



September 2023

ACA | BREAKFAST



MONDAYS

Chocolate Muffin Top
Fruit & Juice

TUESDAYS

Fruty Muffin Bowl
Fruit & Juice

WEDNESDAYS

Mini Cinnis
Fruit & Juice

THURSDAYS

Cereal & String Cheese
Fruit & Juice

FRIDAYS

Bagel with Cream Cheese
Fruit & Juice

Combo Meals includes:

Special of the Day *RBST-Free!*
1% White Milk or Non-Fat Chocolate Milk
Variety of Fruits
Juice


This menu meets the dietary requirements for calories, saturated fat, sodium, protein, and whole grains for students in this age group. This institution is an equal opportunity provider.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

September 2023

ACA | LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Bosco Sticks (V) Assorted Fruits & Veggies
4  LABOR DAY	5 Turkey Ham & Cheese Sandwich Assorted Fruits & Veggies	6 Chicken Caesar Salad & Cheez-Its Assorted Fruits & Veggies	7 Beef Teriyaki Bowl Assorted Fruits & Veggies	8 Galaxy Pepperoni Pizza Assorted Fruits & Veggies
11 Yogurt Parfait & roll Assorted Fruits & Veggies	12 Chicken on a Bun Assorted Fruits & Veggies	13 Hot Dog Assorted Fruits & Veggies	14 Chicken Burrito Bowl Assorted Fruits & Veggies	15 Bosco Sticks (V) Assorted Fruits & Veggies
18 Carnitas Burrito Bowl (P) Assorted Fruits & Veggies	19 Turkey Ham & Cheese Sandwich Assorted Fruits & Veggies	20 Chicken Caesar Salad & Cheez-Its Assorted Fruits & Veggies	21 Beef Teriyaki Bowl Assorted Fruits & Veggies	22 Galaxy Pepperoni Pizza Assorted Fruits & Veggies
25 Yogurt Parfait & roll Assorted Fruits & Veggies	26 Chicken on a Bun Assorted Fruits & Veggies	27 Hot Dog Assorted Fruits & Veggies	28 Chicken Burrito Bowl Assorted Fruits & Veggies	29 Bosco Sticks (V) Assorted Fruits & Veggies

P=Contains Pork V=Vegetarian

Offered Daily:

- *Bean & Cheese Burrito (V)
- *Sunbutter & Jelly Sandwich (Vegan)

Combo Meals includes:

Entree Special
Fruit or Juice of the Day (1/2 cup)
Vegetable of the Day (1/2 cup) &
Baby Carrots (1/2 cup)
(Must take 1/2 cup Fruit or Vegetable)
Choice of 1% White Milk *RBST-Free!*
or Non-Fat Chocolate Milk

Alternates for Grades 6th-8th Students:

- *Monday- Hot N' Spicy Nuggets
- *Tuesday- Beef Chili & Cheese Burrito
- *Wednesday- Cosmic Caesar Salad with 2 Rolls
- *Thursday-Farm Fresh Turkey & Swiss Sandwich
- *Friday- Mandarin Chicken with Chow Mein
- *Offered Daily-Lone Tree Broiler &
Primo Pizza: Cheese (V) or Pepperoni & Olives (P)

Allergies? A form to request substitutions is available in the cafeteria.

This menu meets the dietary requirements for calories, saturated fat, sodium, protein, and whole grains for students in this age group. This institution is an equal opportunity provider.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

September 2023

ACA I SUPPER

All Grain Products served at Supper are Whole Grain!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Strawberry Yogurt & 1 Roll (V, WG) Paradise Punch Juice Raisins
4  LABOR DAY	5 Chicken Salad Sandwich (WG) Celery Sticks Orange	6 Turkey Sub (WG) Jicama Sticks Banana	7 Chicken Caesar Wrap (WG) Yam Sticks Apple	8 Strawberry Yogurt & 1 Roll (V, WG) Paradise Punch Juice Raisins
11 Sunbutter & Jelly Sandwich (V, WG) Green Beans Pear	12 Chicken Salad Sandwich (WG) Celery Sticks Orange	13 Turkey Sub (WG) Jicama Sticks Banana	14 Chicken Caesar Wrap (WG) Yam Sticks Apple	15 Strawberry Yogurt & 1 Roll (V, WG) Paradise Punch Juice Raisins
18 Sunbutter & Jelly Sandwich (V, WG) Green Beans Pear	19 Chicken Salad Sandwich (WG) Celery Sticks Orange	20 Turkey Sub (WG) Jicama Sticks Banana	21 Chicken Caesar Wrap (WG) Yam Sticks Apple	22 Strawberry Yogurt & 1 Roll (V, WG) Paradise Punch Juice Raisins
25 Sunbutter & Jelly Sandwich (V, WG) Green Beans Pear	26 Chicken Salad Sandwich (WG) Celery Sticks Orange	27 Turkey Sub (WG) Jicama Sticks Banana	28 Chicken Caesar Wrap (WG) Yam Sticks Apple	29 Strawberry Yogurt & 1 Roll (V, WG) Paradise Punch Juice Raisins

WG= Whole Grain P=Contains Pork V=Vegetarian

Students must select 3 of the 5 food components:

- 1/2 cup Vegetable (Bag of Carrots or other veggie)
- 1/4 cup Fruit (1 Piece of fruit or Craisins)
- Grains/Bread (1 oz. equivalent)
- Meat/Meat Alternate (2 oz. equivalent)
- 1% White Milk or Non-Fat Chocolate Milk (8 oz.)

Examples:

Entree + Milk
Entree + Fruit
Fruit + Vegetable + Milk

September 2023

ACA I SNACK MENU

All Grain Products served at Snack are Whole Grain!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Tiger Bites Chocolate Grahams (WG) NF Chocolate Milk
4  LABOR DAY	5 4 oz. Strawberry Yogurt Cup Graham Crackers (WG)	6 Pretzels (WG) Sunflower Seeds	7 Bug Bites (WG) String Cheese	8 Goldfish (WG) NF Chocolate Milk
11 Cool Ranch Chips (WG) 6 oz. Apple Juice	12 Scooby Doo (WG) 1% White Milk	13 Blueberry Muffin Top (WG) Sunflower Seeds	14 Cheez-Its (WG) String Cheese	15 Tiger Bites Chocolate Grahams (WG) NF Chocolate Milk
18 Nacho Cheese Chips (WG) 6 oz. Orange Juice	19 4 oz. Strawberry Yogurt Cup Graham Crackers (WG)	20 Pretzels (WG) Sunflower Seeds	21 Bug Bites (WG) String Cheese	22 Goldfish (WG) NF Chocolate Milk
25 Cool Ranch Chips (WG) 6 oz. Apple Juice	26 Scooby Doo (WG) 1% White Milk	27 Blueberry Muffin Top (WG) Sunflower Seeds	28 Cheez-Its (WG) String Cheese	29 Tiger Bites Chocolate Grahams (WG) NF Chocolate Milk

WG= Whole Grain NF=Non-Fat

Students must take BOTH components.