

Teller August 2024 Shelf - Stable Meals Menu

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
4- Raisin Bran Peanut Butter Mandarin Oranges Soybeans Raisins Wheat Crackers Milk, Vegetable Juice			5- Chili w/ Beans Apple Nutrigrain Bar Peaches Craisins Wheat Crackers Milk, Apple Juice			6- Spaghetti Strawberry Nutrigrain Bar Sunbutter Cup Craisins Applesauce Milk, Fruit Punch Juice			7- Chicken Salad Wheat Crackers Sunflower Kernels Mandarin Oranges Strawberry Nutrigrain Bar Craisins Milk, Tang Juice			8- Chicken w/ Beans & Rice Strawberry Nutrigrain Bar Wheat Crackers Applesauce Milk, Tang Juice			9- Tuna Salad Raisins Peas Wheat Crackers Apple Nutrigrain Bar Sunflower Kernels Milk, Vegetable Juice			10- White Chicken Chili Wheat Crackers Strawberry Nutrigrain Bar Mandarin Oranges Raisins Milk		
825kcal	124g carb	25g fat	732kcal	130g carb	17g fat	864kcal	142g carb	25g fat	916kcal	124g carb	29g fat	766kcal	133g carb	13g fat	884kcal	127g carb	32g fat	772kcal	119g carb	22g fat
36g pro	10g fib	642mg	24g pro	15g fib	979mg	23g pro	11g fib	888mg	36g pro	10g fib	1,052mg	32g pro	10g fib	776mg	36g pro	9.5g fib	995mg	29 pro	10g fib	681mg
11- Raisin Bran Peanut Butter Mandarin Oranges Soybeans Raisins Wheat Crackers Milk, Vegetable Juice			12- Chili w/ Beans Apple Nutrigrain Bar Peaches Craisins Wheat Crackers Milk, Apple Juice			13- Spaghetti Strawberry Nutrigrain Bar Sunbutter Cup Craisins Applesauce Milk, Fruit Punch Juice			14- Chicken Salad Wheat Crackers Sunflower Kernels Mandarin Oranges Strawberry Nutrigrain Bar Craisins Milk, Tang Juice			15- Chicken w/ Beans & Rice Strawberry Nutrigrain Bar Wheat Crackers Applesauce Milk, Tang Juice			16- Tuna Salad Raisins Peas Wheat Crackers Apple Nutrigrain Bar Sunflower Kernels Milk, Vegetable Juice			17- White Chicken Chili Wheat Crackers Strawberry Nutrigrain Bar Mandarin Oranges Raisins Milk		
18- Raisin Bran Peanut Butter Mandarin Oranges Soybeans Raisins Wheat Crackers Milk, Vegetable Juice			19- Chili w/ Beans Apple Nutrigrain Bar Peaches Craisins Wheat Crackers Milk, Apple Juice			20- Spaghetti Strawberry Nutrigrain Bar Sunbutter Cup Craisins Applesauce Milk, Fruit Punch Juice			21- Chicken Salad Wheat Crackers Sunflower Kernels Mandarin Oranges Strawberry Nutrigrain Bar Craisins Milk, Tang Juice			22- Chicken w/ Beans & Rice Strawberry Nutrigrain Bar Wheat Crackers Applesauce Milk, Tang Juice			23- Tuna Salad Raisins Peas Wheat Crackers Apple Nutrigrain Bar Sunflower Kernels Milk, Vegetable Juice			24- White Chicken Chili Wheat Crackers Strawberry Nutrigrain Bar Mandarin Oranges Raisins Milk		
25- Raisin Bran Peanut Butter Mandarin Oranges Soybeans Raisins Wheat Crackers Milk, Vegetable Juice			26- Chili w/ Beans Apple Nutrigrain Bar Peaches Craisins Wheat Crackers Milk, Apple Juice			27- Spaghetti Strawberry Nutrigrain Bar Sunbutter Cup Craisins Applesauce Milk, Fruit Punch Juice			28- Chicken Salad Wheat Crackers Sunflower Kernels Mandarin Oranges Strawberry Nutrigrain Bar Craisins Milk, Tang Juice			29- Chicken w/ Beans & Rice Strawberry Nutrigrain Bar Wheat Crackers Applesauce Milk, Tang Juice			30- Tuna Salad Raisins Peas Wheat Crackers Apple Nutrigrain Bar Sunflower Kernels Milk, Vegetable Juice			31- White Chicken Chili Wheat Crackers Strawberry Nutrigrain Bar Mandarin Oranges Raisins Milk		

*nutrient values listed are: calories, protein, carbohydrate, fiber, fat, and sodium

*nutrient values for each week are the same as those listed in week #1

Teller September 2024 Shelf - Stable Meals Menu

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
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**nutrient values listed are: calories, protein, carbohydrate, fiber, fat, and sodium*

**nutrient values for each week are the same as those listed in week #1*

Teller October 2024 Shelf - Stable Meals Menu

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