

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| <p>18</p> <p><b>Lunch Entree</b><br/>Waffle &amp; Chicken Sausage Sandwich</p> <p><b>Vegetables</b><br/>Fresh Broccoli Florets</p> <p><b>Fruit</b><br/>Red Delicious apple</p> <p><b>Milk</b><br/>Milk, 1% Chocolate<br/>Fat Free Milk</p> <p><b>Misc.</b><br/>Marble Jack Cheese Stick</p> <p><b>Condiments</b><br/>Buttermilk Ranch Dressing</p> | <p>19</p> <p><b>Lunch Entree</b><br/>WG Home-Style Breaded Chicken Nuggets</p> <p><b>Vegetables</b><br/>Mashed Potatoes<br/>Celery Sticks</p> <p><b>Fruit</b><br/>Mandarin Oranges</p> <p><b>Grains</b><br/>WG Dinner Roll</p> <p><b>Milk</b><br/>Fat Free Milk<br/>Milk, 1% Chocolate</p> <p><b>Condiments</b><br/>Buttermilk Ranch Dressing</p> | <p>20</p> <p><b>Lunch Entree</b><br/>WG Breaded Chicken Patty</p> <p><b>Vegetables</b><br/>Wedge Cut Fries<br/>Pinto Beans</p> <p><b>Fruit</b><br/>Mango Peach Applesauce</p> <p><b>Grains</b><br/>4" Whole Grain White Hamburger Bun</p> <p><b>Milk</b><br/>Fat Free Milk<br/>Milk, 1% Chocolate</p> <p><b>Misc.</b><br/>Ketchup Packet<br/>Light Mayonnaise</p> | <p>21</p> <p><b>Lunch Entree</b><br/>Meatball Sub</p> <p><b>Vegetables</b><br/>Green Beans</p> <p><b>Fruit</b><br/>Apple Slices</p> <p><b>Grains</b><br/>WG Hot Dog Bun</p> <p><b>Milk</b><br/>Fat Free Milk<br/>Milk, 1% Chocolate</p> <p><b>Misc.</b><br/>Ranch Packet</p>  | <p>22</p> <p><b>Lunch Entree</b><br/>TONY'S® Cheese Pizza<br/>Galaxy Pepp Pizza</p> <p><b>Vegetables</b><br/>Baby Carrots<br/>Baby Carrots</p> <p><b>Fruit</b><br/>Apple Slices</p> <p><b>Milk</b><br/>Fat Free Milk<br/>Milk, 1% Chocolate</p> <p><b>Misc.</b><br/>Ranch Packet</p> |
| <p>25</p> <p><b>Lunch Entree</b><br/>Bean &amp; Cheese Burrito</p> <p><b>Vegetables</b><br/>Fresh Broccoli Florets</p> <p><b>Fruit</b><br/>Red Delicious apple</p> <p><b>Grains</b><br/>Nacho Cheese Doritos</p> <p><b>Milk</b><br/>Fat Free Milk<br/>Milk, 1% Chocolate</p> <p><b>Condiments</b><br/>Buttermilk Ranch Dressing</p>                | <p>26</p> <p><b>Lunch Entree</b><br/>Grilled Chicken Strips</p> <p><b>Vegetables</b><br/>Refried Beans<br/>Refried Beans<br/>Salsa Cup</p> <p><b>Fruit</b><br/>Mandarin Oranges</p> <p><b>Grains</b><br/>Tortilla</p> <p><b>Milk</b><br/>Fat Free Milk<br/>Milk, 1% Chocolate</p> <p><b>Misc.</b><br/>Shredded Cheddar Cheese</p>                 | <p>27</p> <p><b>Lunch Entree</b><br/>WG Large Popcorn Style Chicken</p> <p><b>Vegetables</b><br/>Steamed Corn<br/>Mashed Potatoes</p> <p><b>Fruit</b><br/>Peach Fruit Cup</p> <p><b>Milk</b><br/>Fat Free Milk<br/>Milk, 1% Chocolate</p>   | <p>28</p> <p><b>Lunch Entree</b><br/>Flamebroiled Beef Hamburger</p> <p><b>Vegetables</b><br/>Green Beans</p> <p><b>Fruit</b><br/>Sliced Fresh Apple</p> <p><b>Grains</b><br/>WG Hamburger Bun</p> <p><b>Milk</b><br/>Fat Free Milk<br/>Milk, 1% Chocolate</p> <p><b>Condiments</b><br/>Ketchup<br/>Buttermilk Ranch Dressing</p> | <p>29</p> <p><b>Lunch Entree</b><br/>TONY'S® Cheese Pizza<br/>Galaxy Pepp Pizza</p> <p><b>Vegetables</b><br/>Baby Carrots<br/>Baby Carrots</p> <p><b>Fruit</b><br/>Apple Slices</p> <p><b>Milk</b><br/>Fat Free Milk<br/>Milk, 1% Chocolate</p> <p><b>Misc.</b><br/>Ranch Packet</p> |

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

# Champions-K-8 Lunch (5wk) - 23/24

# September 2023

Monday

Tuesday

Wednesday

Thursday

Friday

|                          |                        |                        |                      |
|--------------------------|------------------------|------------------------|----------------------|
| Milk                     | 1/2 cup                | 3/4 cup                | 1 cup                |
| Meat/<br>Meat Alternates | 1 oz                   | 1 1/2 oz               | 2 oz                 |
| Vegetable                | 1/8 cup                | 1/4 cup                | 1/2 cup              |
| Fruit                    | 1/8 cup                | 1/4 cup                | 1/4 cup              |
| Grain                    | 1/2 oz eq <sup>2</sup> | 1/2 oz eq <sup>2</sup> | 1 oz eq <sup>2</sup> |

1

**Lunch Entree**  
Turkey Sausage Breakfast  
Pizza

**Vegetables**  
Fresh Baby Carrots

**Fruit**  
Red Delicious apple

**Milk**  
Milk, 1% Chocolate  
Fat Free Milk

**Misc.**  
Marble Jack Cheese Stick

**Condiments**  
Buttermilk Ranch Dressing

4

**Lunch Entree**  
Grilled Cheese

**Vegetables**  
Fresh Broccoli Florets

**Fruit**  
Red Delicious apple

**Milk**  
Milk, 1% Chocolate  
Fat Free Milk

**Condiments**  
Buttermilk Ranch Dressing

5

**Lunch Entree**  
Chicken Tenders

**Vegetables**  
Vegetarian Baked Beans

**Fruit**  
Fresh Banana

**Grains**  
WG Dinner Roll

**Milk**  
Milk, 1% Chocolate  
Fat Free Milk

6

**Lunch Entree**  
Beef Taco Filling

**Vegetables**  
Corn SYS 3533494  
Salsa

**Fruit**  
Fresh Pear

**Grains**  
Nacho Cheese Doritos

**Milk**  
Milk, 1% Chocolate  
Fat Free Milk

7

**Lunch Entree**  
Chicken Patty

**Vegetables**  
Green Beans

**Fruit**  
Fresh Orange

**Grains**  
WG Hamburger Bun

**Milk**  
Milk, 1% Chocolate  
Fat Free Milk

8

**Lunch Entree**  
Cheese Pizza

**Vegetables**  
Fresh Baby Carrots

**Fruit**  
Red Delicious apple

**Milk**  
Milk, 1% Chocolate  
Fat Free Milk

**Condiments**  
Buttermilk Ranch Dressing

11

**Lunch Entree**  
Fiestada Beef Stuffed WG  
Sandwich

**Vegetables**  
Fresh Broccoli Florets  
Celery Sticks

**Fruit**  
Diced Pear Cup

**Milk**  
Fat Free Milk  
Milk, 1% Chocolate

**Misc.**  
Ranch Packet

12

**Lunch Entree**  
Chicken Nuggets

**Vegetables**  
Vegetarian Baked Beans

**Fruit**  
Fresh Banana

**Grains**  
WG Dinner Roll

**Milk**  
Milk, 1% Chocolate  
Fat Free Milk

**Condiments**  
BBQ Sauce

13

**Lunch Entree**  
Turkey Hot Dog

**Vegetables**  
Sweet Potato Tots

**Fruit**  
Fresh Pear

**Grains**  
WG Hot Dog Bun

**Milk**  
Milk, 1% Chocolate  
Fat Free Milk

**Condiments**  
Ketchup  
Mustard

14

**Lunch Entree**  
Sloppy Joe Filling

**Vegetables**  
Green Beans

**Fruit**  
Fresh Orange

**Grains**  
WG Hamburger Bun

**Milk**  
Milk, 1% Chocolate  
Fat Free Milk

15

**Lunch Entree**  
Turkey Sausage Breakfast  
Pizza

**Vegetables**  
Potato Rounds

**Fruit**  
Red Delicious apple

**Milk**  
Milk, 1% Chocolate  
Fat Free Milk

**Condiments**  
Ketchup

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