

# September 2021

## Mid-Atlantic Region Afterschool Supper Menu

# GENUINE

GOOD FOOD DOES GOOD

SUPPER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1		1
		<b>Teriyaki Chicken</b> with Carrots and Broccoli Brown Rice Assorted Fruit Skim/1% Milk	<b>Beef Hamburger</b> Tater Tots (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Turkey Bean Chili</b> Corn Bread  Assorted Fruit Skim/1% Milk
6	7	8	9	10
<b>HOLIDAY</b>	<b>Spaghetti with Meat Sauce</b> Lemony Broccoli (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Cheese Pizza</b> Stir Fry Green Beans (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Whole Grain Chicken Nuggets</b> Seasoned Carrot (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>BBQ Chicken Sandwich</b> Tater Tots (1/2 cup)  Assorted Fruit Skim/1% Milk
13	14	15	16	17
<b>Whole Grain Chicken Nuggets</b> Seasoned Carrot (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Baked Pasta with Chicken &amp; Broccoli</b> with Whole Grain Pasta  Assorted Fruit Skim/1% Milk	<b>Teriyaki Chicken</b> with Carrots and Broccoli Brown Rice (1/2 cup) Assorted Fruit Skim/1% Milk	<b>Beef Hamburger</b> Tater Tots (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Turkey Bean Chili</b> Corn Bread  Assorted Fruit Skim/1% Milk
20	21	22	23	24
<b>Lemon Chicken with Carrots</b> Brown Rice (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Spaghetti with Meat Sauce</b> Lemony Broccoli (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Cheese Pizza</b> Stir Fry Green Beans (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Whole Grain Chicken Nuggets</b> Seasoned Carrot (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>BBQ Chicken Sandwich</b> Tater Tots (1/2 cup)  Assorted Fruit Skim/1% Milk
27	28	29	30	1
<b>Whole Grain Chicken Nuggets</b> Seasoned Carrot (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Baked Pasta with Chicken &amp; Broccoli</b> with Whole Grain Pasta  Assorted Fruit Skim/1% Milk	<b>Teriyaki Chicken</b> with Carrots and Broccoli Brown Rice (1/2 cup) Assorted Fruit Skim/1% Milk	<b>Beef Hamburger</b> Tater Tots (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Turkey Bean Chili</b> Corn Bread  Assorted Fruit Skim/1% Milk



Ingredients Sourced from a Local Farm

This institution is an equal opportunity provider.

NOTE: Menu subject to change