

WEEK: Sept 9th - Sept 13th, 2019

**MON**

DATE:

Sept 9

# STUDENTS

41

MENU:

Scrambled eggs with cheese served on whole wheat toast

FRUIT/VEGETABLE SERVED: Sliced cantaloupe

DRINK SERVED: Water

CHECK BOX IF FOOD  
CATEGORY WAS SERVED:

FRUIT/VEG



PROTEIN



WHOLE GRAINS



**TUES**

DATE:

Sept 10

# STUDENTS

43

MENU:

Whole wheat English Muffins with peanut/seed/Wow butter

FRUIT/VEGETABLE SERVED: Banana, berries and spinach in smoothies

DRINK SERVED: Smoothie with milk/dairy alternative (soy, almond, etc..) base

CHECK BOX IF FOOD  
CATEGORY WAS SERVED:

FRUIT/VEG



PROTEIN



WHOLE GRAINS



**WED**

DATE:

Sept 11

# STUDENTS

46

MENU:

Apple cinnamon hot oatmeal served with yogurt

FRUIT/VEGETABLE SERVED: Apples (chopped up in oatmeal)

DRINK SERVED: Water

CHECK BOX IF FOOD  
CATEGORY WAS SERVED:

FRUIT/VEG



PROTEIN



WHOLE GRAINS



**THUR**

DATE:

Sept 12

# STUDENTS

42

MENU:

Whole wheat wraps with sliced chicken breast, spinach, cheese and salsa

FRUIT/VEGETABLE SERVED: Spinach, tomato salsa (in wraps); sliced oranges (on side)

DRINK SERVED: Milk or dairy alternative (ie) soy milk, almond beverage..)

CHECK BOX IF FOOD  
CATEGORY WAS SERVED:

FRUIT/VEG



PROTEIN



WHOLE GRAINS



**FRI**

DATE:

Sept 13

# STUDENTS

39

MENU:

Roasted potato hash-browns with veggie & egg muffin tin cups

FRUIT/VEGETABLE SERVED: Potatoes (hash-browns); peas and red peppers (egg cups)

DRINK SERVED: Water

CHECK BOX IF FOOD  
CATEGORY WAS SERVED:

FRUIT/VEG



PROTEIN



WHOLE GRAINS

