

SEPTEMBER

LUNCH



AW BROWN LEADERSHIP ACADEMY PRE – K LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
August 30, 2021	August 31, 2021	September 1, 2021	September 2, 2021	September 3, 2021
		WALKING TACO CHEESY TACO MEAT Soft Tortilla ^ Corn Fresh Banana Salsa Choice of Milk	TURKEY HAM & CHEESE PANINI ^ Potato Rounds Sliced Apples Ketchup Choice of Milk	BBQ PULLED PORK Hamburger Bun ^ Baked Beans Applesauce Cup Choice of Milk
September 6, 2021	September 7, 2021	September 8, 2021	September 9, 2021	September 10, 2021
LABOR DAY	4-CHEESE PANINI ^ Diced Carrots Applesauce Choice of Milk	CHICKEN ALFREDO PASTA ^ Broccoli Fresh Banana Choice of Milk	TERIYAKI CHICKEN PATTY Hamburger Bun ^ Corn Sliced Apples Choice of Milk	CHICKEN NUGGETS ^ Baked Beans Diced Peas Honey Mustard Choice of Milk
September 13, 2021	September 14, 2021	September 15, 2021	September 16, 2021	September 17, 2021
CHEESY PENNE BAKE ^ Green Beans Mixed Fruit Choice of Milk	HERO SANDWICH ^ Corn Diced Peas Light Mayonnaise Choice of Milk	BBQ CHICKEN Hamburger Bun ^ Baked Beans Pineapple Tidbits Choice of Milk	CRUNCHY CHICKEN TENDERS ^ Potato Rounds Sliced Apples BBQ Sauce Ketchup Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun ^ Broccoli Fresh Banana Mustard Ketchup Choice of Milk
September 20, 2021	September 21, 2021	September 22, 2021	September 23, 2021	September 24, 2021
PIZZA DIPPERS ^ Marinara Dipping Sauce Mixed Vegetables Applesauce Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Broccoli Diced Peas BBQ Sauce Choice of Milk	BBQ CHICKEN TATER TOT-CHOS Breadstick ^ Fresh Banana Choice of Milk	*NEW ITEM* "TACO" JOE Hamburger Bun ^ Baked Beans Sliced Apples Choice of Milk	PANCAKES & SAUSAGE ^ Potato Rounds Diced Peaches Syrup Ketchup Choice of Milk
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
BEAN & CHEESE BURRITO ^ Corn Pineapple Tidbits Choice of Milk	MEATLOAF W/TOMATO SAUCE Sliced Bread ^ Green Beans Mixed Fruit Cup Choice of Milk	CHEESEBURGER Hamburger Bun ^ Potato Rounds Diced Peaches Ketchup Mustard Choice of Milk	CRUNCHY CHICKEN TENDERS ^ Baked Beans Sliced Apples BBQ Sauce Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com



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	CHICKEN ALFREDO PASTA ^	339	17	8	0	58	542	31	2	6	17	4	1	291	1	MMA:2oz G/B:1sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG BW-PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-09-2021	TERIYAKI CHICKEN PATTY	180	10	3	0	70	448	6	0	4	16	0	0	8	0	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S BW-PLANT
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF	
Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT	
Honey Mustard	80	6	1	0	10	125	7	0	5	0	0	0	0	0		
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-13-2021	CHEESY PENNE BAKE ^	8	0	0	0	1	18	1	0	0	0	1	0	10	0	MMA:2oz G/B:1sv WG V:1/2c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O BW-PLANT
	Mixed Fruit	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	HERO SANDWICH ^	325	16	6	0	45	470	31	3	2	16	0	1	130	2	MMA:2oz G/B:2sv WG
Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S BW-PLANT	
Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT	
Light Mayonnaise	50	4	0	0	10	70	2	0	0	0	0	0	0	0		
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-15-2021	BBQ CHICKEN	167	3	2	0	37	395	18	1	11	17	49	1	25	0	MMA:2oz V:1/4c RO BW-LPP
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-16-2021	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG

	Potato Rounds	138	7	1	0	0	380	17	2	1	2	0	1	0	0	V:1/2c S BW-PLANT
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-17-2021																
	CHARBROILED HAMBURGER	140	10	4	0	40	150	2	1	0	12	0	0	40	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG BW-PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-20-2021																
	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	85	4	0	0	0	327	10	2	4	2	16	0	27	0	V:1/2c RO BW-PLANT
	Mixed Vegetables	53	0	0	0	0	57	11	3	4	2	386	3	22	1	V:1/4c S V:1/4c RO BW-PLANT
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-21-2021																
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-22-2021																
	BBQ CHICKEN TATER TOT-CHOS	348	13	4	0	46	758	35	3	12	21	49	2	122	1	MMA:2oz V:1/4c RO V:1/2c S
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-23-2021																
	NEW ITEM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
"TACO" JOE	211	7	3	0	34	581	20	4	3	16	165	2	65	4	MMA:2oz V:3/4c RO V:1/4c O	

	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-24-2021																	
	PANCAKES & SAUSAGE ^	290	14	4	0	40	400	28	3	6	15	0	0	89	2	MMA:2.25oz G/B:2sv WG	
	Potato Rounds	138	7	1	0	0	380	17	2	1	2	0	1	0	0	V:1/2c S BW-PLANT	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT	
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0		
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-27-2021																	
	BEAN & CHEESE BURRITO ^	321	9	4	0	15	475	44	8	2	17	318	2	171	4	MMA:2oz G/B:2sv WG BW-LS BW-HF	
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S BW-PLANT	
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c BW-PLANT	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-28-2021																	
	MEATLOAF W/TOMATO SAUCE	168	9	4	0	30	256	9	0	3	14	187	4	27	1	MMA:2.25oz V:1/4c RO	
	Sliced Bread ^	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG	
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O BW-PLANT	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c BW-PLANT	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
09-29-2021																	
	CHEESEBURGER	190	14	6	0	52	280	3	1	0	14	0	0	120	1	MMA:2.5oz	
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
	Potato Rounds	138	7	1	0	0	380	17	2	1	2	0	1	0	0	V:1/2c S BW-PLANT	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0		
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
09-30-2021																	
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG	
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c	
BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0			

Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
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Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other
BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
BW-HF = High Fiber Food BW-PRO = Probiotics

	Choice of Milk	X										
09-08-2021	[Redacted]											
	CHICKEN ALFREDO PASTA ^	X								X	X	
	Broccoli											
	Fresh Banana											
	Choice of Milk	X										
09-09-2021	[Redacted]											
	TERIYAKI CHICKEN PATTY									X	X	
	Hamburger Bun ^	X								X	X	
	Corn											
	Sliced Apples											
	Choice of Milk	X										
09-10-2021	[Redacted]											
	CHICKEN NUGGETS ^									X	X	
	Baked Beans											
	Diced Pears											
	Honey Mustard			X								
	Choice of Milk	X										
09-13-2021	[Redacted]											
	CHEESY PENNE BAKE ^	X									X	
	Green Beans											
	Mixed Fruit											
	Choice of Milk	X										
09-14-2021	[Redacted]											
	HERO SANDWICH ^	X								X	X	
	Corn											
	Diced Pears											
	Light Mayonnaise			X						X		
	Choice of Milk	X										
09-15-2021	[Redacted]											
	BBQ CHICKEN									X		
	Hamburger Bun ^	X								X	X	

	Baked Beans									
	Pineapple Tidbits									
	Choice of Milk	X								
09-16-2021										
	CRUNCHY CHICKEN TENDERS ^							X	X	
	Potato Rounds							X		
	Sliced Apples									
	BBQ Sauce							X		
	Ketchup									
	Choice of Milk	X								
09-17-2021										
	CHARBROILED HAMBURGER		X					X		
	Hamburger Bun ^	X						X	X	
	Broccoli									
	Fresh Banana									
	Mustard									
	Choice of Milk	X								
09-20-2021										
	PIZZA DIPPERS ^	X	X					X	X	
	Marinara Dipping Sauce	X						X		
	Mixed Vegetables									
	Choice of Milk	X								
09-21-2021										
	CRISPY CHICKEN PATTY ^							X	X	
	Hamburger Bun ^	X						X	X	
	Broccoli									
	Diced Pears									
	Choice of Milk	X						X		
09-22-2021										
	BBQ CHICKEN	X						X		

