

Breakfast Menu

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Labor Day</p>	<p>3</p> <p>French Toast Sticks 100% Fruit Juice Fruit Milk</p> 	<p>4</p> <p>Pan Dulce Fruit Cup Fruit Milk</p>	<p>5</p> <p>Apple Jacks Cereal Whole Grain Bites Fruit Milk</p>	<p>6</p> <p>Bean & Cheese Burrito Hot Sauce Fruit Milk</p> 
<p>9</p> <p>Banana Bread Fruit Milk</p>	<p>10</p> <p>Mini Confetti Pancakes 100% Fruit Juice Fruit Milk</p> 	<p>11</p> <p>Strawberry Bagel Bar Fruit Cup Fruit Milk</p>	<p>12</p> <p>Cinnamon Vanilla Crunch Cereal Fruit Milk</p>	<p>13</p> <p>Boom Chicken Boom Sandwich *V: Boom Cheese Boom* Fruit Milk</p> 
<p>16</p> <p>Pan Dulce Fruit Milk</p>	<p>17</p> <p>Chicken & Waffle *V: Waffles* Syrup 100% Fruit Juice Fruit Milk</p> 	<p>18</p> <p>Blueberry Muffin Flat Fruit Cup Fruit Milk</p>	<p>19</p> <p>Frosted Flakes Cereal Whole Grain Bites Fruit Milk</p>	<p>20</p> <p>Breakfast Cheese Tamale Fruit Milk</p> 
<p>23</p> <p>Mango Bar Fruit Milk</p>	<p>24</p> <p>Cheesy Pretzel Bread Sandwich 100% Fruit Juice Fruit Milk</p> 	<p>25</p> <p>Banana Bread Fruit Cup Fruit Milk</p>	<p>26</p> <p>Fruit Loops Whole Grain Bites Fruit Milk</p>	<p>27</p> <p>Bean & Cheese Burrito Hot Sauce Fruit Milk</p> 
<p>30</p> <p>Yogurt Granola Fruit Milk</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



Lunch Menu

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Vegetarian Lunch (10) Beef Hot Dog, Oven Baked Fries (95) Starchy Vegetable K8 (105) LN Whole Fruit K8 (79)	3 Vegetarian Lunch (10) Beef Hot Dog, Oven Baked Fries (95) Starchy Vegetable K8 (105) LN Whole Fruit K8 (79)	4 Vegetarian Lunch (10) Club Sandwich,*Contains Pork* (95) Vegetable Packet K8 (79) LN Whole Fruit K8 (79)	5 Vegetarian Lunch (10) Chicken Alfredo (95) Side Salad K8 (42) LN Whole Fruit K8 (79) 1% White Milk (16)	6 Vegetarian Lunch (10) Chicken Taco Salad, Popped Corn Chips, Ranch Dressing (95) Vegetable Packet K8 (79) LN 100% Fruit Juice K8 (105)
9 Vegetarian Lunch (10) Baked Ziti w/Meat Sauce (95) Vegetable Packet K8 (79) LN 100% Fruit Juice K8 (105) 1% White Milk (16)	10 Vegetarian Lunch (10) Buffalo Chicken Salad, Dinner Roll, Ranch Dressing (95) Starchy Vegetable K8 (105) LN Whole Fruit K8 (79)	11 Vegetarian Lunch (10) Turkey Chili, Popped Corn Chips (95) Vegetable Packet K8 (79) LN Whole Fruit K8 (79)	12 Vegetarian Lunch (10) Breaded Chicken Leg w/ Mac & Cheese (95) Side Salad K8 (42) LN Whole Fruit K8 (79)	13 Vegetarian Lunch (10) Turkey & Cheese Sandwich (95) Vegetable Packet K8 (79) LN 100% Fruit Juice K8 (105) 1% White Milk (16)
16 Vegetarian Lunch (10) Chicken Tamal, Mixed Vegetables (95) Vegetable Packet K8 (79) LN 100% Fruit Juice K8 (105)	17 Vegetarian Lunch (10) Cheeseburger, Oven Baked Fries (95) Starchy Vegetable K8 (105) LN Whole Fruit K8 (79)	18 Vegetarian Lunch (10) Turkey Ham & Cheese Sandwich (95) Vegetable Packet K8 (79) LN Whole Fruit K8 (79)	19 Vegetarian Lunch (10) Southwest Chicken Salad, Dinner Roll, Ranch Dressing (95) Side Salad K8 (42) LN Whole Fruit K8 (79)	20 Vegetarian Lunch (10) Breakfast for Lunch: French Toast, Sausage & Tots (95) Vegetable Packet K8 (79) LN 100% Fruit Juice K8 (105)
23 Vegetarian Lunch (10) Orange Chicken, Chow Mein Noodles (95) Vegetable Packet K8 (79) LN 100% Fruit Juice K8 (105)	24 Vegetarian Lunch (10) Corn Dog, Oven Baked Fries (95) Starchy Vegetable K8 (105) LN Whole Fruit K8 (79) 1% White Milk (16)	25 Cheese Lasagna (105) Vegetable Packet K8 (79) LN Whole Fruit K8 (79) 1% White Milk (16) Fat Free White Milk (16)	26 Vegetarian Lunch (10) Southwest Chicken Salad, Dinner Roll, Ranch Dressing (95) Side Salad K8 (42) LN Whole Fruit K8 (79)	27 Vegetarian Lunch (10) Popcorn Chicken Nuggets, Cheesy Mashed Potatoes (95) Vegetable Packet K8 (79) LN 100% Fruit Juice K8 (105)
30 Vegetarian Lunch (10) Green Chicken Enchiladas (95) Vegetable Packet K8 (79) LN 100% Fruit Juice K8 (105) 1% White Milk (16)				

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Snack Menu

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 Mini Blueberry Muffin Fruit (3/4c)	4 Cheez-its 100% Fruit Juice (6 oz)	5 Baked Sour Cream Chips Fruit (3/4c)	6 Chocolate Granola 100% Fruit Juice (6oz)
9 Baked BBQ Chips 100% Fruit Juice (6 oz)	10 Chocolate Soy Butter (1 MA) Graham Crackers (1G)	11 Strawberry Chex Mix 100% Fruit Juice (6 oz)	12 Multi-Grain Bar Fruit (3/4c)	13 Honey Sunflower Seeds 100% Fruit Juice (6 oz)
16 Cheez-its 100% Fruit Juice (6 oz)	17 Mini Banana Loaf Fruit (3/4c)	18 Baked Nacho Cheese Chips 100% Fruit Juice (6 oz)	19 Cinnamon Gripz Fruit (3/4 c)	20 Strawberry Delight 100% Fruit Juice (6oz)
23 Baked Churro Chips 100% Fruit Juice (6 oz)	24 Red Pepper Hummus (1MA) Pita Bread (1G)	25 Goldfish Pretzels 100% Fruit Juice (6oz)	26 Whole Grain Pop-Tart Fruit (3/4c)	27 Cheese Puffs 100% Fruit Juice (6 oz)
30 Multi-Grain Bar 100% Fruit Juice (6 oz)	1	2	3	4

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