Day of Week and Number Served	Menu for: Month September Week 9-13	Planned Serving Size			Grains and Breads: List food item & amount used WGR = Whole Grain Rich	or Substitute of Meat/Meat Alternate: List food item & amount used	Temp.
Monday Sept. 9 Meals Served: Students K-5 46 Students 6-8 32 Students 9-12 28 Adults 4 Other TOTAL 110	WGR French toast Syrup Orange Grape Juice Milk – variety	K-5 1 ea 1 T 1 ½ c. 1	6-8 1 ea 1 T 1 ½ c. 1	9-12 1 ea 1 T 1 ½ c. 1	All must be WGR ☒ WGR French toast - 110 ☐ ☐ ☐ ☐		Before 167° During 158° During 155° After 155°
Tuesday Sept. 10 Meals Served: Students K-5 44 Students 6-8 29 Students 9-12 25 Adults 5 Other TOTAL 103	Breakfast Wraps: WGR tortilla Egg patty Black beans Salsa Apple Orange Juice Milk - variety	1 ea 1 ea ¼ c. ¼ c 1/2 ½ c. 1	1 ea 1 ea ¼ c. ¼ c 1/2 ½ c. 1	1 ea 1 ea ¼ c. ¼ c 1/2 ½ c. 1	WGR ☒ WGR tortilla – 105 ☐ ☐ ☐ ☐	Egg patty - 105	Before 170° During 162° During 156° After 150°
Wednesday Sept. 11 Meals Served: Students K-5 41 Students 6-8 22 Students 9-12 16 Adults 3 Other TOTAL 82	Oatmeal WGR toast Banana Apple juice Milk - variety	½ c 1 ea 1 ea ½ c 1	½ c 1 ea 1 ea ½ c 1	½ c 1 ea 1 ea ½ c 1	WGR ☒ Oatmeal – 3 gal. ☒ WGR bread (toast) – 3 ½ loaves ☐ ☐ ☐		Before 186° During 174° During 162° After 156°
Thursday Sept 12 Meals Served: Students K-5 44 Students 6-8 29 Students 9-12 25 Adults 5 Other TOTAL 103	Assorted WGR cold cereal WGR toast Pears Apple Juice Milk - variety	¾ c 1 ea ½ c ½ c ½ c	¾ c 1 ea ½ c ½ c ½ c	¾ c 1 ea ½ c ½ c ½ c	WGR ☒ Honey Nut Cheerios 4 bags ☒ WGR Bread (toast) – 3 ½ loaves ☐ ☐ ☐		Before NA During NA During NA After NA
Friday Sept. 13 Meals Served: Students K-5 46 Students 6-8 32 Students 9-12 28 Adults 4 Other TOTAL 110	WGR pancakes Pineapple Orange Juice Milk - variety	2 ea ½ c ½ c 1	2 ea ½ c ½ c 1	2 ea ½ c ½ c 1	WGR ☒ pancakes – 4 boxes of WGR dry mix ☐ ☐ ☐ ☐		Before NA During NA During NA After NA

Fruit: List food item & amount used	or Substitute of Vegetables: List food item & amount used G: Dark Green, R: Red/Orange, L: Legumes, S:Starchy, O: Other	Milk List food item & amount used 1%, Skim, or Choc. Skim	Other Foods List food item & amount used	Leftover Amount (if any)
Oranges – 95 Grape Juice – 96	Circle Category: Vegetable & amount: G R L S O G R L S O G R L S O G R L S O G R L S O	1% - 45 Skim – 30 Ch. Skim - 35	Syrup – ½ gal.	none
Apple halves – 90 Orange juice – 94	Circle Category: Vegetable & amount: G R (L) S O Black beans – 1 #10 can G (R) L S O Salsa – 1 #10 can G R L S O G R L S O G R L S O	1% - 45 Skim – 28 Ch. Skim - 30		7 tortillas 5 egg patties 3 c. black beans 2 c. salsa
Banana – ¼ case Apple juice – 85	Circle Category: Vegetable & amount: G R L S O G R L S O G R L S O G R L S O G R L S O	1% - 43 Skim – 15 Ch. Skim – 23	Brown sugar – 2# Jelly – 70 packets	Leftovers discarded
Pears – 3 #10 cans Apple juice – 101	Circle Category: Vegetable & amount: G R L S O G R L S O G R L S O G R L S O G R L S O	1% - 45 Skim – 28 Ch. Skim - 30		None
Pineapple tidbits – 3 #10 cans Orange juice - 105	Circle Category: Vegetable & amount: G R L S O G R L S O G R L S O G R L S O G R L S O	1% - 45 Skim – 30 Ch. Skim - 35	Syrup – ½ gal. Promise margarine – 75 packets	Leftovers discarded