

# SEPTEMBER

# BREAKFAST MENU

# 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>HAPPY LABOR DAY</b></p>	<p>03 Mandarin Orange Cup-1/2 c. 100% Fruit Punch-4 oz. Honey Scooters Cereal-1 oz. W/G Waffle Grahams-2 Milk-8 oz.</p>	<p>04 Applesauce Cup-1/2 c. 100% Grape Juice-4 oz. Whole Grain Plain Bagel with Cream Cheese-1 Milk-8 oz.</p>	<p>05 Fresh Plum-1 100% Apple Juice-4 oz. Croissant w/ Margarine-2.2 oz. Milk-8 oz.</p>	<p>06 Fresh Apple-1 W/G Fruit Loops-1 oz. W/G Apple Muffin-2 oz. Milk-8 oz.</p>
<p>09 Peach Applesauce Cup-1/2 c. 100% Strawberry/Kiwi Juice-4 oz. W/G Scooters Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.</p>	<p>10 Fresh Apple-1 Eggo Mini Pancakes with Syrup-1 Bag Milk-8 oz.</p>	<p>11 Pineapple Cup-1/2 c. 100% Apple Juice-4 oz. Whole Wheat Bagel with Cream Cheese-1 Milk-8 oz.</p>	<p>12 Fresh Banana-1 American Cheese Omelet-2 oz. Whole Grain Bread Milk-8 oz.</p>	<p>13 Fresh Pear-1 100% Fruit Punch-4 oz. W/G Apple Cinn. Cheerios-1 oz. W/G Waffle Grahams-2 Milk-8 oz.</p>
<p>16 Fresh Orange-1 100% Grape Juice-4 oz. W/G Alphabets Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.</p>	<p>17 Mixed Fruit Cup-1/2 c. Eggo Mini French Toast w/ Syrup-1 Bag Milk-8 oz.</p>	<p>18 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Cinnamon Raisin Bagel w/ Cream Cheese-1 Milk-8 oz.</p>	<p>19 Fresh Apple-1 Egg and Cheese on a Whole Wheat Bun-1 Milk-8 oz.</p>	<p>20 Fresh Plum-1 100% Apple Juice-4 oz. W/G Superdonut-2 oz. Milk-8 oz.</p>
<p>23 Diced Peach Cup-1/2 c. 100% Orange/Tang/Juice-4 oz. Honey Graham Toasters Cereal- 1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.</p>	<p>24 Mandarin Orange Cup-1/2 c. Eggo Mini Waffles w/ Syrup-1 Bag Milk-8 oz.</p>	<p>25 Fresh Apple-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.</p>	<p>26 Fresh Orange-1 100% Grape Juice-4 oz. French Toast Sticks w/ Syrup-3 Milk-8 oz.</p>	<p>27 Fresh Pear-1 100% Strawberry/Kiwi Juice- 4 oz. W/G Trix Cereal-1 oz. W/G Corn Muffin-2 oz. Milk-8 oz.</p>
<p>30 Applesauce Cup-1/2 c. 100% Apple Juice-4 oz. W/G Scooters Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.</p>	<p>COLLEGE ACHIEVE PUBLIC SCHOOLS</p>			<p>COLLEGE ACHIEVE GREATER ASBURY PARK</p>

This institution is an equal opportunity provider

Breakfast: choice of 1% or fat-free milk; fruit available daily

# SEPTEMBER

# LUNCH MENU

# 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>HAPPY LABOR DAY</b></p>	<p>03 BBQ Chicken Fillet on a Whole Wheat Bun-1 Green Beans-3/4 c. Diced Peach Cup-1/2 c. Milk-8 oz.</p>	<p>04 Beef Meatloaf w/Ketchup-3 oz. Roasted Potato Medley-3/4 c. Whole Wheat Dinner Roll Fresh Banana-1 Milk-8 oz.</p>	<p>05 All Beef Hot Dog on a on a Whole Wheat Bun-1 Vegetarian Beans-3/4 c. Fresh Orange-1 Milk-8 oz.</p>	<p>06 <b>PIZZA DAY</b> Dominos W/G Pizza Slice-1 Slice Romaine Salad w/ Dressing- 1 1/2 c. Diced Pear Cup-1/2 c. Milk-8 oz.</p>
<p>09 W/G Chicken Fingers-3 Corn-3/4 c. Fresh Apple-1 Whole Wheat Dinner Roll Milk-8 oz.</p>	<p>10 Beef Tacos w/ Shredded Cheddar Cheese-2 Red Kidney Beans-3/4 c. W/G Hard Taco Shell - 2 Fresh Orange-1 Milk-8 oz.</p>	<p>11 Turkey Meatballs w Sauce on a Whole Grain Hot Dog Bun-1 Green Beans-3/4 c. Fresh Banana-1 Milk-8 oz.</p>	<p>12 Breaded Chicken Fillet on a Whole Wheat Bun-1 Diced Carrots-3/4 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.</p>	<p>13 Medium Square Cheese Ravioli with Beef Meat Sauce-5 oz. Broccoli Florets-3/4 c. W/G Italian Bread Pineapple Cup-1/2 c. Milk-8 oz.</p>
<p>16 All Beef Hamburger on a a Whole Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz.</p>	<p>17 Grilled Chicken Tacos with Shredded Cheddar Cheese-2 Black Beans-3/4 c. W/G 6" Flour Tortilla-2 Fresh Orange-1 Milk-8 oz.</p>	<p>18 Cheese Lasagna with Meat Sauce-3.5 oz. Green Beans-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.</p>	<p>19 Fresh Turkey Breast and American Cheese on Whole Grain Potato Bun-1 Fresh Baby Carrots w/ Dip- 3/4 c. Fresh Banana-1 Milk-8 oz.</p>	<p>20 <b>PIZZA DAY</b> Dominos W/G Pizza Slice-1 Slice Romaine Salad w/ Dressing- 1 1/2 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.</p>
<p>23 Grilled Teriyaki Chicken Fillet on a Whole Wheat Bun-1 Sliced Carrots-3/4 c. Strawberry Applesauce Cup-1/2 c. Milk-8 oz.</p>	<p>24 Turkey Meatballs w/ Sauce on a Whole Grain Hot Dog Bun-1 Red Kidney Beans-3/4 c. Fresh Apple-1 Milk-8 oz.</p>	<p>25 Hot Roasted Turkey with Gravy-3.5 oz. Mashed Potatoes-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.</p>	<p>26 W/G Chicken Fryz-4 Green Beans-3/4 c. Fresh Banana-1 Whole Wheat Dinner Roll Milk-8 oz.</p>	<p>27 Baked Ziti-5 oz. Romaine Salad w/ Dressing- 1 1/2 c. Applesauce Cup-1/2 c. Whole Grain Bread Milk-8 oz.</p>
<p>30 W/G Chicken Fingers-3 Corn-3/4 c. Fresh Apple-1 Whole Wheat Dinner Roll Milk-8 oz.</p>				

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