

**Weston Public Schools**  
**Country and Woodland Schools**  
**Alternate Lunch - Sept 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
				Sep - 1
Sep - 4  No School	Sep - 5  Ham & Cheese on Ciabatta Roll Bagel & CC Sunflower Seeds Strawberry Yogurt SunButter & Jelly String Cheese Stick Garden Salad with Chicken Fresh Fruit 1/2 Cup Carrot & Celery Sticks Milk	Sep - 6  Ham & Cheese on Ciabatta Roll Bagel & CC Sunflower Seeds Strawberry Yogurt SunButter & Jelly String Cheese Stick Garden Salad with Chicken Cucumber Coins Fresh Fruit 1/2 Cup Milk	Sep - 7  Ham & Cheese on Ciabatta Roll Bagel & CC Strawberry Yogurt Sunflower Seeds SunButter & Jelly String Cheese Stick Garden Salad with Chicken Cucumber Coins Fresh Fruit 1/2 Cup Milk	Sep - 8  Ham & Cheese on Ciabatta Roll Bagel & CC Sunflower Seeds Strawberry Yogurt SunButter & Jelly String Cheese Stick Garden Salad with Chicken Fresh Fruit 1/2 Cup Garden Salad Milk
Sep - 11  Ham & Cheese on Ciabatta Roll Bagel & CC Sunflower Seeds Strawberry Yogurt SunButter & Jelly String Cheese Stick Garden Salad with Chicken Sweet Potato Fries Italian Black Bean Salad Fresh Fruit 1/2 Cup Milk	Sep - 12  Ham & Cheese on Ciabatta Roll Bagel & CC Sunflower Seeds Strawberry Yogurt SunButter & Jelly String Cheese Stick Garden Salad with Chicken Fresh Fruit 1/2 Cup Broccoli Florets Milk	Sep - 13  Ham & Cheese on Ciabatta Roll Bagel & CC Sunflower Seeds Strawberry Yogurt SunButter & Jelly String Cheese Stick Garden Salad with Chicken Fresh Fruit 1/2 Cup Carrot Sticks Milk	Sep - 14  Ham & Cheese on Ciabatta Roll Bagel & CC Sunflower Seeds Strawberry Yogurt SunButter & Jelly String Cheese Stick Garden Salad with Chicken Carrot Sticks Fresh Fruit 1/2 Cup Milk	Sep - 15  Ham & Cheese on Ciabatta Roll Bagel & CC Sunflower Seeds Strawberry Yogurt SunButter & Jelly String Cheese Stick Garden Salad with Chicken Cucumber Coins Fresh Fruit 1/2 Cup Milk

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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**Country and Woodland Schools**  
**Alternate Lunch - Sept 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 18  Ham & Cheese on Ciabatta Roll Bagel & CC Sunflower Seeds Strawberry Yogurt SunButter & Jelly String Cheese Stick Garden Salad with Chicken Fresh Fruit 1/2 Cup BBQ Baked Beans Carrot Sticks Milk	Sep - 19  Ham & Cheese on Ciabatta Roll Bagel & CC Strawberry Yogurt Sunflower Seeds SunButter & Jelly String Cheese Stick Garden Salad with Chicken Cucumber Coins Fresh Fruit 1/2 Cup Milk	Sep - 20  Ham & Cheese on Ciabatta Roll Bagel & CC Strawberry Yogurt Sunflower Seeds SunButter & Jelly String Cheese Stick Garden Salad with Chicken Fresh Fruit 1/2 Cup Carrot Sticks Milk	Sep - 21  Ham & Cheese on Ciabatta Roll Bagel & CC Sunflower Seeds Strawberry Yogurt SunButter & Jelly String Cheese Stick Garden Salad with Chicken Broccoli Florets Fresh Fruit 1/2 Cup Milk	Sep - 22  Ham & Cheese on Ciabatta Roll Bagel & CC Sunflower Seeds Strawberry Yogurt SunButter & Jelly String Cheese Stick Garden Salad with Chicken Garden Salad Baked Crinkle Fries Fresh Fruit 1/2 Cup Milk
Sep - 25  No School	Sep - 26  Ham & Cheese on Ciabatta Roll Bagel & CC Strawberry Yogurt Sunflower Seeds SunButter & Jelly String Cheese Stick Garden Salad with Chicken Sweet Potato Fries Fresh Fruit 1/2 Cup Milk	Sep - 27  Ham & Cheese on Ciabatta Roll Bagel & CC Strawberry Yogurt Sunflower Seeds SunButter & Jelly String Cheese Stick Garden Salad with Chicken Fresh Fruit 1/2 Cup Rainbow Veggies Milk	Sep - 28  Ham & Cheese on Ciabatta Roll Bagel & CC Sunflower Seeds Strawberry Yogurt SunButter & Jelly String Cheese Stick Garden Salad with Chicken Cucumber Coins Fresh Fruit 1/2 Cup Milk	Sep - 29  Ham & Cheese on Ciabatta Roll Bagel & CC Sunflower Seeds Strawberry Yogurt SunButter & Jelly String Cheese Stick Garden Salad with Chicken Garden Salad Fresh Fruit 1/2 Cup Milk

Before placing your order please inform your server if a person in your party has a food allergy. Vegetarian options available upon request - please see Cafeteria Manager.  
 USDA is an equal opportunity provider and employer.  
 Menu is subject to change.

**\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.**

**\* - denotes combined nutrient totals with either missing or incomplete nutrient data.**

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