Red River September 2020 Final Lunch Menu (8-12-20)

	WEEK 1 MENU		WEEK 2 MENU		WEEK 3 MENU		WEEK 4 MENU		WEEK 5 MENU	
	Lunch	Srvg (9-12)	Lunch	Srvg (9-12)	Lunch	Srvg (9-12)	Lunch	Srvg (9-12)	Lunch	Srvg (9-12)
Monday					Assorted Milk	1 Cup	Assorted Milk	1 Cup	Assorted Milk	1 Cup
					Spaghetti w/ Meat Sauce (crdp 2, crdb 1)	1 Cup	Chicken & Sausage Jambalaya (crdp 2, crdb 1)	1 Cup	Chicken Alfredo (crdp 2.25, crdb 1)	1 Cup
					Garden Salad	1 Cup	Power Bunch Broccoli	1/2 Cup	Silly Dilly Green Beans	1/2 Cup
					Green Peas	1/2 Cup	Whole Kernel Corn	1/2 Cup	X-Ray Vision Carrots	1/2 Cup
					Mixed Fruit	1 Cup	WG Bread (1 sl) (crdb 1)	1 oz	WG Bread (1 sl) (crdb 1)	1 oz
					Italian Dressing (1 ea, 12 gram pkt)	.4 oz	Pineapples	1 Cup	Mixed Fruit	1 Cup
					WG Bread (1 sl) (crdb 1)	1 oz				
			9/7 Closed		9/14		9/21		9/28	
Tuesday	Assorted Milk	1 Cup	Assorted Milk	1 Cup	Assorted Milk	1 Cup	Assorted Milk	1 Cup	Assorted Milk	1 Cup
	Sloppy Joe (crdp 2.5)	4.4 oz	Hamburger (crdp 2)	2.5 oz	Ham w/ White Beans (crdp 4)	1 Cup	Turkey Breast (crdp2)	4 oz	Sloppy Joe (crdp 2.5)	4.4 oz
	Cowboy Baked Beans	1/2 Cup	Cheese	.5 oz	Brown Rice (crdb 1)	1/2 Cup	Cheese	.5 oz	Cowboy Baked Beans	1/2 Cup
	Sweet Potato Fries	1/2 Cup	Cowboy Baked Beans	1/2 Cup	X-Ray Vision Carrots	3/4 Cup	Shredded Lettuce & Tomatoes	1 Cup	Sweet Potato Fries	1/4 Cup
	WG Hamburger Bun (crdb 1.75)	2 oz	Shredded Lettuce & Tomatoes	1 Cup	Cucumbers	1/4 Cup	Cucumbers	1/2 Cup	WG Hamburger Bun (crdb 1.75)	2 oz
	Ketchup (1 ea, 9 gram pkt)	.3 oz	WG Hamburger Bun (crdb 1.75)	2 oz	Whole Grain Cornbread (crdb 1)	1.2 oz	WG Bread (2 sl) (crdb 2)	2 oz	Ketchup (1 ea, 9 gram pkt)	.3 oz
	Fresh Banana	1/2 Cup	Peaches	1 Cup			Mustard (1 ea, 5.5 gram pkt)	.1 oz	Fresh Banana	1/2 Cup
	100% Apple Juice	1/2 Cup	WG CHEEZ-ITS (crdb 1)	1 oz	Fresh Watermelon	1 Cup	Mayonnaise (1 ea, 9 gram pkt)	.3 oz	100% Apple Juice	1/2 Cup
	WG Graham Crackers (crdb0.5)(1 pkt)	.5 oz	Ketchup (1 ea, 9 gram pkt)	.5 oz	Ranch Dressing (1ea, 12 gram pkt)	.4 oz	Fresh Cantaloupe	1 Cup	WG Graham Crackers (crdb0.5)(1 pkt)	1 oz
			Mustard (1 ea, 5.5 gram pkt)	.1 oz			Ranch Dressing (1ea, 12 gram pkt)	.4 oz		
	9/1		9/8		9/15		9/22		9/29	
Wednesday	Assorted Milk	1 Cup	Assorted Milk	1 Cup	Assorted Milk	1 Cup	Assorted Milk	1 Cup	Assorted Milk	1 Cup
	Ham & Butter Beans (crdp 4)	1 Cup	Shepherd's Pie (crdp 2.25)	1 Cup	Chicken & Sausage Gumbo (crdp 2)	1 Cup	Red Beans & Sausage (crdp 3.25)	1 Cup	Ham & Butter Beans (crdp 4)	1 Cup
	Brown Rice (crdb 1)	1/2 Cup	X-Ray Vision Carrots	1/2 Cup	Brown Rice (crdb 1)	1/2 Cup	Brown Rice (crdb 1)	1/2 Cup	Brown Rice (crdb 1)	1/2 Cup
	Garden Salad	1 Cup	Power Bunch Broccoli	1/2 Cup	Sweet Potatoes	1/2 Cup	Garden Salad	1 Cup	Garden Salad	1 Cup
	Silly Dilly Green Beans	1/2 Cup	Fresh Cantaloupe	1 Cup	Garden Salad	1 Cup	X-Ray Vision Carrots	1/2 Cup	Silly Dilly Green Beans	1/2 Cup
	Whole Grain Cornbread (crdb 1)	1.2 oz			Pineapples	1 Cup	Whole Grain Cornbread (crdb 1)	1.2 oz	Whole Grain Cornbread (crdb 1)	1.2 oz
	Peaches	1 Cup	WG Bread (2 sl) (crdb 2)	2 oz			Fresh Banana	1/2 Cup	Peaches	1 Cup
					WG Bread (2 sl) (crdb 2)	2 oz	100% Grape Juice	1/2 Cup		
	Ranch Dressing (1ea, 12 gram pkt)	.4 oz			Ranch Dressing (1ea, 12 gram pkt)	.4 oz	Ranch Dressing (1ea, 12 gram pkt)	.4 oz	Ranch Dressing (1ea, 12 gram pkt)	.4 oz
							WG Graham Crackers (crdb 1)(2 pkts)	1 oz		
	9/2		9/9		9/16		9/23		9/30	
Thursday	Assorted Milk	1 Cup	Assorted Milk	1 Cup	Assorted Milk	1 Cup	Assorted Milk	1 Cup		
	Salisbury Steak	4 oz	WG Cheese Pizza (crdp 2 oz) (crdb 2)	4 oz	Hot Dog (crdp 2)	2 oz	WG Corndog (crdp 2, crdb 2)	4 oz		
	Power Bunch Broccoli	1/2 Cup	Garden Salad	1/2 Cup	w/ Chili (crdp 0.25)	1/4 Cup	Cowboy Baked Beans	1/2 Cup		
	Smothered Potatoes	1/2 Cup	Carrot Sticks	3/4 Cup	Cowboy Baked Beans	1/2 Cup	Potato Wedges	1/2 Cup		
			Applesauce	1 Cup	Tater Tots (1/2 c = approx. 8 pcs)	1/2 Cup	Ketchup (1 ea, 9 gram pkt)	.3 oz		
	Fresh Orange	1/2 Cup	Italian Dressing (1 ea, 12 gram pkt)	.4 oz	WG Hot Dog Bun (crdb 1.5)	1.5 oz	Mustard (1 ea, 5.5 gram pkt)	.1 oz		
	WG Bread (2 sl) (crdb 2)	2 oz	Ranch Dressing (1 ea, 12 gram pkt)	.4 oz	Ketchup (1 ea, 9 gram pkt)	.3 oz	Mandarin Oranges	1 Cup		
	100% Apple Juice	1/2 Cup			Fresh Orange	1/2 Cup	Ketchup (1 ea, 9 gram pkt)	.3 oz		
					100% Grape Juice	1/2 Cup				
					WG Graham Crackers (crdb 1)(2 pkts)	1 oz				
	9/3		9/10		9/17		9/24			
Friday	Assorted Milk	1 Cup	Assorted Milk	1 Cup	Assorted Milk	1 Cup	Assorted Milk	1 Cup		
	WG Chicken Tenders (10 ea) (crdp 2, crdb 1)	4 oz	BBQ Pulled Pork (crdp 2)	4 oz	BBQ Chicken Leg Quarters (crdp 3.1 oz)	7 oz	Meatballs (crdp 2.5 oz) (3 ea)	3 oz		
	Cole Slaw	1/2 Cup	Potato Wedges	1/2 Cup	Power Bunch Broccoli	1/2 Cup	Marinara Sauce	1 oz		
	Potato Wedges	1/2 Cup	Cole Slaw	1/2 Cup	Garden Salad	1 Cup	Silly Dilly Green Beans	1/4 Cup		
	Ketchup (1 ea, 9 gram pkt)	.3 oz	Mandarin Oranges	1 Cup	Whole Kernel Corn	1/2 Cup	Sweet Potatoes	3/4 Cup		
			WG Hamburger Bun (crdb 1.75)	2 oz	Mandarin Oranges	1 Cup	WG Hot Dog Bun (crdb 1.5)	1.5 oz		
	Fresh Watermelon	1 Cup	WG Graham Crackers (crdb 1)(2 pkts)	1 oz			Applesauce	1 Cup		
	Ketchup (1 ea, 9 gram pkt)	.3 oz	Ketchup (1 ea, 9 gram pkt)	.3 oz	Ranch Dressing (1ea, 12 gram pkt)	.4 oz	WG Graham Crackers (crdb 1)(2 pkts)	1 oz		
	WG Bread (1 sl) (crdb 1)	1 oz			WG Bread (2 sl) (crdb 2)	2 oz				
	9/4		9/11		9/18		9/25			

<u>Milk</u>

White Milk: 1% or Fat Free Only.

Flavored Milk: Fat Free Only