

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.