

SAC Menu-Fall

WEEK 1

September 1-3

	MONDAY	TUESDAY	WEDNESDAY 01	THURSDAY 02	FRIDAY 03
BREAKFAST – all components					
MILK			MILK	MILK	MILK
GRAINS OR BREAD			Pancake	Cereal	Apple turnover
FRUIT			Fruit cocktail	Banana	pears
OTHER FOOD			syrup		

LUNCH – all components					
MILK					
MEAT/ALTERNATE					
FRUIT					
VEGETABLE					
GRAINS OR BREAD					
OTHER FOOD					

SNACK – two components			Pretzel and cheese	Fruit bowl/ Carrot cake	Potato bar
MILK			Cheese sauce		
MEAT/ALTERNATE					Cheese and bacon bits
FRUIT				apple, oranges, grapes	
VEGETABLE					Baked potato
GRAINS OR BREAD			Pretzels bites	Carrot cake	
OTHER FOOD					

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WEEK 2

September 6-10

	MONDAY 06	TUESDAY 07	WEDNESDAY 08	THURSDAY 09	FRIDAY 10
BREAKFAST – all components					
MILK	Closed for	MILK	MILK	MILK	MILK
GRAINS OR BREAD	Labor Day	Toast	Fruit pizza-biscuit base	English muffin	Cinnamon toast
FRUIT		Orange slices	Seasonal fruit	strawberries	Fruit cocktail
OTHER FOOD					

LUNCH – all components					
MILK					
MEAT/ALTERNATE					
FRUIT					
VEGETABLE					
GRAINS OR BREAD					
OTHER FOOD					

SNACK – two components		Relish tray	Cheese Sticks	Fruit and cookies	Salad Bar
MILK					
MEAT/ALTERNATE			String cheese		
FRUIT				Apple	
VEGETABLE		olives Cucumbers, pickles,			lettuce, tomato, cucumbers, radish
GRAINS OR BREAD		Wheat crackers	breadsticks	Snicker doodle	breadsticks
OTHER FOOD			Marinara sauce		

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WEEK 3

September 13-17

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
BREAKFAST – all components					
MILK	MILK	MILK	MILK	MILK	MILK
GRAINS OR BREAD	Apple Danish	Biscuit	Bagel	Chex cereal	waffles
FRUIT	Pineapple	Grapefruit sections	peaches	Banana	Orange Slices
OTHER FOOD					Jam

LUNCH – all components			Cheese pizza		
MILK			MILK		
MEAT/ALTERNATE			Mozzarella		
FRUIT			Strawberries		
VEGETABLE			Tossed salad		
GRAINS OR BREAD			French bread		
OTHER FOOD			Ranch dressing		

SNACK – two components	Deviled eggs	Meat & Cheese tray	Veggie Tray	Banana bread	Fluff
MILK		Cheese cubes		milk	Cottage cheese
MEAT/ALTERNATE	Eggs	Summer sausage			
FRUIT					Pineapple
VEGETABLE			Carrots, celery, cucumber		
GRAINS OR BREAD	Breadsticks	Sliced baguette	Goldfish crackers	Banana bread	
OTHER FOOD			Ranch dressing		Jell-O, whip topping

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WEEK 4

September 20-24

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
BREAKFAST – all components					
MILK	MILK	MILK	MILK	MILK	MILK
GRAINS OR BREAD	Blueberry muffin	Granola bars	Cheese biscuit	Wheat toast	English muffin
FRUIT	Applesauce	Orange slices	Cantaloupe	Strawberries	Pears
OTHER FOOD				jam	Jam

LUNCH – all components					Beef and noodles
MILK					MILK
MEAT/ALTERNATE					Beef
FRUIT					cantaloupe
VEGETABLE					Green beans
GRAINS OR BREAD					noodles
OTHER FOOD					sauce

SNACK – two components	Rice krispie treats	Broccoli salad	Cheese quesadilla	Yogurt	Potato Soup
MILK			Mozzarella cheese	Strawberry yogurt	Soup base, cheese
MEAT/ALTERNATE		Bacon bits			
FRUIT	Orange slices	raisin			
VEGETABLE		Broccoli			Potato
GRAINS OR BREAD	Rice krispie treat		Tortilla	Vanilla wafers	Crackers
OTHER FOOD		dressing	salsa		

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WEEK 5

September 27-October 01

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 01
BREAKFAST – all components					
MILK	MILK	MILK	MILK	MILK	MILK
GRAINS OR BREAD	Streusel cake	Toast	French toast sticks	Rice Krispies	Bagel
FRUIT	Pineapple	Apple slices	Orange slices	Banana	Mandarin orange
OTHER FOOD					Cream cheese

LUNCH – all components					
MILK					MILK
MEAT/ALTERNATE					Turkey breast
FRUIT					Strawberries
VEGETABLE					Green beans
GRAINS OR BREAD					Rice
OTHER FOOD					

SNACK – two components	Mini Veggie Egg Rolls	Pasta salad	Boiled eggs	Peach crisp	Mini pizza
MILK				Milk	
MEAT/ALTERNATE			Boiled eggs		Mozzarella Cheese
FRUIT				Peach filling	
VEGETABLE	Veggie filling	Cauliflower, tomato, cucumber			Pizza sauce
GRAINS OR BREAD	Won-ton wrapper	Rotini noodle	Hard breadsticks	Oatmeal topping	Mini bagel
OTHER FOOD	Sweet & Sour Sauce	Italian dressing			

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