


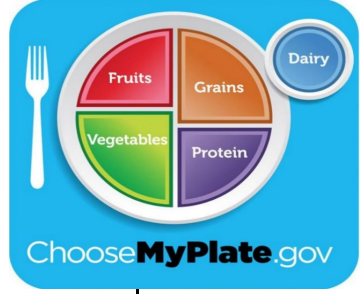
# PRTF 1 & 2 & IPU Breakfast, Lunch, Dinner and Snack Menu

Sep-24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p><b>Breakfast</b> Muffin, Cheese Omelet, Bacon Banana 100% Orange Juice, FF Milk</p> <p><b>Lunch</b> Turkey Ham Wrap, WG Chips, Mixed Vegetables, Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> WG Rice Krispie Bar, Mixed Fruit 1% White Milk</p> <p><b>Dinner</b> Runza Casserole, Dinner Roll, Peas, Pineapple, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Popcorn, Gatorade Mandarin Orange</p>	<p><b>2</b></p> <p><b>Breakfast</b> Ham, Cheese, Egg Scramble, WW Toast w/ Jelly, Apple 100% Cranberry Juice, FF Milk</p> <p><b>Lunch</b> Nachos, Refried Beans Corn, Peaches Dessert, FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> WG Chips Banana, 1% White Milk</p> <p><b>Dinner</b> Cheeseburger, French Fries Mixed Vegetables Mandarin Oranges FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Sherbet Fresh Pear</p>	<p><b>3</b></p> <p><b>Breakfast</b> Muffin, Cheese Omelet, Orange 100% Apple Juice, FF Milk</p> <p><b>Lunch</b> Creamed Chicken over Mashed Potatoes, Dinner Roll, Carrots Fruit Cocktail FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Banana Loaf, Red Grapes 1% White Milk</p> <p><b>Dinner</b> Pork Fritter Sandwich, Parslied Potatoes, Side Salad, Pears FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Pudding, Oreos Apple</p>	<p><b>4</b></p> <p><b>Breakfast</b> Turkey Bacon Breakfast Pizza Banana 100% Orange Juice, FF Milk</p> <p><b>Lunch (Sack Lunch)</b> Meatball Sandwich, Sweet Potato Fries, Broccoli Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> S'more Yogurt w/ Graham Crackers 1% White Milk</p> <p><b>Dinner</b> Sweet &amp; Sour Chicken over Brown Rice, Mixed Vegetables Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Cookie Mandarin Orange</p>	<p><b>5</b></p> <p><b>Breakfast</b> Mini Waffles, Turkey Sausage Patty, Apple 100% Grape Juice, FF Milk</p> <p><b>Lunch</b> Turkey &amp; Cheese on Croissant WG Chips, Mixed Vegetables Diced Pears, FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Blueberry Biscuit Diced Peaches, 1% White Milk</p> <p><b>Dinner</b> Shepherd's Pie, Tri Tater Side Salad Pineapple FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Jello Fresh Pears</p>	<p><b>6</b></p> <p><b>Breakfast</b> Cinnamon Roll, Scrambled Eggs, Banana 100% Orange Juice, FF Milk</p> <p><b>Lunch</b> Mini Chicken Corn Dogs, Cheesy Broccoli Rice, Peas Mandarin Oranges FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Chips &amp; Salsa Red Grapes, 1% White Milk</p> <p><b>Dinner</b> Cheese Quesadilla, Potato Puffs, Corn Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Ice Cream Mixed Fruit</p>	<p><b>7</b></p> <p><b>Breakfast</b> Cereal WW Toast with Jelly, Orange 100% Apple Juice, FF Milk</p> <p><b>Lunch</b> BBQ Chicken Sandwich, French Fries, Side Salad Diced Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Carrots with Cheese Stick 1% White Milk</p> <p><b>Dinner</b> Spaghetti w/ Meat sauce, Breadstick, Green Beans Fruit Cocktail FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Tiramisu Apple</p>
<p><b>8</b></p> <p><b>Breakfast</b> Pancake Bites Turkey Sausage Patty, Banana 100% Orange Juice, FF Milk</p> <p><b>Lunch</b> Country Fried Steak Sandwich Oven Fried Potatoes, Mixed Vegetables, Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Goldfish, Mixed Fruit 1% White Milk</p> <p><b>Dinner</b> Chicken Wrap, Chips, Raw Mixed Vegetables, Pineapple, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Popcorn, Gatorade Mandarin Orange</p>	<p><b>9</b></p> <p><b>Breakfast</b> Cheese Omelet, Hashbrown, WW Toast w/ Jelly, Apple 100% Cranberry Juice, FF Milk</p> <p><b>Lunch</b> Western Burger, Sweet Potato Fries, Broccoli, Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Cinn. Sugar Bites Banana, 1% White Milk</p> <p><b>Dinner</b> Ham, Mac &amp; Cheese, Breadstick Peas, Mandarin Oranges FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Popsicle Fresh Pear</p>	<p><b>10</b></p> <p><b>Breakfast</b> Mini Cinn's, Breakfast Potatoes, Orange 100% Apple Juice, FF Milk</p> <p><b>Lunch</b> Hoagie, WG Chips, Sweet Mixed Vegetables, Mixed Fruit, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Oatmeal Round, Red Grapes 1% White Milk</p> <p><b>Dinner</b> Chicken Patty Sandwich, French Fries, Peas, Diced Pears FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Pudding, Graham Crackers Apple</p>	<p><b>11</b></p> <p><b>Breakfast</b> Breakfast Burrito, Turkey Sausage Patty, Banana 100% Orange Juice, FF Milk</p> <p><b>Lunch</b> Swedish Meatballs with Pasta Breadstick, Carrots Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Cereal, Pineapple, 1% White Milk</p> <p><b>Dinner</b> Sloppy Joe Sandwich, Sweet Potato Tots, Mixed Vegetables, Diced Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Brownie Fresh Pears</p>	<p><b>12</b></p> <p><b>Breakfast</b> Pancakes, Breakfast Potatoes Apple 100% Grape Juice, FF Milk</p> <p><b>Lunch</b> Chicken Enchiladas, Cilantro Lime Rice, Black Beans Corn, Diced Pears FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Bagel w/ Cream Cheese Diced Peaches, 1% White Milk</p> <p><b>Dinner</b> Baked Cheese Sandwich, Tomato Soup, Side Salad, Pineapple FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Chips Orange</p>	<p><b>13</b></p> <p><b>Breakfast</b> Scrambled Eggs, Turkey Saus. Patty, Biscuit, Fresh Fruit 100% Orange Juice, FF Milk</p> <p><b>Lunch</b> Pizza, Tri Tater Green Beans Mandarin Oranges FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Yogurt w/ Granola Red Grapes, 1% White Milk</p> <p><b>Dinner</b> Chicken Fajita Wrap, WG Chips, Sliced Cucumbers, Applesauce, FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Ice Cream Banana</p>	<p><b>14</b></p> <p><b>Breakfast</b> Cereal, WW Toast with Jelly, Orange 100% Apple Juice, FF Milk</p> <p><b>Lunch</b> Spaghetti w/ Meatballs, Breadstick, Corn, Side Salad Diced Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Chex Mix, Diced Pears 1% White Milk</p> <p><b>Dinner</b> Hamburger, Pasta Salad Mixed Vegetables, Fruit Cocktail, FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Fudge Bar Apple</p>
<p><b>15</b></p> <p><b>Breakfast</b> Scrambled Eggs, Mini Donuts Banana 100% Orange Juice, FF Milk</p> <p><b>Lunch</b> Chicken Nuggets, Dinner Roll French Fries, Carrots Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Soft Pretzel, Cheese Stick 1% White Milk</p> <p><b>Dinner</b> Hot Beef Sandwich Mashed Potatoes &amp; Gravy, Mixed Vegetables, Pineapple, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Popcorn, Gatorade Mandarin Orange</p>	<p><b>16</b></p> <p><b>Breakfast</b> Ham, Egg, Cheese Scramble, English Muffin w/ Jelly, Apple 100% Cranberry Juice, FF Milk</p> <p><b>Lunch</b> Soft Shell Chicken Tacos, Mexican Rice, Refried Beans Broccoli, Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> WG Chips Banana, 1% White Milk</p> <p><b>Dinner</b> Stuffed Baked Potato, Cornbread, Side Salad Mandarin Oranges FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Ice Cream Fresh Pear</p>	<p><b>17</b></p> <p><b>Breakfast</b> Cheese Omelet, Plain Bagel with Cream Cheese, Orange 100% Apple Juice, FF Milk</p> <p><b>Lunch</b> Chicken Tetrazzini, Breadstick, Carrots Fruit Cocktail, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Nutri-Grain Bars Red Grapes 1% White Milk</p> <p><b>Dinner</b> Fish Sticks, Mac &amp; Cheese Mixed Vegetables, Diced Pears FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Pudding w/ Animal Crackers Apple</p>	<p><b>18</b></p> <p><b>Breakfast</b> Breakfast Sandwich Banana 100% Orange Juice, FF Milk</p> <p><b>Lunch</b> Pizza Burger, Parslied Potatoes Corn, Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Yogurt with Graham Crackers 1% White Milk</p> <p><b>Dinner</b> Orange Chicken, Brown Rice Mixed Vegetables Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Cookie Fresh Pears</p>	<p><b>19</b></p> <p><b>Breakfast</b> Mini French Toast, Egg Patty Apple 100% Grape Juice, FF Milk</p> <p><b>Lunch</b> Country Fried Steak Sandwich, Mashed Potatoes &amp; Gravy Mixed Veggies, Peas, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Goldfish Diced Peaches, 1% White Milk</p> <p><b>Dinner</b> Turkey Ham Wrap, Chips Raw Mixed Vegetables Pineapple FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Fruit Snacks Orange</p>	<p><b>20</b></p> <p><b>Breakfast</b> Scrambled Eggs, Turkey Saus. Patty, Biscuit, Banana 100% Orange Juice, FF Milk</p> <p><b>Lunch</b> Mini Pancakes, Cheese Omelet Breakfast Potatoes, Mandarin Oranges FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Scooby Snacks Red Grapes, 1% White Milk</p> <p><b>Dinner</b> Spaghetti w/ Meat Sauce Cheese Breadstick, Green Beans, Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Italian Ice Mixed Fruit</p>	<p><b>21</b></p> <p><b>Breakfast</b> Cereal WW Toast with Jelly, Orange 100% Apple Juice, FF Milk</p> <p><b>Lunch</b> BBQ Pulled Pork, French Fries, Carrots Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Pretzels, Cheese stick 1% White Milk</p> <p><b>Dinner</b> Turkey &amp; Cheese Melt Cheesy Vegetable Soup, Cucumber Slices, Fruit Cocktail FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Cake Apple</p>

# PRTF 1 & 2 & IPU Breakfast, Lunch, Dinner and Snack Menu

Sep-24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
<p><b>Breakfast</b> Mini Bagels, Egg Patty Banana 100% Orange Juice, FF Milk</p> <p><b>Lunch</b> Grilled Chicken, Breadstick Pasta w/ Alfredo, Peas Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Rice Krispie Bar Mixed Fruit, 1% White Milk</p> <p><b>Dinner</b> Pizza, Tri Tater Side Salad Pineapple, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Popcorn, Gatorade Mandarin Orange</p>	<p><b>Breakfast</b> Oatmeal Round, Cheese Omelet Apple 100% Cranberry Juice, FF Milk</p> <p><b>Lunch</b> Chicken Nuggets, Dinner Roll Mashed Potatoes &amp; Gravy Mixed Vegetables, Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Cottage Cheese &amp; Pineapple, Banana, 1% White Milk</p> <p><b>Dinner</b> BBQ Rib Sandwich, Potato Puffs Corn Mandarin Oranges FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Ice Cream Fresh Pear</p>	<p><b>Breakfast</b> Muffin, Scrambled Eggs, Orange 100% Apple Juice, FF Milk</p> <p><b>Lunch</b> Cheeseburger, Sweet Potato Fries Broccoli Fruit Cocktail, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Banana Bread, Red Grapes 1% White Milk</p> <p><b>Dinner</b> Chicken Pot Pie, Combread Side Salad, Diced Pears FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Graham Crackers Apple with Caramel Sauce</p>	<p><b>Breakfast</b> Breakfast Pizza, Banana 100% Orange Juice, FF Milk</p> <p><b>Lunch</b> Turkey Wrap, WG Chips Baby Carrots, Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Soft Pretzel w Cheese Cubes 1% White Milk</p> <p><b>Dinner</b> Italian Lasagna, French Bread Green Beans Diced Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Cookie Fresh Pears</p>	<p><b>Breakfast</b> Mini Waffles, Turkey Sausage Patty, Apple 100% Grape Juice, FF Milk</p> <p><b>Lunch</b> Nachos, Refried Beans Corn, Pears, FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Oatmeal Round Diced Peaches, 1% White Milk</p> <p><b>Dinner</b> Chicken Stir-Fry oven Brown Rice, Mixed Vegetables Pineapple, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Jelly Orange</p>	<p><b>Breakfast</b> Apple Frudel, Yogurt Fresh Fruit 100% Orange Juice, FF Milk</p> <p><b>Lunch</b> Cheese Pull-Apart w/ Marinara Sauce, Tri Tater, Side Salad Mandarin Oranges FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Baked Chips &amp; Salsa Red Grapes, 1% White Milk</p> <p><b>Dinner</b> Fish Sandwich, Pasta Salad Raw Mixed Vegetables, Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Sherbet Banana</p>	<p><b>Breakfast</b> Cereal, WW Toast with Jelly, Orange 100% Apple Juice, FF Milk</p> <p><b>Lunch</b> Chicken Patty Sandwich, French Fries, Baked Beans Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Tiger Bites, Diced Pears 1% White Milk</p> <p><b>Dinner</b> Ham &amp; Potato Au Gratin, Biscuit, Mixed Vegetables Fruit Cocktail, FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Ice Cream Apple</p>
29	30					
<p><b>Breakfast</b> French Toast Sticks, Hashbrown Banana 100% Orange Juice, FF Milk</p> <p><b>Lunch</b> Italian Sausage on Bun w/ Peppers WG Chips, Corn Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Pretzels, Baby Carrots w/ Ranch 1% White Milk</p> <p><b>Dinner</b> Pizza, Tri Tater Side Salad Pineapple, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Popcorn, Gatorade Mandarin Orange</p>	<p><b>Breakfast</b> Biscuits &amp; Gravy, Turkey Sausage Patty, Apple 100% Cranberry Juice, FF Milk</p> <p><b>Lunch</b> Popcorn Chicken, Dinner Roll Sweet Potato Puffs, Mixed Vegetables, Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Goldfish Banana, 1% White Milk</p> <p><b>Dinner</b> Chili Macaroni, Combread Green Beans Mandarin Oranges FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Italian Ice Fresh Pear</p>	<p><b>Remember My Plate!</b> My plate is a visual reminder to make healthy choices from each of the 5 food groups.</p>  <p>Choose <b>MyPlate</b>.gov</p>				

The USDA is an equal opportunity provider. Menu is subject to change.