

2022

September

KIPP / Wagner At-Risk

Please Note: Milk choice includes choice of non-fat or 1% White Milk. All grain items are whole grain (WG) rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	01	02	03	04
	At Risk Menu Requirements Breakfast 1oz Whole Grain Equivalent 4oz Fruit 4oz Milk	Supper 2oz Meat / Meat Alternate 1/2 c vegetable 1/2c Fruit or Whole Fruit Equivalent 1oz Whole Grain 4oz Milk	Soft Pretzel (WG) w/ Peanut Butter Cup 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Chicken Fajitas * WG Tortilla w/ Peppers and Onions Refried Beans Cantaloupe Milk	WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Turkey & Cheese Sandwich on WG Bread Chips Baby Carrots / Ranch Milk		
05	06	07	08	09	10	11
Holiday (Labor Day)	Maple Mini Waffles (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Cowboy Cavatini Green Beans Mandarin Oranges Milk	WG Bagel w/ Cream Cheese 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Pork Rib on WG Bun (CN) Potato Wedges Mixed Fruit Milk	WG Apple Muffin (CN) String Cheese 4oz Fruit Cup or Whole Fruit 4oz 100 % Fruit Juice 1c Milk ***** Taco Salad WG Tortilla Chips Corn Peaches Milk	WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Un crustable Sandwich (CN) String Cheese Stick (2) Carrots w/ Ranch Cup Whole Apple Milk		
12	13	14	15	16	17	18
WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Hamburger on WG Bun Sweet Potato Puffs Whole Orange Milk	Breakfast Fruedel 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice Milk ***** Meatloaf (CN) Mashed Potatoes / Gravy WG Roll Apple Slices Milk	Lowfat Yogurt Granola Bites (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice Milk ***** Corn Dog (CN) Broccoli Mandarin Oranges Milk	WG Bagel w/ Peanut Butter Cup 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Chicken Quesadilla (CN) Refried Beans Cantaloupe Milk	WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Chicken Caesar WG Wrap Diced Tomatoes / Lettuce Mangos Milk		
19	20	21	22	23	24	25
WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Lasagna Rolls (CN) Green Beans Mixed Fruit Milk	Pop Tart WG 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Hot Dog on WG Bun (CN) Baby Carrots Peaches Milk	Fruit Lowfat Yogurt WG Apple Muffin (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Chicken Alfredo WG Pasta Broccoli Pineapple Milk	Maple Mini Waffles (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Bean and Cheese Burrito (CN) Mexican Corn Mandarin Oranges Milk	WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Ham & Cheese on WG Bun Chips Broccoli w/ Ranch Cup Whole Apple Milk		
26	27	28	29	30	01	02
WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Chicken Patty (CN) on WG Bun Cucumber Slices Whole Apple Milk	Blue Berry Muffin (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice Milk ***** Chicken Fried Rice Asian Vegetables Banana Milk	WG Bagel w/ Cream Cheese 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Salisbury Steak (CN) Mashed Potatoes & Gravy WG Roll Apple Slices Milk	Chocolate Chip Muffin (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Chicken Enchilada Rice Peas and Carrots Mangos Milk	WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk ***** Tuna Salad on WG Bun Chips Baby Carrots/Ranch Whole Orange Milk		
Notes: This institution is an equal opportunity provider						