) Pasta, 8oz (VEG) Green Beans, 4oz (FR) Oranges, 8oz (Dairy) Milk	<b>Meatball Sub</b> 3oz (M/MA) Meatballs, 2.5oz (GR) WG Roll, 8oz (VEG) Marinara Sauce/Carrots, 4oz (FR) Pears, 8oz (Dairy) Milk	<b>Grilled Ham &amp; Cheese Sandwich</b> 4oz(GR)Pasta Salad, 3oz(M/MA)Ham/Cheese, 2oz(GR)WGBread,8oz(VEG)Pasta Salads,4oz(FR)Peaches, 8oz(Dairy)Milk
9	10	11	12	13
<b>Northeast Famous Bowl</b> 3oz(M/MA) Popcorn Chicken, 4oz(VEG) Mashed Potatoes, 4oz(VEG) Corn, 2oz(GR) Dinner Roll, 4oz(FR)Apple Slices, 8oz(Dairy)Milk	<b>Hot Dogs</b> 2oz(M/MA) Hot Dogs, 2.5oz(GR)Rolls, 4oz(VEG)Cole Slaw, 4oz(VEG)Fries, 4oz(FR)Peaches, 8oz(Dairy)Milk	<b>Lazy Man Lasagna</b> 2oz(M/MA)Hamburg,4oz(GR) Pasta,4oz(VEG)Garden Salad,4oz(VEG)Broccoli & Parmesan Cheese,4oz(FR)Mixed Fruit, 8oz(Dairy)Milk	<b>Cilantro-Lime Rice Bowl</b> 3oz (M/MA) Chicken, 4oz (GR) Rice, 8oz (VEG) Corn Salsa, 4oz (FR)Pears, 8oz (Dairy) Milk	<b>Steak &amp; Cheese Sub</b> 3oz(M/MA) 2ozShaved Steak, 1oz Cheese, 2oz(GR)Sub Roll, 8oz (VEG)6ozPotato Puffs, 2ozGrilled Peppers & Onions, 4oz(FR)Oranges, 8oz(Dairy) Milk
16	17	18	19	20
<b>Fiery Chicken Fingers</b> 3oz (M/MA) Chicken, 2oz (GR) WG Roll, 8oz (VEG)Spicy Fries, 4oz (FR) Peaches, 8oz (Dairy) Milk	<b>Beef Stir Fry</b> 2oz(M/MA) Beef, 4oz(GR)Rice, 8oz(VEG)Broccoli/Carrots, 4oz (FR)Apple Slices, 8oz (Dairy) Milk	<b>Pasta &amp; Chicken Parm</b> 2oz (M/MA) Meatballs, 4oz (GR) Pasta, 4oz (VEG) Marinara Sauce, 4oz (VEG) Garden Salad, 4oz (FR) Mixed Fruit, 8oz (Dairy) Milk	<b>BBQ Pulled Pork Sandwich</b> 3oz (M/MA) Pork 2.5oz (GR) WG Roll, 8oz (VEG) Seasoned Wedge Fries, 4oz (FR)Oranges, 8oz (Dairy) Milk	<b>Chicken Alfredo</b> 2oz (M/MA) Chicken, 4oz (GR) Pasta, 4oz (VEG) Broccoli, 4oz (VEG) Garden Salad, 4oz (FR) Peaches, 8oz (Dairy) Milk
23	24	25	26	27
<b>Beef &amp; Cheese Sub</b> 3oz (M/MA) 2 oz Hamburg 1oz Cheese, 2oz (GR) Sub Roll, 8oz (VEG) Potato Puffs, 4oz (FR) Apples, 8oz (Dairy) Milk	<b>Orange Chicken</b> 2oz(M/MA)Chicken.4oz(GR)Rice ,8oz(VEG)Broccoli,4oz(FR)Peaches,8oz(Dairy)Milk	<b>Spaghetti &amp; Meatballs</b> 2oz (M/MA) Meatballs, 4oz (GR) Pasta, 4oz (VEG) Marinara Sauce, 4oz (VEG) Garden Salad, 4oz (FR) Mixed Fruit, 8oz (Dairy) Milk	<b>Spicy or Regular Chicken Patty on a Roll</b> 3oz (M/MA) Chicken Patty, 2.5oz (GR) WG Roll, 8oz (VEG) Fries, 4oz (FR) Peaches, 8oz (Dairy) Milk	<b>Macaroni &amp; Cheese</b> 2oz (M/MA) Cheese, 6oz (GR) Pasta, 8oz (VEG) Green Beans, 4oz (FR)Oranges, 8oz (Dairy) Milk
30				
<b>Meatball Sub</b> 3oz (M/MA) Meatballs, 2.5oz (GR) WG Roll, 8oz (VEG) Marinara Sauce/Carrots, 4oz (FR) Pears, 8oz (Dairy) Milk				

Daily Vegetarian Options
<b>Garden Salad</b> 8oz (VEG) Lettuce,3oz(M/MA)Feta/Mozzarella/Cheddar, 4oz (FR) Daily Fruit, 2oz (GR) Flatbread, 8oz (Dairy) Milk (Other NON Vegetarian option salads may include 3oz (M/MA)Grilled Chicken)
<b>Assorted Pizza</b> 2oz (M/MA)Cheese, 2 oz.(VEG) Pizza Sauce, 2oz (GR) Flatbread, 6oz(VEG) Garden Salad, 4oz (FR) Pears, 8oz (Dairy) Milk (Other NON Vegetarian option Pizzas MAY include Pepperoni, Meat Lovers, Hamburg 2 oz.(M/MA)}
<b>Sunbutter and Jelly Sandwich</b> 2oz (M/MA) Sunbutter, 4oz (FR) Daily Fruit, 2oz (GR) Pullman Bread, 8oz (Dairy) Milk
<b>Hummus &amp; Pita Chips</b> 2oz (M/MA)Cheese, 4 oz (Veg) Hummus & Baby Carrots,4oz (FR) Daily Fruit, 2oz (GR) Pita Chips, 8oz (Dairy) Milk
<b>Cheeseburger on a Bun</b> 4oz (M/MA) Burger/Cheese, 2oz (GR) Rolls, 8oz (VEG)Daily Veg, 4oz (FR) Mixed Fruit, 8oz (Dairy) Milk
<b>Taco Line(Line #3)</b> 2oz(M/MA)Seasoned Beef,1oz(M/MA)Cheese,4oz(Veg) (2oz)Shredded Lettuce, (2oz)Tomatoes,4oz(GR)Hard/Soft Shells,4oz (VEG)Salsa
<b>Sandwiches Made to Order (Line #4)</b> 2oz (M/MA)Turkey/Ham/Bologna/Salami 1oz Cheese, 4oz (FR) Daily Fruit, 2oz (GR) Pullman Bread, 8oz (Dairy) Milk

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1.mail:U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or 2.fax:(833) 256-1665 or (202) 690-7442; or 3.email:Program.Intake@usda.gov

**This institution is an equal opportunity provider.**



# September 2024

### Strawberry-Banana or Pineapple-Mango or Orange-Pineapple Smoothie

4oz Fruit, 4 oz Protein, 2oz Grain, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

### Assorted Cereal

2oz (GR) Cereal, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

### Ham/Sausage Egg & Cheese Sandwich

2 oz (GR) Bagel, 1.5 oz (M/MA) Ham/Sausage, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

### Blueberry/ Chocolate Chip Muffin

2 oz (GR) Muffin, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

### Pancakes

2 oz (GR) Pancakes, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

### Cinnamon Roll

2 oz (GR) Cinn. Roll, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

### French Toast

2 oz (GR) French Toast Sticks, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

### Yogurt with Granola

2.75 oz (GR) Yogurt/Granola, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to

USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW

Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

**This institution is an equal opportunity provider.**