

WEEK: Sept 9th - Sept 13th, 2019

<p>MON</p> <p>DATE: Sept 9</p> <p># STUDENTS 41</p>	<p>MENU: Scrambled eggs with cheese served on whole wheat toast</p> <p>FRUIT/VEGETABLE SERVED: Sliced cantaloupe</p> <p>DRINK SERVED: Water</p>	<p>CHECK BOX IF FOOD CATEGORY WAS SERVED:</p> <p>FRUIT/VEG <input checked="" type="checkbox"/></p> <p>PROTEIN <input checked="" type="checkbox"/></p> <p>WHOLE GRAINS <input checked="" type="checkbox"/></p>
<p>TUES</p> <p>DATE: Sept 10</p> <p># STUDENTS 43</p>	<p>MENU: Whole wheat English Muffins with peanut/seed/Wow butter</p> <p>FRUIT/VEGETABLE SERVED: Banana, berries and spinach in smoothies</p> <p>DRINK SERVED: Smoothie with milk/dairy alternative (soy, almond, etc..) base</p>	<p>CHECK BOX IF FOOD CATEGORY WAS SERVED:</p> <p>FRUIT/VEG <input checked="" type="checkbox"/></p> <p>PROTEIN <input checked="" type="checkbox"/></p> <p>WHOLE GRAINS <input checked="" type="checkbox"/></p>
<p>WED</p> <p>DATE: Sept 11</p> <p># STUDENTS 46</p>	<p>MENU: Apple cinnamon hot oatmeal served with yogurt</p> <p>FRUIT/VEGETABLE SERVED: Apples (chopped up in oatmeal)</p> <p>DRINK SERVED: Water</p>	<p>CHECK BOX IF FOOD CATEGORY WAS SERVED:</p> <p>FRUIT/VEG <input checked="" type="checkbox"/></p> <p>PROTEIN <input checked="" type="checkbox"/></p> <p>WHOLE GRAINS <input checked="" type="checkbox"/></p>
<p>THUR</p> <p>DATE: Sept 12</p> <p># STUDENTS 42</p>	<p>MENU: Whole wheat wraps with sliced chicken breast, spinach, cheese and salsa</p> <p>FRUIT/VEGETABLE SERVED: Spinach, tomato salsa (in wraps); sliced oranges (on side)</p> <p>DRINK SERVED: Milk or dairy alternative (ie) soy milk, almond beverage..)</p>	<p>CHECK BOX IF FOOD CATEGORY WAS SERVED:</p> <p>FRUIT/VEG <input checked="" type="checkbox"/></p> <p>PROTEIN <input type="checkbox"/></p> <p>WHOLE GRAINS <input type="checkbox"/></p>
<p>FRI</p> <p>DATE: Sept 13</p> <p># STUDENTS 39</p>	<p>MENU: Roasted potato hash-browns with veggie & egg muffin tin cups</p> <p>FRUIT/VEGETABLE SERVED: Potatoes (hash-browns); peas and red peppers (egg cups)</p> <p>DRINK SERVED: Water</p>	<p>CHECK BOX IF FOOD CATEGORY WAS SERVED:</p> <p>FRUIT/VEG <input checked="" type="checkbox"/></p> <p>PROTEIN <input checked="" type="checkbox"/></p> <p>WHOLE GRAINS <input checked="" type="checkbox"/></p>