



GENUINE

September Hot Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups			1 Whole Grain Waffles(1) Sausage Patty w/Syrup Fresh Fruit Skim or 1% Milk
4 Labor Day NO SCHOOL	5 Whole Grain Bagel w/ Cream Cheese Fresh Fruit Skim or 1% Milk	6 Chicken Biscuit Sandwich w/ Jelly Fresh Fruit Skim or 1% Milk	7 Homemade Blueberry Bread Fresh Fruit Skim or 1% Milk	8 Whole Grain Pancakes (1) Sausage Link w/Syrup Skim or 1% Milk
11 Whole Grain Waffles (2) w/ Syrup Fresh Fruit Skim or 1% Milk	12 Breakfast Cereal w/ Apple Oatmeal Bars Fresh Fruit Skim or 1% Milk	13 Egg and Cheese Bagel Sandwich w/ Jelly Fresh Fruit Skim or 1% Milk	14 Strawberry Chex w/ Yogurt Fresh Fruit Skim or 1% Milk	15 French Toast (2) Sausage Link (2) w/ Syrup Fresh Fruit Skim or 1% Milk
18 Whole Grain Pancakes (2) Fresh Fruit Skim or 1% Milk	19 Vanilla Yogurt Whole Grain Grahams Fresh Fruit Skim or 1% Milk	20 Sausage Biscuit Sandwich w/ Jelly Fresh Fruit Skim or 1% Milk	21 Homemade Banana Chocolate Chip Fresh Fruit Skim or 1% Milk	22 Whole Grain Waffles (1) Sausage Patty w/Syrup Fresh Fruit Skim or 1% Milk
25 French Toast(3) w/ Syrup Fresh Fruit Skim or 1% Milk	26 Breakfast Cereal w/ Strawberry Oatmeal Bars Fresh Fruit Skim or 1% Milk	27 Sausage and Egg Cheese Biscuit Sandwich w/ Jelly Fresh Fruit Skim or 1% Milk	28 Apple Cinnamon Muffin Vanilla Yogurt Fresh Fruit Skim or 1% Milk	29 Whole Grain Pancakes(2) w/ Syrup Fresh Fruit Skim or 1% Milk



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September Cold Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups			1 Strawberry Yogurt Cup Whole Grain Grahams Fresh Fruit Skim or 1% Milk
4 Labor Day NO SCHOOL	5 Whole Grain Bagel w/ Cream Cheese Fresh Fruit Skim or 1% Milk	6 Breakfast Cereal w/ Strawberry Oatmeal Bars Fresh Fruit Skim or 1% Milk	7 Homemade Blueberry Bread Fresh Fruit Skim or 1% Milk	8 Breakfast Cereal w/ Chocolate Oatmeal Bars Fresh Fruit Skim or 1% Milk
11 Strawberry Banana Yogurt Nature Valley Chocolate Chip Crisp Fresh Fruit Skim or 1% Milk	12 Breakfast Cereal w/ Whole Grain Grahams Fresh Fruit Skim or 1% Milk	13 Whole Grain Bagel w/ Cream Cheese Fresh Fruit Skim or 1% Milk	14 Blueberry Muffin Breakfast Chex Mix Fresh Fruit Skim or 1% Milk	15 Breakfast Cereal w/ Apple Oatmeal Bars Fresh Fruit Skim or 1% Milk
18 Breakfast Cereal w/ Nature Valley Cinnamon Crisp Fresh Fruit Skim or 1% Milk	19 Vanilla Yogurt Whole Grain Grahams Fresh Fruit Skim or 1% Milk	20 Breakfast Cereal Blueberry Oatmeal Bar Fresh Fruit Skim or 1% Milk	21 Homemade Banana Chocolate Chip Fresh Fruit Skim or 1% Milk	22 Bagel w/ Cream Cheese Fresh Fruit Skim or 1% Milk
25 Strawberry Yogurt Breakfast Chex Mix Fresh Fruit Skim or 1% Milk	26 Breakfast Cereal w/ Strawberry Oatmeal Bars Fresh Fruit Skim or 1% Milk	27 Whole Grain Bagel w/ Cream Cheese Fresh Fruit Skim or 1% Milk	28 Apple Cinnamon Muffin Vanilla Yogurt Fresh Fruit Skim or 1% Milk	29 Breakfast Cereal w/ Blueberry Oatmeal Bars Fresh Fruit Skim or 1% Milk

This institution is an equal opportunity provider.



GENUINE

September Hot Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups	Hispanic Heritage Month September 15- October 15, 2023		1 Turkey Meatloaf Mashed Sweet Potatoes Collard Greens Fresh Fruit Skim or 1% Milk
4 Labor Day NO SCHOOL	5 Buffalo Chicken Sandwich Fresh Green Beans Fresh Fruit Skim or 1% Milk	6 Turkey Pizza Zesty Carrots Fresh Fruit Skim or 1% Milk	7 Cajun Pasta Bake Savory Broccoli Fresh Fruit Skim or 1% Milk	8 Turkey Bean Chili over Rice Pilaf Roasted Corn Fresh Fruit Skim or 1% Milk
11 BBQ Cheeseburger Seasoned Green Beans Fresh Fruit Skim or 1% Milk	12 Sweet and Sour Meatballs Brown Rice Sweet Green Peas Fresh Fruit Skim or 1% Milk	13 Chicken Broccoli Bake Zesty Carrots Fresh Fruit Skim or 1% Milk	14 Greek Chicken Rice Pilaf Savory Broccoli Fresh Fruit Skim or 1% Milk	15 Chicken Fajita Bowl Marinated Black Beans Fresh Fruit Skim or 1% Milk
18 NOLA Sandwich Sweet Potato Fries Fresh Fruit Skim or 1% Milk	19 Southwest Chicken Spanish Rice Fiesta Roasted Corn Fresh Fruit Skim or 1% Milk	20 Chicken Alfredo Seasoned Green Beans Fresh Fruit Skim or 1% Milk	21 Chicken and Turkey Jambalaya Red Beans Fresh Fruit Skim or 1% Milk	22 BBQ Chicken Mac and Cheese Zesty Zucchini Fresh Fruit Skim or 1% Milk
25 Buffalo Chicken Sandwich Seasoned Green Beans Fresh Fruit Skim or 1% Milk	26 Chicken Tenders (3) Dinner Roll Potato Wedges Fresh Fruit Skim or 1% Milk	27 Popcorn Mac and Cheese Bowl Savory Broccoli Fresh Fruit Skim or 1% Milk	28 BBQ Chicken Sandwich Zesty Carrots Fresh Fruit Skim or 1% Milk	29 Southwest Turkey Bowl Marinated Black Beans Fresh Fruit Skim or 1% Milk



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September Cold Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups			1 Chicken Salad Sandwich Fresh Broccoli Florets Fresh Fruit Skim or 1% Milk
4 Labor Day NO SCHOOL	5 Southern BBQ Chicken Sandwich Potato Salad Fresh Fruit Skim or 1% Milk	6 Turkey & Cheese Roll Up Fresh Green Beans Fresh Fruit Skim or 1% Milk	7 Crispy Chicken Ranch Wrap Fresh Carrot Sticks Fresh Fruit Skim or 1% Milk	8 Chipotle Chicken Sandwich Fresh Celery Sticks Fresh Fruit Skim or 1% Milk
11 Chipotle Chicken Sandwich Fresh Green Beans Fresh Fruit Skim or 1% Milk	12 Turkey Ham Roll Up Fresh Carrot Sticks Fresh Fruit Skim or 1% Milk	13 Chicken Cheesy Pasta Salad with Corn, Carrots, Black Beans Fresh Fruit Skim or 1% Milk	14 Chicken Salad Sandwich Fresh Broccoli Florets Fresh Fruit Skim or 1% Milk	15 Crispy Chicken Ranch Wrap Fresh Celery Sticks Fresh Fruit Skim or 1% Milk
18 Chicken Salad Sandwich Fresh Carrot Sticks Fresh Fruit Skim or 1% Milk	19 Chicken Jerk Wrap Potato Salad Fresh Fruit Skim or 1% Milk	20 Curry Turkey Sandwich Fresh Broccoli Florets Fresh Fruit Skim or 1% Milk	21 Crispy Chicken Ranch Wrap Fresh Green Beans Fresh Fruit Skim or 1% Milk	22 Southern BBQ Chicken Sandwich Fresh Carrot Sticks Fresh Fruit Skim or 1% Milk
25 Turkey Ham Sandwich Fresh Celery Sticks Fresh Fruit Skim or 1% Milk	26 Crispy Chicken Ranch Wrap Potato Salad Fresh Fruit Skim or 1% Milk	27 Turkey & Cheese Roll Up Fresh Green Beans Fresh Fruit Skim or 1% Milk	28 Curry Turkey Sandwich Fresh Carrot Sticks Fresh Fruit Skim or 1% Milk	29 Chicken Cheesy Pasta Salad with Corn, Carrots, Black Beans Fresh Fruit Skim or 1% Milk



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September Vegetarian Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups			1 Veggie Meatloaf Mashed Sweet Potatoes Collard Greens Fresh Fruit Skim or 1% Milk
4 Labor Day NO SCHOOL	5 Buffalo Chick'N Sandwich Fresh Green Beans Wedges Fresh Fruit Skim or 1% Milk	6 Cheese Pizza Zesty Carrots Fresh Fruit Skim or 1% Milk	7 Cajun Pasta Bake Savory Broccoli Fresh Fruit Skim or 1% Milk	8 Turkey Bean Chili over Rice Pilaf Roasted Corn Fresh Fruit Skim or 1% Milk
11 BBQ Cheeseburger Seasoned Green Beans Fresh Fruit Skim or 1% Milk	12 Sweet and Sour Veggie Meatballs Brown Rice Sweet Green Peas Fresh Fruit Skim or 1% Milk	13 Chick'N Broccoli Bake Zesty Carrots Fresh Fruit Skim or 1% Milk	14 Greek Chicken Rice Pilaf Savory Broccoli Fresh Fruit Skim or 1% Milk	15 Chick'N Fajita Bowl Marinated Black Beans Fresh Fruit Skim or 1% Milk
18 NOLA Sandwich Sweet Potato Fries Fresh Fruit Skim or 1% Milk	19 Southwest Chick'N Spanish Rice Fiesta Roasted Corn Fresh Fruit Skim or 1% Milk	20 Chick'N Alfredo Seasoned Green Beans Fresh Fruit Skim or 1% Milk	21 Chick'N Jambalaya Red Beans Fresh Fruit Skim or 1% Milk	22 BBQ Chick'N Mac and Cheese Zesty Zucchini Fresh Fruit Skim or 1% Milk
25 Buffalo Chick'N Sandwich Seasoned Green Beans Fresh Fruit Skim or 1% Milk	26 Chicken Tenders (3) Dinner Roll Potato Wedges Fresh Fruit Skim or 1% Milk	27 Chick'N Mac and Cheese Bowl Savory Broccoli Fresh Fruit Skim or 1% Milk	28 BBQ Chick'N Sandwich Zesty Carrots Fresh Fruit Skim or 1% Milk	29 Southwest Chick'N Bowl Marinated Black Beans Fresh Fruit Skim or 1% Milk



GENUINE

September Supper Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups			1 Chicken Broccoli Bake Seasoned Carrots Fresh Fruit Skim or 1% Milk
4 Labor Day NO SCHOOL	5 Sheppard Pie Peas & Carrot Blend Fresh Fruit Skim or 1% Milk	6 NOLA Sandwich Sweet Potato Fries Fresh Fruit Skim or 1% Milk	7 Chicken Alfredo Garlic Broccoli Fresh Fruit Skim or 1% Milk	8 Cajun Pasta Bake Seasoned Green Beans Fresh Fruit Skim or 1% Milk
11 Teriyaki Meatballs Fried Rice Savory Broccoli Fresh Fruit Skim or 1% Milk	12 Chicken and Turkey Jambalaya Red Beans Fresh Fruit Skim or 1% Milk	13 Popcorn Mac and Cheese Bowl Seasoned Green Beans Fresh Fruit Skim or 1% Milk	14 Turkey Meatloaf Mashed Sweet Potatoes Collard Greens Fresh Fruit Skim or 1% Milk	15 Chicken Fajita Bowl Sweet Plantains Fresh Fruit Skim or 1% Milk
18 Turkey Pizza Seasoned Green Beans Fresh Fruit Skim or 1% Milk	19 BBQ Chicken Mac and Cheese Roasted Corn Fresh Fruit Skim or 1% Milk	20 Sweet Sour Meatballs Brown Rice Seasoned Carrots Fresh Fruit Skim or 1% Milk	21 Sloppy Joe Sandwich Marinated Black Beans Fresh Fruit Skim or 1% Milk	22 Chopped Cheese Steak Savory Broccoli Fresh Fruit Skim or 1% Milk
25 Chicken and Waffles Sweet Potato Fries Fresh Fruit Skim or 1% Milk	26 Southwest Chicken Spanish Rice Seasoned Green Beans Fresh Fruit Skim or 1% Milk	27 BBQ Cheeseburger Baked Beans Fresh Fruit Skim or 1% Milk	28 Greek Chicken Rice Pilaf Garlic Broccoli Fresh Fruit Skim or 1% Milk	29 Chicken Tenders(3) Dinner Roll Roasted Potato Wedges Fresh Fruit Skim or 1% Milk



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September Allergen Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups			1 Seasoned Beef Mashed Sweet Potatoes Collard Greens Fresh Fruit Skim or 1% Milk
4 Labor Day NO SCHOOL	5 Buffalo Chicken Sandwich Fresh Green Beans Fresh Fruit Skim or 1% Milk	6 Orange Chicken Brown Rice Zesty Carrots Fresh Fruit Skim or 1% Milk	7 Garden Burger Savory Broccoli Fresh Fruit Skim or 1% Milk	8 Turkey Bean Chili over Rice Pilaf Zesty Zucchini Fresh Fruit Skim or 1% Milk
11 BBQ Cheeseburger Baked Beans Fresh Fruit Skim or 1% Milk	12 Sweet and Sour Chicken Brown Rice Sweet Green Peas Fresh Fruit Skim or 1% Milk	13 Baked Chicken Brown Rice Zesty Carrots Fresh Fruit Skim or 1% Milk	14 Greek Chicken Rice Pilaf Savory Broccoli Fresh Fruit Skim or 1% Milk	15 Chicken Fajita Bowl Marinated Black Beans Fresh Fruit Skim or 1% Milk
18 NOLA Chicken Brown Rice Green Beans Fresh Fruit Skim or 1% Milk	19 Southwest Chicken Spanish Rice Fiesta Roasted Corn Fresh Fruit Skim or 1% Milk	20 Turkey Ham Mashed Potatoes Seasoned Carrots Fresh Fruit Skim or 1% Milk	21 Chicken and Turkey Jambalaya Red Beans Fresh Fruit Skim or 1% Milk	22 BBQ Chicken Mac and Cheese Zesty Zucchini Fresh Fruit Skim or 1% Milk
25 Buffalo Chicken Sandwich Roasted Corn Fresh Fruit Skim or 1% Milk	26 Chicken Tenders (4) Potato Wedges Fresh Fruit Skim or 1% Milk	27 Southwest Turkey Bowl Marinated Black Beans Fresh Fruit Skim or 1% Milk	28 BBQ Chicken Sandwich Zesty Carrots Fresh Fruit Skim or 1% Milk	29 Chicken Mac and Cheese Bowl Savory Broccoli Fresh Fruit Skim or 1% Milk



GENUINE

September Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups			1 Nature Valley Chocolate Crisp Pear
4 Labor Day NO SCHOOL	5 French Toast Goldfish Orange	6 Nature Valley Cinnamon Crisp 100% Juice 6oz	7 String Cheese Apple	8 Goldfish Pretzels Pear
11 Giant Cinnamon Goldfish Grahams 100% Juice 6oz	12 Goldfish Cheddar Orange	13 String Cheese Apple	14 Giant Vanilla Goldfish Grahams 100% Juice 6oz	15 Nature Valley Chocolate Crisp Pear
18 Goldfish Pretzels Orange	19 French Toast Goldfish 100% Juice 6oz	20 Nature Valley Cinnamon Crisp Apple	21 String Cheese 100% Juice 6oz	22 Goldfish Cheddar Pear
25 Giant Cinnamon Goldfish Grahams 100% Juice 6oz	26 Goldfish Pretzels Orange	27 String Cheese 100% Juice 6oz	28 Giant Vanilla Goldfish Grahams Apple	29 Nature Valley Chocolate Crisp Pear