

# SEPTEMBER

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

MON	TUE	WED	THU	FRI
		01 SPAGHETTI WITH MEATBALLS BREADSTICKS VEGETABLE FRUIT 750 Cal, 28 Protein, 22.5 Fat	02 HOT DOGS CHIPS VEGETABLE FRUIT 720 Cal, 21 Protein, 42 Fat	03 PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
06 LABOR DAY	07 NACHOS W/BEEF OR CHEESE VEGETABLE FRUIT 308 Cal, 22.2 Protein, 28 Fat	08 CHICKEN NUGGETS MASHED POTATO VEGETABLE 480 Cal, 18 Protein, 20 Fat	09 CORN DOGS MAC & CHEESE VEGETABLE FRUIT 680 Cal, 22 Protein, 28 Fat	10 PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
13 BURGER SLIDERS FRIES VEGETABLE FRUIT 560 Cal, 17 Protein, 24 Fat	14 SOFT TACOS YELLOW RICE BLACK BEANS FRUIT 458 Cal, 31.2 Protein, 22 Fat	15 SPAGHETTI WITH MEATBALLS BREADSTICKS VEGETABLE FRUIT 750 Cal, 28 Protein, 22.5 Fat	16 HOT DOGS CHIPS VEGETABLE FRUIT 720 Cal, 21 Protein, 42 Fat	17 PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
20 CHICKEN SANDWICH FRIES VEGETABLE 480 Cal, 18 Protein, 20 Fat	21 SWEET & SOUR CHICKEN WHITE RICE VEGETABLE FRUIT 570 Cal, 20 Protein, 12 Fat	22 CHICKEN NUGGETS MASHED POTATO VEGETABLE 480 Cal, 18 Protein, 20 Fat	23 CORN DOGS MAC & CHEESE VEGETABLE FRUIT 680 Cal, 22 Protein, 28 Fat	24 PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
27 BURGER SLIDERS FRIES VEGETABLE FRUIT 560 Cal, 17 Protein, 24 Fat	28 NACHOS W/BEEF OR CHEESE VEGETABLE FRUIT 308 Cal, 22.2 Protein, 28 Fat	29 SPAGHETTI WITH MEATBALLS BREADSTICKS VEGETABLE FRUIT 750 Cal, 28 Protein, 22.5 Fat	30 HOT DOGS CHIPS VEGETABLE FRUIT 720 Cal, 21 Protein, 42 Fat	

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