

# Menu Calendar Report - September, 2022

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Site: Adolphus Elementary  
 Meal Type: Lunch  
 Site Group: Elementary  
 Menu Line: K-5 Lunch

Monday		Tuesday		Wednesday		Thursday		Friday	
	<b>29 Aug</b>		<b>30 Aug</b>		<b>31 Aug</b>		<b>1 Sep</b>		<b>2 Sep</b>
CHICKEN ALFREDO PASTA (48.10 g)		TANGERINE CHICKEN RICE BOWL (99.85 g)		CHICKEN NUGGETS WITH ROUND (45.00 g)		GRAB AND GO, NACHO LUNCH (45.00 g)		CHEESEBURGER (30.80 g)	
GRILLED CHEESE SANDWICH (31.00 g)		YOGURT, GRANOLA, AND CHEESE CUBE PACK (26.10 g)		VEGETERIAN WINGS WITH ROUND (53.00 g)		CRISPY BEEF TACO (25.70 g)		HAMBURGER (29.80 g)	
SLICED CARROTS (6.00 g)		SLICED CUCUMBERS (2.62 g)		CUCUMBER & CHERRY TOMATO SALAD (5.31 g)		REFRIED BEANS (29.69 g)		MOZZARELLA STICK (33.00 g)	
SEASONED CORN (24.95 g)		GOLD RUSH JUICE (10.00 g)		MASHED POTATOES (13.91 g)		BABY CARROTS (8.00 g)		FRESH BROCCOLI CROWNS (2.25 g)	
SEASONED GREEN BEANS (4.69 g)		SONOMA BLEND VEGETABLES (6.00 g)		FRESH CANTALOUPE AND HONEYDEW MIX (11.51 g)		SALSA DIPPING CUP (2.00 g)		POTATO SMILES (24.88 g)	
FRESH FANCY RED APPLE (14.06 g)		FRESH ORANGE (19.00 g)		MANDARIN ORANGES (14.11 g)		TACO SALAD (4.03 g)		SANDWICH SALAD (3.43 g)	
PEAR CUP (19.00 g)		STRAWBERRY CUP (21.00 g)		TEXAS LOCAL 1% WHITE MILK (12.00 g)		GRANNY SMITH APPLE (14.06 g)		MARINARA CUP (3.00 g)	
TEXAS LOCAL 1% WHITE MILK (12.00 g)		TEXAS LOCAL 1% WHITE MILK (12.00 g)		TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)		PEACH CUP (18.00 g)		BLUE RASPBERRY APPLESAUCE CUP (17.00 g)	
TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)		TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)		BBQ Sauce (10.00 g)		TEXAS LOCAL 1% WHITE MILK (12.00 g)		FRESH ORANGE (19.00 g)	
		KEN'S RANCH DRESSING (10.00 g)		TURKEY GRAVY (3.00 g)		TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)		TEXAS LOCAL 1% WHITE MILK (12.00 g)	
				KEN'S RANCH DRESSING (10.00 g)		KEN'S RANCH DRESSING (10.00 g)		TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	
				KETCHUP (6.00 g)				KEN'S RANCH DRESSING (10.00 g)	
								KETCHUP (6.00 g)	
								MAYONNAISE (1.00 g)	
								MUSTARD (0.90 g)	
	<b>5 Sep</b>		<b>6 Sep</b>		<b>7 Sep</b>		<b>8 Sep</b>		<b>9 Sep</b>
		CHICKEN CORNDOG (30.00 g)		MOZZARELLA STICK (33.00 g)		BEEF WALKING TACO WITH CHEESE (36.98 g)		CHICKEN AND EGGOJI WAFFLES (46.00 g)	
		MACARONI AND CHEESE AND CORNBREAD (57.72 g)		STEAK FINGERS WITH ROUNDS (43.00 g)		GRILLED CHEESE SANDWICH (31.00 g)		EGGS AND EGGOJI WAFFLES (32.72 g)	
		SLICED CUCUMBERS (2.62 g)		CUCUMBER & CHERRY TOMATO SALAD (5.31 g)		CHARRO BEAN (40.19 g)		FRESH BROCCOLI CROWNS (2.25 g)	
		GOLD RUSH JUICE (10.00 g)		MASHED POTATOES (13.91 g)		BABY CARROTS (8.00 g)		GOLD RUSH JUICE (10.00 g)	
		BABY BAKERS POTATOES (17.00 g)		MARINARA CUP (3.00 g)		SALSA DIPPING CUP (2.00 g)		POTATO SMILES (24.88 g)	
		FRESH ORANGE (19.00 g)		FRESH STRAWBERRY (7.90 g)		TACO SALAD (4.03 g)		FRESH ORANGE (19.00 g)	
		STRAWBERRY CUP (21.00 g)		MANDARIN ORANGES (14.11 g)		GRANNY SMITH APPLE (14.06 g)		SLUSH, HULA COOLER 60/4oz (23.00 g)	
		TEXAS LOCAL 1% WHITE MILK (12.00 g)		TEXAS LOCAL 1% WHITE MILK (12.00 g)		PEACH CUP (18.00 g)		TEXAS LOCAL 1% WHITE MILK (12.00 g)	
		TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)		TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)		TEXAS LOCAL 1% WHITE MILK (12.00 g)		TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	
		KEN'S RANCH DRESSING (10.00 g)		BBQ Sauce (10.00 g)		TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)		KEN'S RANCH DRESSING (10.00 g)	
		KETCHUP (6.00 g)		TURKEY GRAVY (3.00 g)		KEN'S RANCH DRESSING (10.00 g)		KETCHUP (6.00 g)	
		MUSTARD (0.90 g)		KEN'S RANCH DRESSING (10.00 g)				SYRUP (31.00 g)	
	<b>12 Sep</b>		<b>13 Sep</b>		<b>14 Sep</b>		<b>15 Sep</b>		<b>16 Sep</b>
ALFREDO PENNE PASTA (51.21 g)		CHEESY GARLIC SANDWICH (32.00 g)		CHEESE STUFFED BREADSTICK (34.00 g)		PEPPERONI PIZZA (35.05 g)		CHEESEBURGER (30.80 g)	
PASTA AND MEATSAUCE (51.64 g)		GENERAL TSO CHICKEN W/RICE AND FORTUNE COOKIES (98.83 g)		CRISPY CHICKEN TENDER WITH CORNBREAD (41.00 g)		GARLIC CHEESE PIZZA (29.00 g)		HAMBURGER (29.80 g)	
GARLIC BREADSTICK (25.00 g)				CUCUMBER & CHERRY TOMATO SALAD (5.31 g)		BAKED BEANS (27.86 g)		MOZZARELLA STICK (33.00 g)	

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12 Sep	13 Sep	14 Sep	15 Sep	16 Sep
SLICED CARROTS (6.00 g) SEASONED CORN (24.95 g) SEASONED GREEN BEANS (4.69 g) FRESH FANCY RED APPLE (14.06 g) DICED PEARS (26.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	SLICED CUCUMBERS (2.62 g) GOLD RUSH JUICE (10.00 g) MARINARA CUP (3.00 g) SONOMA BLEND VEGETABLES (6.00 g) FRESH ORANGE (19.00 g) STRAWBERRY CUP (21.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	MASHED POTATOES (13.91 g) MARINARA CUP (3.00 g) FRESH CANTALOUPE AND HONEYDEW MIX (11.51 g) MANDARIN ORANGES (14.11 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g) TURKEY GRAVY (3.00 g) KEN'S RANCH DRESSING (10.00 g) KETCHUP (6.00 g)	BABY CARROTS (8.00 g) MARINARA CUP (3.00 g) GRANNY SMITH APPLE (14.06 g) PEACH CUP (18.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g) KEN'S RANCH DRESSING (10.00 g) WHOLE GRAIN SPRINKLE COOKIE TREAT (27.00 g)	FRESH BROCCOLI CROWNS (2.25 g) POTATO SMILES (24.88 g) SANDWICH SALAD (3.43 g) MARINARA CUP (3.00 g) BLUE RASPBERRY APPLESAUCE CUP (17.00 g) FRESH ORANGE (19.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g) KETCHUP (6.00 g) MAYONNAISE (1.00 g) MUSTARD (0.90 g)
19 Sep	20 Sep	21 Sep	22 Sep	23 Sep
PEPPERONI PIZZA (35.05 g) FOUR CHEESE PIZZA (34.01 g) SEASONED CORN (24.95 g) SEASONED GREEN BEANS (4.69 g) MARINARA CUP (3.00 g) FRESH FANCY RED APPLE (14.06 g) PEAR CUP (19.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	CHEESY GARLIC SANDWICH (32.00 g) CRISPY CHICKEN DRUMSTICK WITH BISCUIT (33.00 g) SLICED CUCUMBERS (2.62 g) GOLD RUSH JUICE (10.00 g) MASHED POTATOES (13.91 g) MARINARA CUP (3.00 g) FRESH ORANGE (19.00 g) STRAWBERRY CUP (21.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g) TURKEY GRAVY (3.00 g) KEN'S RANCH DRESSING (10.00 g) KETCHUP (6.00 g)	POPCORN CHICKEN AND MAC AND CHEESE WITH GARLIC BREADSTICK (47.00 g) MOZZARELLA STICK (33.00 g) CUCUMBER & CHERRY TOMATO SALAD (5.31 g) BABY BAKERS POTATOES (17.00 g) MARINARA CUP (3.00 g) FRESH STRAWBERRY (7.90 g) MANDARIN ORANGES (14.11 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g) KEN'S RANCH DRESSING (10.00 g) KETCHUP (6.00 g)	BEEF HOTDOG (31.00 g) CHEESE NACHOS (35.40 g) CHARRO BEAN (40.19 g) BABY CARROTS (8.00 g) SALSA DIPPING CUP (2.00 g) TACO SALAD (4.03 g) GRANNY SMITH APPLE (14.06 g) PEACH CUP (18.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g) KEN'S RANCH DRESSING (10.00 g) KETCHUP (6.00 g) MUSTARD (0.90 g)	
26 Sep	27 Sep	28 Sep	29 Sep	30 Sep
CHICKEN ALFREDO PASTA (48.10 g) GRILLED CHEESE SANDWICH (31.00 g) SLICED CARROTS (6.00 g) SEASONED CORN (24.95 g) SEASONED GREEN BEANS (4.69 g) FRESH FANCY RED APPLE (14.06 g) PEAR CUP (19.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g)	TANGERINE CHICKEN RICE BOWL (99.85 g) YOGURT, GRANOLA, AND CHEESE CUBE PACK (26.10 g) SLICED CUCUMBERS (2.62 g) GOLD RUSH JUICE (10.00 g) SONOMA BLEND VEGETABLES (6.00 g) FRESH ORANGE (19.00 g) STRAWBERRY CUP (21.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g)	CHICKEN NUGGETS WITH ROUND (45.00 g) VEGETERIAN WINGS WITH ROUND (53.00 g) CUCUMBER & CHERRY TOMATO SALAD (5.31 g) MASHED POTATOES (13.91 g) FRESH CANTALOUPE AND HONEYDEW MIX (11.51 g) MANDARIN ORANGES (14.11 g) TEXAS LOCAL 1% WHITE MILK (12.00 g)	GRAB AND GO, NACHO LUNCH (45.00 g) CRISPY BEEF TACO (25.70 g) REFRIED BEANS (29.69 g) BABY CARROTS (8.00 g) SALSA DIPPING CUP (2.00 g) TACO SALAD (4.03 g) GRANNY SMITH APPLE (14.06 g) PEACH CUP (18.00 g)	CHEESEBURGER (30.80 g) HAMBURGER (29.80 g) MOZZARELLA STICK (33.00 g) FRESH BROCCOLI CROWNS (2.25 g) POTATO SMILES (24.88 g) SANDWICH SALAD (3.43 g) MARINARA CUP (3.00 g) BLUE RASPBERRY APPLESAUCE CUP (17.00 g) FRESH ORANGE (19.00 g)

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26 Sep	27 Sep	28 Sep	29 Sep	30 Sep
TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g) KEN'S RANCH DRESSING (10.00 g)	TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g) BBQ Sauce (10.00 g) TURKEY GRAVY (3.00 g) KEN'S RANCH DRESSING (10.00 g) KETCHUP (6.00 g)	TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g) KEN'S RANCH DRESSING (10.00 g)	TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g) KEN'S RANCH DRESSING (10.00 g) KETCHUP (6.00 g) MAYONNAISE (1.00 g) MUSTARD (0.90 g)

Carbohydrate values in grams follow the Menu Item name