

September Carb Count Menu

Meals for pick-up September 8-11

<u>Breakfast Meals</u>	<u>Lunch Entrees</u>	<u>Whole & ½ cup Fruits and Vegetables for Breakfast & Lunch</u>	
Homemade muffin 28	Turkey hot dog 2 potato wedges 20	Local apples 19	Fresh broccoli florets 6
Mini waffles 37	Bun 26	Diced peaches 14	Fresh cauliflower 4
Assorted cereal varieties – read label	French toast sticks & scrambled eggs 21	Fresh orange 16	Baby carrots 12
Cinnamon Danish 40	Cheese 14 Salsa 3 Chips 30 nachos	Fruit juice 16	Refried beans 16
String cheese daily 1	Cheese pizza 26	Applesauce cup 12	Salsa 3
	Chicken & waffles 58	Diced pears 15	
	Syrup 29	Craisins 30	

Meals for pick-up September 14-18

<u>Breakfast Meals</u>	<u>Lunch Entrees</u>	<u>Whole & ½ cup Fruits and Vegetables for Breakfast & Lunch</u>	
Homemade muffin 28	Mini turkey corn dogs 38	Local apples 19	Fresh broccoli florets 6
Mini waffles 37	Grab & Go 44	Diced peaches 14	Fresh cauliflower 4
Assorted cereal varieties – read label	<i>(includes yogurt 17, string cheese 1, & bread slice 26)</i>	Fresh pear 23	Baby carrots 12
Cinnamon Danish 40	Grilled cheese 35	Fruit juice 16	Corn 16
String cheese daily 1	Bento box 15	Applesauce 13	
	<i>(includes turkey and cheese slices and crackers)</i>	Craisins 30	
	Beef walking tacos 2 with tortilla chips 30		

Meals for pick-up September 21-25

<u>Breakfast Meals</u>	<u>Lunch Entrees</u>	<u>Whole & ½ cup Fruits and Vegetables for Breakfast & Lunch</u>	
Homemade muffin 28	Grilled cheese 35	Local apples 19	Fresh broccoli florets 6
Mini waffles 37	Turkey hot dog 2 potato wedges 20	Fresh orange 16	Fresh cauliflower 4
Assorted cereal varieties – read label	Bun 26	Fruit juice 16	Baby carrots 12
Cinnamon Danish 40	Chicken nuggets 12	Applesauce 13	Bean salsa 25
String cheese daily 1	Beefy fiesta nachos 29 Chips 30	Diced pears 16	Corn 16
	Cheese pizza 29	Craisins 30	

Meals for pick-up September 28 - October 2

<u>Breakfast Meals</u>	<u>Lunch Entrees</u>	<u>Whole & ½ cup Fruits and Vegetables for Breakfast</u>	<u>Lunch</u>
Homemade muffin 28	Turkey hot dog 2 potato wedges 20	Local apples 19	Fresh broccoli florets 6
Mini waffles 37	Bun 26	Diced peaches 14	Fresh cauliflower 4
Assorted cereal varieties – read label	French toast sticks & scrambled eggs 21	Fresh orange 16	Baby carrots 12
Cinnamon Danish 40	Cheese 14 Salsa 3 Chips 30 nachos	Fruit juice 16	Refried beans 16
String cheese daily 1	Cheese pizza 26	Applesauce cup 12	Salsa 3
	Chicken & waffles 58	Diced pears 15	
	Syrup 29	Craisins 30	

Skim Milk – 11

1% - 11

Choc – 19

Ketchup – 2

Ranch – 4

Delivery Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday
Sep 8 - 11	10:00 – 11:45am		Elvehjem, Emerson, Falk, Olson, Thoreau	Black Hawk, Crestwood, Hamilton, LaFollette, Leopold	Lincoln, Lindbergh, O’Keeffe, Stephens, West	Chavez, East, Franklin, Sandburg, Whitehorse
	12:00 – 1:45pm		Kennedy, Lapham, Memorial, Midvale, Toki	Cherokee, Glendale, Lake View, Shorewood, Spring Harbor	Badger Rock, Lowell, Mendota, Muir, Randall	Allis, Hawthorne, Huegel, Sherman, Wright

Sep 14 – Oct 2	10:00 – 11:45am	East, Falk, Hamilton, Lincoln	Elvehjem, Emerson, Olson, Thoreau	Black Hawk, Crestwood, LaFollette, Leopold	Lindbergh, O’Keeffe, Stephens, West	Chavez, Franklin, Sandburg, Whitehorse
	12:00 – 1:45pm	Badger Rock, Sherman, Shorewood, Toki	Kennedy, Lapham, Memorial, Midvale	Cherokee, Glendale, Lake View, Spring Harbor	Lowell, Mendota, Muir, Randall	Allis, Hawthorne, Huegel, Wright

This institution is an equal opportunity provider.