






**September Menu 2018**  
**Heart & Walnut Grove Elementary Schools**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>HAPPY LABOR DAY!</b> Snoopy as a chef	<b>4</b> <b>Garlex Pizza</b>  Cheese*, Vegetarian* Pepperoni, Hawaiian  <i>Get Healthy Salad Bar</i>	<b>5</b> Teriyaki Chicken & Rice Cheese Pinwheels*  <i>Get Healthy Salad Bar</i>	<b>6</b> Beef or Turkey Hot Dogs Grilled Cheese Sandwich*  <i>Get Healthy Salad Bar</i>	<b>7</b> Chicken Noodle Soup Pasta & Marinara* TGIF Treat Raisels  <i>Get Healthy Salad Bar</i>
<b>10</b> Mini Corn Dog or Cheese Chalupa*  <i>Get Healthy Salad Bar</i>	<b>11</b> <b>Garlex Pizza</b>  Cheese*, Vegetarian* Pepperoni, Hawaiian  <i>Get Healthy Salad Bar</i>	<b>12</b> Orange Chicken with Rice Cheese Quesadillas*  <i>Get Healthy Salad Bar</i>	<b>13</b> Meatloaf & Mashed Potatoes Bean Tamales*  <i>Get Healthy Salad Bar</i>	<b>14</b> Mini Chicken Tacos Cheese Lasagna* TGIF Fruit Icee Treat  <i>Get Healthy Salad Bar</i>
<b>17</b> Pop Corn Chicken <i>(Antibiotic Free Chicken)</i> Flautas*  <i>Get Healthy Salad Bar</i>	<b>18</b> <b>Garlex Pizza</b>  Cheese*, Vegetarian* Pepperoni, Hawaiian  <i>Get Healthy Salad Bar</i>	<b>19</b> Chicken Drumstick & Wedge Potatoes Cheese Pasta Shells*  <i>Get Healthy Salad Bar</i>	<b>20</b> Cheese Ravioli w/ Meat Balls Nacho Cheese Chips*  <i>Get Healthy Salad Bar</i>	<b>21</b> Cheese or Veggie Burger Bean Empanadas* TGIF Treat Frozen Yogurt  <i>Get Healthy Salad Bar</i>
<b>24</b> Pasta & Chicken & Creamy White Sauce Baked Potatoes & Fixings*  <i>Get Healthy Salad Bar</i>	<b>25</b> <b>Garlex Pizza</b>  Cheese*, Vegetarian* Pepperoni, Hawaiian  <i>Get Healthy Salad Bar</i>	<b>26</b> Pulled Pork & Roll Cheese Quesadilla*  <i>Get Healthy Salad Bar</i>	<b>27</b> Chicken Burger Cheese Enchilada & Rice with Beans*  <i>Get Healthy Salad Bar</i>	<b>28</b> Chicken Tenders Nacho Bites* TGIF Fruit Icee Treat  <i>Get Healthy Salad Bar</i>

*Enjoy a Healthy Salad Bar*

Fresh Fruit and Canned Fruit

**At least one item from each USDA Vegetable Subgroups will be available to students everyday!**

Dark Green Vegetables (iron, vitamin C, lutein) = bok choy, broccoli, greens, green kale, parsley purple kale, romaine lettuce, spinach.

Starchy Vegetables (potassium, magnesium, allacin) = cassava, corn, jicama, lima beans, plantains, potatoes, taro, water chestnuts.

Red & Orange Vegetables (vitamin A, vitamin K, lycopenes) = carrots, red bell peppers, pumpkin, sweet potatoes, squash, tomatoes.

Legumes or Beans (fiber, zinc, flavanoids) = black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto, soy beans, white beans.

Other Vegetables (vitamin A, Vitamin C, allacin) = beets, cabbage, cauliflower, celery, cucumbers, green beans, peppers, olives, radishes, zucchini.

**Milk, 1% or Non-fat White, Non-fat Chocolate**

**Fuel up to Learn Breakfast**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Assorted Muffins</b> Seasonal Fruit and Juice Cold Cereal & Milk	<b>Breakfast Burrito</b> Seasonal Fruit and Juice Cold Cereal & Milk	<b>Crumb Square*</b> Seasonal Fruit and Juice Cold Cereal & Milk	<b>Pizza Bagel</b> Seasonal Fruit and Juice Cold Cereal & Milk	<b>Dutch Waffle*</b> Seasonal Fruit and Juice Cold Cereal & Milk

\*\*\*\*Celebrate May Birthdays on the 25th with a fun treat!!\*\*\*\*\*

**\*Other Vegetarian Options Available Daily at Lunch:**

- Grilled Cheese Sandwich
- WowButter & Jelly Sandwich
- Yogurt & Granola



**BREAKFAST \$2.00:** Includes whole grain-rich entree, fruit or 100% juice, and milk  
**LUNCH \$3.75:** Includes whole grain-rich entree, salad bar, fruit, and milk  
 A second milk may be purchased for \$0.50 or soy milk for \$1.00  
 Bottled water may be purchased for \$0.50

**MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY**

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