

WOW ALLERGENS
LUNCH – SEPTEMBER MENU

Dairy/Milk [D] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	<p>HAPPY LABOR DAY</p> <p>Stick to Your Ribs 9 3 Meatballs [D][T][G][S] (1 ½ oz) w Marinara Sauce [T] ¼ c WG Penne Pasta [G] (½ oz Grain) PC Parmesan Cheese [D] ¼ c Petite Broccoli w Veggie Dip [D][E][S] EHS Steamed ½ Apple (2-3 Slices) EHS Applesauce ¾ c Milk [D] Veg: 3 Veggie Meatballs [E][S] or [T]</p> <p>Italian 2 Chicken Tenders [G][S] (2 oz) PC Marinara Sauce 1oz WG Breadstick [D][G][S] ¼ c Baby Carrots EHS Steamed ½ Apple (2-3 Slices) EHS Applesauce ¾ c Milk [D] Veg: 3 Chix Tenders [G][S]</p> <p>1 Chicken Patty [G][S][C] 1 WG Bun (1.8 oz) [G][S] ¼ c Baked Batatas & Apples ¼ c Tropical Fruit Salad ¾ c Milk [D] Veg: Black Bean Patty* GARDENBURGER [S][C]</p> <p>A Taste of the South 30 2 oz Oven Baked Chicken Leg EHS 1 Chicken Tenders [G] [S][C] 1 WG Wheat Roll [G] [S][C] ¼ c Black Eyed Peas ¼ c Apple Slices (2-3) EHS 1/8 c Applesauce ¾ c Milk [D] Veg: 3 Chicken Sub Nuggets [E][G][S][C]* w</p>	<p>Let's have a Picnic 3 2 oz CN Hamburger Patty [S] 1 WG Bun [G][S] ½ c Spinach Salad w Ranch [D][E][S] EHS 1/8 c Cucumber Slices ¼ c Cantaloupe EHS Diced ¾ c Milk [D] Veg: ½ c Hummus ½ WG w Pita [G][S][C] (1 oz g)</p> <p>Breakfast For Lunch 10 2 WG French Toast Bites [D][E][G][S][C] w Syrup [C] (1.02 oz Grain) 4 Turkey Sausage Bites [C] (2 oz) ¼ c Home Fries (Poppin Potatoes) ¼ c Tropical Fruit Salad ¾ c Milk [D] Veg: 1 Hard Boiled Egg [E]</p> <p>Fiesta Beans & Rice 17 ½ c Red Beans [T] (2 oz m/ma) ¼ c WG Rice ¼ c Broccoli w Ranch [D][E][S] ¼ c Pineapple ¾ c Milk [D] Veg: Same</p> <p>Use Your Noodle Bake 24 ½ c Beef & Macaroni Pasta Bake #8 [D][T][G] • 2 oz Beef, ¼ c WG Noodles (½ oz) ½ c Field Green Salad w Ranch [D][E][S] 2 Orange Wedges ¾ c Milk [D] Veg: ½ c Cheesy Macaroni Pasta Bake [D][T][G] w 1 Mozzarella Cheese Stick [D]</p>	<p>Finger Lickin Good 4 2 Tyson Chicken Tenders [G][S][C] 1 oz Cornbread [D][E][G][C] ¼ c Broccoli w Ranch [D][E][S] 2 Orange Wedges ¾ c Milk [D] Veg: 3 Dr Praegers Chicken sub nuggets [E][G][S][C] 2 oz m/ma Arroz con Pollo 11 ½ c Arroz con Pollo [T] 1 tenderloin ¼ c WG Rice ¼ c Vegetables (Bell Pepper, Onion Tomatoes) ¼ c Pineapple ¾ c Milk [D] Veg: 3 Chickless Nuggets [G][S]</p> <p>Tooty Fruity Salad 18 2 oz Oven Baked Chicken Leg EHS 2 Chicken Tender 1 oz WG Corn Muffin [E][G][S][C] ¼ c Steamed Greens ¼ c Tropical Fruit Salad ¾ c Milk [D] Veg: 4 oz Yogurt [D] with 1 oz String Cheese [D]</p> <p>Terrific Tater 25 Lentil Stuffed Baked Potato ½ c Southwest Lentils [T] 1 oz WG Corn Muffin [E][G][S][C] ¼ c Baked Potato Cup ¼ Pears ¾ c Milk [D] Veg: Same</p>	<p>Make Your Own Tuna Boat 5 ¼ c Tuna Fish [G][E][S][C][F] ½ slice Cheddar Cheese [D] 1 WG Hot Dog Bun [G][C] (2 oz) ¼ c Baby Carrots Oars ½ c EHS 1/8 c Zucchini Sticks ¼ c: Honeydew ¾ c Milk [D] Veg: ¼ c Chickpea salad [E][S][C]</p> <p>Que Sustol! 12 ½ c Beef Picadillo #8 [T] 1 ½ oz Meat ¼ c WG Rice (½ oz Grain) ½ c Spinach Salad w Creamy Italian [S] ¼ c Pears ¾ c Milk [D] Veg: ¾ c Bean Piccadillo [T]</p> <p>Catch & Release Sandwich 19 3 oz WG CN Fish Fillet [D][G][S][C][F] ¼ c WG Rice (½ oz Grain) ¼ c Cole Slaw [E][S][C] ¼ c Honeydew ¾ c Milk [D] Veg: 6 oz Yogurt [D]</p> <p>Asian 26 ¼ c Honey Glazed Chicken [S] (1.5 oz Meat) ¼ c WG Brown Rice (½ oz Grain) ¼ c Broccoli w Orange Dip [D] ¼ c Mandarin Oranges ¾ c Milk [D] Veg: 3 Honey Glazed Chickless Nuggets* [E][G][S][C]</p>	<p>Tooty Fruity Salad 6 1 Cheese Manicotti [D][E][G][C] w Tomato Basil Sauce [T] 1 ½ oz Cheese, 2 oz WG Grain (2.75 oz) ½ c Field Greens Salad w Ranch [D][E][S] EHS 1/8 c Zucchini Sticks ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D] Veg: Same</p> <p>Make Your Own Burrito 13 ¼ c Black Beans & 1/8 c Monterrey Cheese [D] (1 ½ oz Meat Alternate) 2-6 in WW Tortilla [G][S] (1 oz) PC Mild Salsa [T] ½ c Shredded Field Greens ¼ c Pineapple ¾ c Milk [D] Veg: Same</p> <p>Comfort Lunch 20 ½ c Macaroni & Cheese [D][E][G][S][C] ¼ oz Cheese; ¼ c WG Noodles ½ oz 3/8 c Vegetarian Baked Beans (1 ½ oz Meat Alternate) ½ c Spinach Salad w Italian [S][C] EHS Zucchini Sticks ¼ c Peaches ¾ c Milk [D] Veg: Same</p> <p>Make Your Own Pizza 27 ½ WW English Muffin [D][G][S] 1 oz 2 TBSP Shredded Mozzarella Cheese [D] 1 oz String Cheese [D] ¼ c Marinara Sauce (Hot) [T] ½ c Spinach Salad w Italian [S][C] EHS Zucchini Sticks ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D] Veg: Same</p>