

Quality Culinary
AFTERSCHOOL MEALS HOT SUPPER
SEPTEMBER MENU

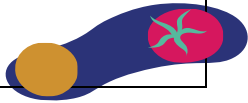
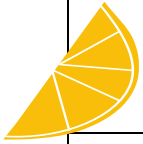


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2-CLOSED	3-Sloppy Joe (3oz) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Bun (1) Milk 8oz	4-Breaded Fish (3.6oz) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Bread (1) Milk 8oz	5-Spaghetti and Meat Sauce (1c) Green Peas (1/2c) Pineapple or Mandarin Oranges (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	6-Arrzo con Pollo (1c) Corn (1/2c) Fresh Fruit (1/4c) WGR Rice in entrée (1/2c) Milk 8oz
9-Baked Chicken (3oz) Peas & Carrots (1/2c) Pears or Peaches (1/4c) WGR Rice (1/2c) Milk 8oz	10-Macaroni & Cheese (2/3c) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Pasta in entre (1/2c) Milk 8oz	11-Chicken (2oz) Cheese (0.5oz) Mixed Green Salad (1c) Salad Dressing (1) Fresh Fruit (1/4c) WGR Tortilla (1) Milk 8oz	12-Beef or Turkey Shepherds Pie (1c) Mashed Potato in entrée (1/2c) Pineapple or Mandarin Oranges (1/4c) WGR Bread (1) Milk 8oz	13-Beef, Turkey or Chicken Hot Dog (2.75oz) Corn (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk 8oz
16-Chicken Alfredo Pasta (1c) Peas & Carrots (1/2c) Pears or Peaches (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	17-Beef or Turkey Chili (3oz) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Rice (1/2c) Milk 8oz	18-Baked Ziti Pasta (1c) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	19-Adobo Baked Chicken (3oz) Green Peas (1/2c) Pineapple or Mandaring Oranges (1/4c) WGR Rice (1/2c) Milk 8oz	20-Beef, Turkey or Chicken Hot Dog (2.75oz) Corn (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk 8oz
23-Macaroni & Cheese (2/3c) Peas and Carrots (1/2c) Pears or Peaches (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	24-Chicken Patty (3oz) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Bun (1) Milk 8oz	25-Picadillo (3oz) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Rice (1/2c) Milk 8oz	26-Baked Chicken Marinara (1c) Green Peas (1/2c) Pineapple or Mandarin Oranges (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	27-Arroz con Pollo (1c) Corn (1/2c) Fresh Fruit (1/4c) WGR Rice in entrée (1/2c) Milk 8oz
30-Cheeseburger Macaroni (3oz) Peas & Carrots (1/2c) Pears or Peaches (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz		<p>THE CHILDREN'S TRUST</p>	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES	

Quality Culinary
AFTERSCHOOL MEALS COLD SUPPER
SEPTEMBER MENU




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2-CLOSED	3-Turkey (2oz) Cheese (1oz) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	4-Turkey (2oz) Beef/Turkey Pepperoni or Beef/Turkey Salami (0.5oz) Cheese (0.5oz) Carrot/Celery Slims (1/2c) Dip (1) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)	5-Beef Bologna (2oz) Cheese (1oz) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Bread (2) Milk (8oz)	6-Sliced Chicken (2oz) Cheese (1oz) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)
9-Beef Bologna (2oz) Cheese (1oz) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches (1/4c) WGR Bread (2) Milk (8oz)	10-Turkey Breast (2oz) Cheese (1oz) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	11-Tuna Macaroni Salad (3/4c) Carrot/Celery Slims (1/2c) Dip (1) Fresh Fruit (1/4c) WGR Macaroni in Salad (1/2c) Milk (8oz)	12-Turkey Breast (2oz) Cheese (1oz) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Bread (2) Milk (8oz)	13-Sliced Chicken (2oz) Cheese (1oz) Carrot, Raisin, Pineapple Salad (1/2c) WGR Bun (1) Milk (8oz)
16-Turkey (2oz) Beef/Turkey Pepperoni or Beef/Turkey Salami (0.5oz) Cheese (0.5oz) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches (1/4c) WGR Bun (1) Milk (8oz)	17-Buffalo Chicken Wrap (2.5oz) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	18 Turkey (2oz) Cheese (1oz) Carrot/Celery Slims (1/2c) Dip (1) Mandarin Oranges or Cinnamon Apples (1/4c) WGR Tortilla (1) Milk (8oz)	19-Tuna Macaroni Salad (3/4c) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Macaroni in Salad (1/2c) Milk (8oz)	20-Sliced Chicken (2oz) Cheese (1oz) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)
23-Tuna Salad (3oz) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches(1/4c) WGR Bun (1) Milk (8oz)	24-Turkey (2oz) Cheese (1oz) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	25-Turkey (2oz) Beef/Turkey Pepperoni or Beef/Turkey Salami (0.5oz) Cheese (0.5oz) Carrot/Celery Slims (1/2c) Dip (1) Fresh Fruit (1/4c)	26-Beef Bologna (2oz) Cheese (1oz) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Bread (2) Milk (8oz)	27-Sliced Chicken (2oz) Cheese (1oz) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)
30-Tuna Macaroni Salad (3/4c) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches (1/4c) WGR Macaroni in Salad (1/2c) Milk (8oz)	 THE CHILDREN'S TRUST	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES		



Quality Culinary
AFTERSCHOOL MEALS SNACK
SEPTEMBER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2-CLOSED	3-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	4-IW WGR Pita Chips or Pretzels (0.8oz) Cheese Stick (1oz)	5-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	6-IW WGR Animal or Graham Crackers (1oz) Milk 8oz
9-IW WGR Muffin (2oz) Milk 8oz	10-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	11-IW WGR Graham Crackers (1oz) Yogurt (4oz)	12-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	13-IW WGR Animal Crackers (1oz) Milk 8oz
16-IW WGR Muffin (2oz) Milk 8oz	17-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	18-IW WGR Pita Chips or Pretzels (0.8oz) Cheese Stick (1oz)	19-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	20-IW WGR Animal or Graham Crackers (1oz) Milk 8oz
23-IW WGR Muffin (2oz) Milk 8oz	24-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	25-IW WGR Pita Chips or Pretzels (0.8oz) Cheese Stick (1oz)	26-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	27-IW WGR Animal or Graham Crackers (1oz) Milk 8oz
30-IW WGR Muffin (2oz) Milk 8oz	 THE CHILDREN'S TRUST	<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES</p> <p>IW= Individually Wrapped</p>		

