


Mon	Tue	Wed	Thu	Fri
<p>Milk 8oz= one serving Meat 2oz= one serving Fruit 1/4 cup= one serving Vegetable 1/2 cup= one serving Grains 1oz =one serving</p>	<p>8 oz.= 1 cup 6 oz.=3/4 cup 4 oz.=1/2 cup 2 oz = 1/4 cup</p>	 <h1 data-bbox="1081 284 1690 381">September</h1>		
<p>3</p> 	<p>4 Corn Dog Minis (2.0oz meat, 2oz bread (W)) Peaches (1/2c) Corn (1/2c) 1% Milk (1c)</p> <p>Snack: Peanut butter cheese crackers (1.42oz) &amp; Apple Juice (6oz)</p>	<p>5 Pizza Pepperoni (2oz meat, 2oz bread (W)) Orange (1/2c) Green Beans (1/2c) 1% Milk (1c)</p> <p>Snack: GB –2 Graham crackers pkgs. (1oz) (W) &amp; Low Fat Milk(1c)</p>	<p>6 Chicken Nuggets (2oz ) 1 slice bread (1oz) (W) Apple (1/2c) Corn (1/2c) 1% Milk (1c)</p> <p>Snack: Wheat Thins Veggie Chips (W) (1.75oz) Apple Juice (6oz)</p>	<p>7 PB Jelly Sandwich (2oz peanut butter, 1 slice bread (W)) Peaches (1/2c) Carrots (1/2c) 1% Milk (1c) 1oz cheese stick</p> <p>Snack: 2 Teddy Grahams 1oz &amp; Milk (1c)</p>
<p>10 Chicken Sandwich (3.1oz meat, 2oz bread (W)) Orange (1/2c) Salad and Pickles (1/2c) Green Beans (1/4c) 1% Milk (1c)</p> <p>Snack: Snack Mix Simply Chex Stwbry (1oz)(W) &amp; Apple Juice (6oz)</p>	<p>11 Corn Dog Minis (2.0oz meat, 2oz bread (W)) Peaches (1/2c) Corn (1/2c) 1% Milk (1c)</p> <p>Snack: Peanut butter cheese crackers (1.42oz) &amp; Apple Juice (6oz)</p>	<p>12 Pizza Pepperoni (2oz meat, 2oz bread (W)) Orange (1/2c) Green Beans (1/2c) 1% Milk (1c)</p> <p>Snack: GB –2 Graham crackers pkgs. (1oz) (W) &amp; Low Fat Milk(1c)</p>	<p>13 Chicken Nuggets (2oz ) 1 slice bread (1oz) (W) Apple (1/2c) Corn (1/2c) 1% Milk (1c)</p> <p>Snack: Wheat Thins Veggie Chips (W) (1.75oz) Apple Juice (6oz)</p>	<p>14 PB Jelly Sandwich (2oz peanut butter, 1 slice bread (W)) Peaches (1/2c) Carrots (1/2c) 1% Milk (1c) 1oz cheese stick</p> <p>Snack: 2 Teddy Grahams 1oz &amp; Milk (1c)</p>
<p>17 Chicken Sandwich (3.1oz meat, 2oz bread (W)) Orange (1/2c) Salad and Pickles (1/2c) Green Beans (1/4c) 1% Milk (1c)</p> <p>Snack: Snack Mix Simply Chex Stwbry (1oz)(W) &amp; Apple Juice (6oz)</p>	<p>18 Corn Dog Minis (2.0oz meat, 2oz bread (W)) Peaches (1/2c) Corn (1/2c) 1% Milk (1c)</p> <p>Snack: Peanut butter cheese crackers (1.42oz) &amp; Apple Juice (6oz)</p>	<p>19 Pizza Pepperoni (2oz meat, 2oz bread (W)) Orange (1/2c) Green Beans (1/2c) 1% Milk (1c)</p> <p>Snack: GB –2 Graham crackers pkgs. (1oz) (W) &amp; Low Fat Milk(1c)</p>	<p>20 Chicken Nuggets (2oz ) 1 slice bread (1oz) (W) Apple (1/2c) Corn (1/2c) 1% Milk (1c)</p> <p>Snack: Wheat Thins Veggie Chips (W) (1.75oz) Apple Juice (6oz)</p>	<p>21 PB Jelly Sandwich (2oz peanut butter, 1 slice bread (W)) Peaches (1/2c) Carrots (1/2c) 1% Milk (1c) 1oz cheese stick</p> <p>Snack: 2 Teddy Grahams 1oz &amp; Milk (1c)</p>
<p>24 Chicken Sandwich (3.1oz meat, 2oz bread (W)) Orange (1/2c) Salad and Pickles (1/2c) Green Beans (1/4c) 1% Milk (1c)</p> <p>Snack: Snack Mix Simply Chex Stwbry (1oz)(W) &amp; Apple Juice (6oz)</p>	<p>25 Corn Dog Minis (2.0oz meat, 2oz bread (W)) Peaches (1/2c) Corn (1/2c) 1% Milk (1c)</p> <p>Snack: Peanut butter cheese crackers (1.42oz) &amp; Apple Juice (6oz)</p>	<p>26 Pizza Pepperoni (2oz meat, 2oz bread (W)) Orange (1/2c) Green Beans (1/2c) 1% Milk (1c)</p> <p>Snack: GB –2 Graham crackers pkgs. (1oz) (W) &amp; Low Fat Milk(1c)</p>	<p>27 Chicken Nuggets (2oz ) 1 slice bread (1oz) (W) Apple (1/2c) Corn (1/2c) 1% Milk (1c)</p> <p>Snack: Wheat Thins Veggie Chips (W) (1.75oz) Apple Juice (6oz)</p>	<p>28 PB Jelly Sandwich (2oz peanut butter, 1 slice bread (W)) Peaches (1/2c) Carrots (1/2c) 1% Milk (1c) 1oz cheese stick</p> <p>Snack: 2 Teddy Grahams 1oz &amp; Milk (1c)</p>