



NSLP	September 2022				
REVISED:	Monthly Meal Planner				
8-25-2022	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				1	2
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Milk 1 c. (8 oz)					
Week 2	5	6	7	8	9
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Milk 1 c. (8 oz)					
Week 3	12	13	14	15	16
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Milk 1 c. (8 oz)			Mac-N-Cheese Assorted Fruit Dark Green Salad/Grape Tomatoes WG Bread Slice(s) Milk	Chicken Nuggets Assorted Fruit Corn WG Bread Slice(s) Milk	NO SCHOOL
Week 4	19	20	21	22	23
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Burger w/ cheese Assorted Fruit Fries WG Hamburger Bun Milk	Chicken Alfredo Assorted Fruit Broccoli WG Bread Slice(s) Milk	Chicken Fingers Assorted Fruit Vgtrn Baked Beans WG Cornbread Loaf Milk	Spaghetti w/ Meat Sauce & Cheese Assorted Fruit Garden Salad/Grape Tomatoes WG Bread Slice(s) Milk	Salisbury Steak w/ gravy Assorted Fruit Sweet Potatoes WG Bread Slice(s) Milk
Week 5	26	27	28	29	30
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Beef Hot Dog Assorted Fruit Vgtrn Baked Beans WG Hot Dog Bun Milk	Chicken Fajita w/ cheese Assorted Fruit Corn WG Tortilla(s) Milk	Baked Ziti w/ cheese Assorted Fruit Broccoli WG Bread Slice(s) Milk	Chicken Patty w/ cheese Assorted Fruit Sweet Potatoes WG Hamburger Bun Milk	NO SCHOOL
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***Subject to change without notice during this reintegration into the "new normal" of available food supplies.**