


CONNECTING KIDS TO MEALS
SEPTEMBER 2019 AFTER SCHOOL DINNER

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	WG Bean & Beef Burrito (1) Salsa 1/4 cup WG Tortilla Chips (1 pkg) Pears 1/2 cup (4oz) (#10) Milk 1 cup	Beef Steak (1) w/Gravy (1oz) WG Dinner Roll (1) Mashed Potatoes 1/2 cup Fresh Apple Slices 1/4 cup (1 bag) Milk 1 cup	WG Corn Dog (1) w/Mustard & Ketchup pkt (1 each) Glazed Carrots 1/2 cup (4oz) Fresh Petite Banana (1) Milk 1 cup	WG Pizza (1 slice) Paradise Punch Juice 1/2c (4oz) 1 pkg Dried Fruit (1/2 cup serving) Rice Krispie Treat (1) Milk 1 cup
9	10	11	12	13
Cheeseburger (1) w/Ketchup and Mustard pkts WG Bun (1) Carrots Sticks 1/2 cup (2 bags) Ranch Pkt (1) Pineapple 1/4 cup (2oz) (#10) Milk 1 cup	Hot Dog (1) w/Ketchup and Mustard pkts WG Bun (1) WG Animal Crackers (1 pkg) Baked Beans 1/2 cup (4oz) Apricot Halves 1/4 cup (2oz) (#10) Milk 1 cup	Chicken Patty (1) w/Cheese Slice (1) & BBQ Pkt (1) WG Bun (1) Green Beans 1/2 cup (4oz) Fresh Apple Slices 1/4 cup (1 bag) Milk 1 cup	Turkey Taco (2oz) w/Shredded Cheese (1oz) & Taco Sauce WG Doritos (1 pkg) Spanish Corn 1/2 cup (4oz) Fresh Petite Banana (1) Milk 1 cup	WG Pizza (1 slice) Gold Rush Juice 1/2c (4oz) 1 Pkg Dried Fruit (1/2 cup serving) Fudge Cream Cookie (1) Milk 1 cup
16	17	18	19	20
Sloppy Joe WG Bun (1) WG Tortilla Chips (1 bag) Carrot Sticks 1/2 cup (2 bags) Ranch Pkt (1) Mandarin oranges 1/4 cup (2oz) (#10) Milk 1 cup	Bratwurst (1) w/Ketchup and Mustard pkts WG Bun (1) Green Beans 1/2 cup (4oz) Peaches 1/4 cup (2oz) (#10) Milk 1 cup	4 Meatballs Sub w/Marinara Sauce (2oz) WG Hotdog Bun (1) 1 pkg String Cheese Sweet Corn 1/2 cup (4oz) Fresh Apple Slices 1/4 cup (1 bag) Milk 1 cup	Stuffed WG Turkey Pepperoni Sandwich Glazed Carrots 1/2 cup Fresh Petite Banana (1) Milk 1 cup	WG Pizza (1 slice) Gold Rush Juice 1/2c (4oz) Natural Applesauce 1/2 cup (4oz) Fudge Cream Cookie (1) Milk 1 cup
23	24	25	26	27
Oven Roasted Chicken Leg (1) WG Dinner Roll (1) Country Style Green Beans 1/2 cup (4oz) Mixed Fruit 1/4 cup (2oz) (#10) Milk 1 cup	WG Bean & Beef Burrito (1) Salsa 1/4 cup WG Tortilla Chips (1 pkg) Pears 1/2 cup (4oz) (#10) Milk 1 cup	Beef Steak (1) w/Gravy (1oz) WG Dinner Roll (1) Mashed Potatoes 1/2 cup Fresh Apple Slices 1/4 cup (1 bag) Milk 1 cup	WG Corn Dog (1) w/Mustard & Ketchup pkt (1 each) Glazed Carrots 1/2 cup (4oz) Fresh Petite Banana (1) Milk 1 cup	WG Pizza (1 slice) Paradise Punch Juice 1/2c (4oz) 1 pkg Dried Fruit (1/2 cup serving) Rice Krispie Treat (1) Milk 1 cup
30				
Cheeseburger (1) w/Ketchup and Mustard pkts WG Bun (1) Carrots Sticks 1/2 cup (2 bags) Ranch Pkt (1) Pineapple 1/4 cup (2oz) (#10) Milk 1 cup				