

# WILSON MENU SEPTEMBER & OCTOBER

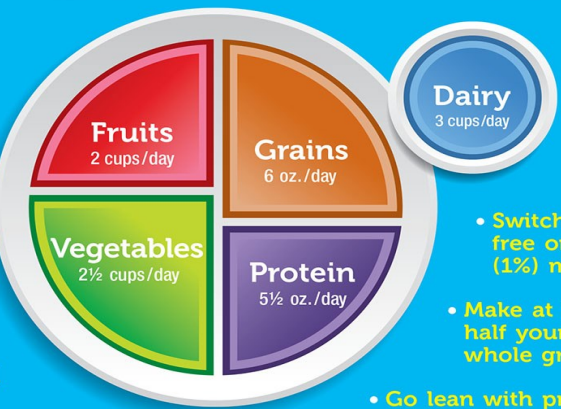


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b> Mini Donuts Benefit Bar Asst. Cereal</p> <p><b>Lunch</b> Bean &amp; Cheese Burrito Pep Pizza Stick Drumstick</p>	<p><b>Breakfast</b> Yogurt &amp; Muffin Benefit Bar Asst. Cereal</p> <p><b>Lunch</b> Cheeseburger Cheese Pizza Turkey &amp; Gravy w Mashed Potatoes</p>	<p><b>Breakfast</b> Mini Waffles Benefit Bar Asst. Cereal</p> <p><b>Lunch</b> Orange Chicken with Brown Rice Corn Dog Cheese Bites</p>	<p><b>Breakfast</b> Cinnamon Roll Benefit Bar Asst. Cereal</p> <p><b>Lunch</b> Chicken Patty Sandwich Mac &amp; Cheese Fajita Chicken Taco</p>	<p><b>Breakfast</b> Breakfast Pizza Benefit Bar Asst. Cereal</p> <p><b>Lunch</b> Taco Snack PB &amp; J Sandwich Chicken Nuggets Black Beans</p>



## Use MyPlate for better health!

- Make half your plate fruits and vegetables.
- Enjoy your food, but avoid oversized portions.
- Cut back on foods high in solid fats, added sugar and salt.
- Drink water instead of sugary drinks.



- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Go lean with protein.

ChooseMyPlate.gov

The amounts are for a 2,000 calorie diet. To find the amounts that are right for you, go to [www.choosemyplate.gov](http://www.choosemyplate.gov). The USDA does not endorse any products, services, or organizations. Source: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. Provided by ETR, a nonprofit organization. 1-800-321-4407. [etr.org/store](http://etr.org/store). Title No. N001

**BREAKFAST**

IN ADDITION TO THE ITEM ABOVE WE OFFER ASSORTED FRUIT.

**LUNCH**

IN ADDITION TO THE ITEMS ABOVE WE OFFER FRESH AND CANNED FRUIT, ASSORTED VEGETABLES

This institution is an equal opportunity provider.