

SEPTEMBER

PHILIPPIANS 4:13 "I CAN DO ALL THINGS THROUGH HIM WHO STRENGTHENS ME."

MON	TUE	WED	THU	FRI
			01 HOT DOGS CHIPS VEGETABLE FRUIT 720 Cal, 21 Protein, 42 Fat	02 PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
05 LABOR DAY	06 SOFT TACOS YELLOW RICE BLACK BEANS FRUIT 458 Cal, 31.2 Protein, 22 Fat	07 CHICKEN NUGGETS MASHED POTATO VEGETABLE 480 Cal, 18 Protein, 20 Fat	08 CORN DOGS MAC & CHEESE VEGETABLE FRUIT 680 Cal, 22 Protein, 28 Fat	09 PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
12 BURGER SLIDERS FRIES VEGETABLE FRUIT 560 Cal, 17 Protein, 24 Fat	13 CHICKEN QUESADILLAS YELLOW RICE VEGETABLE FRUIT 590 Cal, 35 Protein, 18.5 Fat	14 SPAGHETTI WITH MEATBALLS BREADSTICKS VEGETABLE FRUIT 750 Cal, 28 Protein, 22.5 Fat	15 HOT DOGS CHIPS VEGETABLE FRUIT 720 Cal, 21 Protein, 42 Fat	16 PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
19 SWEET & SOUR CHICKEN WHITE RICE VEGETABLE FRUIT 570 Cal, 20 Protein, 12 Fat	20 NACHOS WITH BEEF OR CHEESE VEGETABLE FRUIT 308 Cal, 22.2 Protein, 28 Fat	21 CHICKEN NUGGETS MASHED POTATO VEGETABLE 480 Cal, 18 Protein, 20 Fat	22 CORN DOGS MAC & CHEESE VEGETABLE FRUIT 680 Cal, 22 Protein, 28 Fat	23 PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
26 BURGER SLIDERS FRIES VEGETABLE FRUIT 560 Cal, 17 Protein, 24 Fat	27 SOFT TACOS YELLOW RICE BLACK BEANS FRUIT 458 Cal, 31.2 Protein, 22 Fat	28 SPAGHETTI WITH MEATBALLS BREADSTICKS VEGETABLE FRUIT 750 Cal, 28 Protein, 22.5 Fat	29 HOT DOGS CHIPS VEGETABLE FRUIT 720 Cal, 21 Protein, 42 Fat	

Nutrition content based on broccoli as vegetable and strawberry as fruit.