

Venture Academy

Vegetarian k-5

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Sep 2, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 2 NO SCHOOL TODAY	Sep - 3 Bean & Chse Chalupa tortilla chips salsa Taco Toppings Bar BROCCOLI grapes Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs	Sep - 4 Egg Roll Almond Snack Mix Sweet and sour dip ORANGES,RAW,ALL Snap Peas RANCH DRESSING Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs	Sep - 5 Grilled Cheese Sandwi Tomato Soup Dinner Roll(Whole Wh ORANGES,RAW,ALL CAULIFLOWER Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs	Sep - 6 Big Daddy's Pizza Dinner Roll(glt fr) GF Muffin CC Bananas Green Beans Canned Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs
Sep - 9 Nachos Veg Cheddar Cheese Sauc Shredded Cheese Olives Shredded Lettuce diced tomatoes salsa STRAWBERRIES CAULIFLOWER Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs	Sep - 10 Marinara whole grain pasta Garlic Breadstick Shredded Cheese Apples, Fresh CAULIFLOWER Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs	Sep - 11 veggie Quesadilla Taco Toppings Bar BUTTER ORANGES,RAW,ALL CORN Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs	Sep - 12 Veg Hot Dog/ Chili Do Bun VEGETABLE CHILI Shredded Cheese Hot DogTopping Bar Fruit Cocktail Green Beans Canned Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs	Sep - 13 VEGETABLE LASAGN Dinner Roll(Whole Wh BUTTER Chocolate Pudding Butterscotch Pudding Bananas CARROTS Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs
Sep - 16 Taco in a Bag Taco Toppings Bar Shredded Cheese tortilla chips salsa APPLESAUCE BROCCOLI Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs	Sep - 17 Black Bean Burgers MASHED POTATOES Dinner Roll(Whole Wh APPLESAUCE,SWEE Green Beans Canned Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs	Sep - 18 VEGETABLE CHILI Shredded Cheese sour cream Corn Bread Star Bananas PEAS & CARROTS Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs	Sep - 19 Black Bean Burgers Tater Tots Cheese Slice Bacon HamburgerTopping Ba ORANGES,RAW,ALL CORN Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs	Sep - 20 Big Daddy's Pizza Dinner Roll(Whole Wh BUTTER Pizza Topping Bar Sugar Cookie, WG Bananas BROCCOLI Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs
Sep - 23 NO SCHOOL TODAY	Sep - 24 BEAN BURRITO ven tortilla chips salsa Taco Toppings Bar BROCCOLI grapes Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs	Sep - 25 Chili Fritos Shredded Cheese diced onions CUCUMBER,RAW diced tomatoes Dinner Roll(glt fr) BUTTER ORANGES,RAW,ALL CORN Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs	Sep - 26 Macaroni and Cheese Chip Mix Tomato Soup Dinner Roll(Whole Wh BUTTER Sandwich Topping Bar Apples Apples, Fresh Veggie Cup Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs	Sep - 27 Veg Hot Dog/ Chili Do Dinner Roll(Whole Wh BUTTER Sugar Cookie, WG peach cups CARROTS Ketchup Mustard Fry Sauce Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs

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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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 30 Pasta and Sauce Dinner Roll(Whole Wh Shredded Cheese CARROTS grapes CARROT STICKS Fruit and Veggie Bar Dressing Mix MILK - Variety Juice Mix bottle water vhs				

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