

JPA Menu for September 2024

Breakfast Both Weeks

Menu Item / Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	
Grain	Cheerios	Cinnamon Chex	Corn Flakes	Corn Chex	Honey Scooter	1 oz bowls
Fruit	Diced Peaches	Banana	Mandarin Cup	Raisin	Apple	Min 1/2 cup a day
Drink	Low Fat or No Fat Milk	Low Fat or No Fat Milk	Low Fat or No Fat Milk	Low Fat or No Fat Milk	Low Fat or No Fat Milk	6 oz per day

September Lunch Menu

August	2	3	4	5	6	
Grain	No School- Labor Day	Alex's Pizza	WW Bun	Baked Ziti	Half Challah Roll	Min 1 oz a day
Meat/Meat Alternate			Hot Dogs		American Cheese or Peanut Butter	Min 1.5 oz a day
Vegetable		Chickpea Salad	Fries	Cucumbers/Pepper	Cucumbers/Pepper	Min 1/4 cup a day
Fruit		Apple	Pineapple	Cantaloupe	Watermelon	Min 1/4 cup a day
Drink		Low Fat or No Fat Milk	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk	6 oz per day
August	9	10	11	12	13	
Grain	WW Bread	WW Bread Cheese Sandwich	WW Pasta	WW Cheese Lasagna	Half Challah Roll	Min 1 oz a day
Meat/Meat Alternate	Fish Sticks+Slice of Cheese		Meat Sauce		Egg	Min 1.5 oz a day
Vegetable	Fries	Cucumbers/Pepper	Cucumbers/Pepper	Cucumbers/Pepper	Cucumbers/Pepper	Min 1/4 cup a day
Fruit	Grapes	Apple	Honeydew	Cantaloupe	Watermelon	Min 1/4 cup a day
Drink	100% Apple Juice	Low Fat or No Fat Milk	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk	6 oz per day
August	16	17	18	19	20	
Grain	Rice	Alex's Pizza	WW Burger Bun	Baked Ziti	Half Challah Roll	Min 1 oz a day
Meat/Meat Alternate	Chicken		Burger		American Cheese or Peanut Butter	Min 1.5 oz a day
Vegetable	Green Beans	Chickpea Salad	Fries	Cucumbers/Pepper	Cucumbers/Pepper	Min 1/4 cup a day
Fruit	Grapes	Apple	Pineapple	Cantaloupe	Watermelon	Min 1/4 cup a day
Drink	100% Apple Juice	Low Fat or No Fat Milk	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk	6 oz per day
August	23	24	25	26	27	
Grain	WW Bread	WW Bread Cheese Sandwich	WW Pasta	WW Cheese Lasagna	Half Challah Roll	Min 1 oz a day
Meat/Meat Alternate	Fish Sticks+Slice of Cheese		Meat Sauce		Egg	Min 1.5 oz a day
Vegetable	Fries	Cucumbers/Pepper	Cucumbers/Pepper	Cucumbers/Pepper	Cucumbers/Pepper	Min 1/4 cup a day
Fruit	Grapes	Apple	Honeydew	Cantaloupe	Watermelon	Min 1/4 cup a day
Drink	100% Apple Juice	Low Fat or No Fat Milk	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk	6 oz per day
August	30					
Grain	Rice					
Meat/Meat Alternate	Chicken					
Vegetable	Green Beans					
Fruit	Grapes					
Drink	100% Apple Juice					

*Reminder: Please do not send dairy snacks/food on days when chicken/meat is served.

This institution is an equal opportunity provider and employer.