

Maple Valley September 2016 Menu

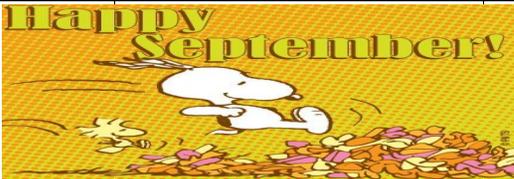
K-8

Mon	Tue	Wed	Thu	Fri
			1 Lasagna Spinach Garlic Toast Apricots Milk	2 Meatloaf w/Gravy Scalloped potatoes Brussel Sprouts Cornbread/Marg Peaches Milk
5 <i>HOLIDAY LABOR DAY</i>	6 Catfish/Tartar Sauce Corn Broccoli Hamburger Bun/Marg. Spiced Peaches Milk	7 Chicken & Dressing Candied Yams Green Beans Cran-Orange Jello Pineapple Delight Milk	8 Bean Beef Tamale Pie/Sour Cream Brown Rice Yellow Squash Mixed Fruit Milk	9 Chicken Salad Sandwich Lettuce/Tomato/Cheese Salad/Dressing Three Bean Salad Raisins Milk
12 Fish Cajun Carrots Corn Rice Pilaf Blue Berries Milk	13 Tuna Salad Sandwiches Tossed Salad/Dressing Tomatoes Potato Chips Pineapple Milk	14 Mexican Chicken / Sour Cream Black Beans Mexicali Corn Pears Milk	15 Beef Veg. Soup Turkey & Cheese Sandwich/Mayo Broccoli Salad Lettuce Tomato Spiced Peaches Milk	16 Chicken Pasta Primavera Herbed Cauliflower Green Beans Garlic Toast Applesauce Milk
19 Hamburger on Bun/Ketchup Baked Sweet Potato Lettuce & Tomato Fruit Cocktail Milk	20 <i>NO STUDENTS STAFF WORK DAY</i>	21 Beef Taco Pie Brown Rice Pinto Beans Carrots Strawberries Milk	22 Chili Cornbread/Marg. Greenbeans Pineapple Milk	23 Country Fried Steak / Ketchup Corn Spinach Bread/Marg Spiced Apples Milk
26 Chicken Nuggets Fries / Ketchup Corn Bread Spinach Pears Milk	27 Chicken-Rice Soup Cheese Sandwich Tossed Salad/Dressing Pineapple Ice Cream Milk	28 Beef Burrito/Salsa Refried Beans / Sour Cream Peaches Milk	29 Chicken & Vegetable Pasta Green Beans Apricots Fruit Cocktail Milk	30 Red Bean & Rice & Hamburger Carrots Stewed Tomatoes Cornbread/Marg Applesauce Milk

USDA Nondiscrimination Statement For all other FNS nutrition assistance programs, State or local agencies, and their sub-recipients, must post the following Nondiscrimination Statement: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (566) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

Maple Valley September 2016 Menu

9-12

Mon	Tue	Wed	Thu	Fri
			1 Lasagna Spinach Garlic Toast Apricots Raisins Milk	2 Meatloaf w/Gravy Scalloped potatoes Brussel Sprouts Cornbread/Marg Peaches Applesauce Milk
5 <i>HOLIDAY LABOR DAY</i>	6 Catfish/Tartar Sauce Corn Broccoli Hamburger Bun/Marg. Spiced Peaches OJ Milk	7 Chicken & Dressing Candied Yams Green Beans Bread/Marg. Pineapple Cran-Orange Jello Pineapple Delight Milk	8 Bean Beef Tamale Pie/Sour Cream Brown Rice Yellow Squash Mixed Fruit Applesauce Milk	9 Chicken Salad Sandwich Lettuce/Tomato/Cheese Salad/Dressing Three Bean Salad Raisins Mandarin Oranges Milk
12 Fish Cajun Carrots Corn Rice Pilaf Blue Berries Strawberries Milk	13 Tuna Salad Sandwiches Tossed Salad/Dressing Tomatoes Potato Chips Pineapple Fruit Cocktail Milk	14 Mexican Chicken / Sour Cream Black Beans Mexicali Corn Pears Peaches Milk	15 Beef Veg. Soup Turkey & Cheese Sandwich/Mayo Broccoli Salad Lettuce Tomato Baked Potato Chips Spiced Peaches Pineapple Milk	16 Chicken Pasta Primavera Herbed Cauliflower Green Beans Garlic Toast Applesauce Apricots Choc Pudding Milk
19 Cheeseburger on Bun/Ketchup Baked Sweet Potato Lettuce & Tomato Fruit Cocktail Mandarin Oranges Milk	20 <i>NO STUDENTS STAFF WORK DAY</i>	21 Beef Taco Pie Brown Rice Pinto Beans Carrots Strawberries Banana Milk	22 Chili Cornbread/Marg. Green beans Pineapple Fruit Cocktail Milk	23 Country Fried Steak / Ketchup Corn Spinach Bread/Marg Spiced Apples Apricots Milk
26 Chicken Nuggets Fries / Ketchup Corn Bread Spinach Pears Raisins Milk	27 Chicken-Rice Soup Cheese Sandwich Tossed Salad/Dressing Pineapple Peaches Ice Cream Milk	28 Beef Burrito/Salsa Refried Beans / Sour Cream Peaches Mixed Fruit Milk	29 Chicken & Vegetable Pasta Green Beans Apricots Fruit Cocktail Choc Pudding Milk	30 Red Bean & Rice & Hamburger Carrots Stewed Tomatoes Cornbread/Marg Applesauce OJ Milk

USDA Nondiscrimination Statement For all other FNS nutrition assistance programs, State or local agencies, and their sub-recipients, must post the following Nondiscrimination Statement: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (566) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.