



# SEPTEMBER | 2018

## FAMU DRS ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 	<b>4</b> Mini Chicken Corn Dog Peanut butter & Jelly combo Yogurt Plate Baked Beans Vegetable Blend Romaine/Spinach Salad Carrot Snack Pack Assorted Fruit/Juice	<b>5</b> Popcorn Chicken Peanut butter & Jelly combo Veggie Chef Salad Turnip Greens Fresh Glazed Sweet Potato Tomato & Cucumber Cup Roll Assorted Fruit/Juice	<b>6</b> Chicken Fajita Meat and Cheese Sandwich Peanut butter & Jelly Sand. Salsa Onion/ Green peppers Black Bean Garden side Salad Brown Rice Assorted Fruit/Juice	<b>7</b> Chicken Patty on Bun Peanut butter & Jelly sand Yogurt Plate Lettuce Seasoned corn on cob Carrot snack pack Green Beans Assorted Fruit/Juice
<b>10</b> Cheese Burger W/G Bun Peanut butter & Jelly sand Oven Baked Tots Cucumber slices Carrot snack pack Chicken Caesar Wrap Vegetarian Meal Assorted Fruit	<b>11</b> Beef Nacho Cheese Nacho Steamed Broccoli Refried Beans Peanut Butter & jelly Lettuce/Tomato Carrot snack pack Buffalo Chicken wrap Assorted Fruit/Juice	<b>12</b> Chicken Patty/WG Bun Black Eyed Peas Vegetable Blend PB&J Sand Yogurt Plate Veggie Cup Carrot Snack Assorted Fruit/Juice	<b>13</b> Oven Roasted Chicken Mashed Potatoes w/gravy Fresh Collard Greens Corn Bread Glazed Sweet Potatoes Hot Rolls Assorted Fruit/Juice	<b>14</b> Pepperoni/Cheese Pizza Romaine Salad Whole Kernel Corn Carrot Snack Pack PB&J Sand Assorted Fruit/Juice Yogurt Plate
<b>17</b> Spaghetti w/ Meat sauce Green Beans Garden Salad Yogurt Plate PB&J Sand. Hot Rolls Assorted Fruit/Juice	<b>18</b> Taco Salad Chicken Caesar Wrap Yogurt Plate PB&J Steamed Broccoli Lettuce/Tomato Carrot Snack Pack Assorted Fruit	<b>19</b> Beef-a-roni Veggie cups Mixed Veggie PB&J Sand. Yogurt Plate Assorted Fruit Rolls	<b>20</b> Chicken Patty w/ WG Bun Veggie cups Fajita Wrap Sweet Peas PB&J Sand. Yogurt Plate Assorted Fruit/Juice	<b>21</b> Corn Dog on Stick Baked Beans Tater Tots PB&J Sand. Yogurt Plate Cheese Quesadilla vegetarian Glazed Carrot Assorted Fruit / Juice
<b>24</b> Chicken Nuggets Steamed Broccoli Peanut Butter & jelly sand Glazed Carrots Oven Baked Tots Garden Side Salad Carrot Snack Roll Assorted Fruit/Juice	<b>25</b> Mini Chicken Corn Dog PB&J Sandwich Yogurt Plate Baked Beans Veggie Blend Assorted Fruit/Juice Carrot Snack Pack Romaine/Spinach Salad	<b>26</b> Popcorn Chicken Peanut butter & Jelly combo Veggie Chef Salad Turnip Greens Fresh Glazed Sweet Potato Tomato & Cucumber Cup Roll Assorted Fruit/Juice	<b>27</b> Chicken Fajita Meat and Cheese Sandwich Peanut butter & Jelly Sand. Salsa Onion/ Green peppers Black Bean Garden side Salad Brown Rice Assorted Fruit/Juice	<b>28</b> Chicken Patty on Bun Peanut butter & Jelly sand Yogurt Plate Lettuce Seasoned corn on cob Carrot snack pack Green Beans Assorted Fruit/Juice

### News

#### Menu Choose:

**Choose up to 2 Fruit servings daily: Fresh fruit and chilled fruit cup or Fresh fruit and 100% Juice of chilled Fruit cup and 100% Juice or Two fresh fruit cup.**  
**We offer daily for lunch**

#### Choose 1:



**Choose 1-8 oz. serving Milk daily:**

- **1 % low fat white**
- Skim Chocolate Milk**