

Breakfast Menu

September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Labor Day</p>	<p>4</p> <p>Chicken Chorizo & Papas Taco <i>*V: Cheese & Papas Taco*</i> 100% Fruit Juice Fruit Milk</p>	<p>5</p> <p>Banana Muffin Fruit Cup Fruit Milk</p>	<p>6</p> <p>Frosted Mini Wheats Cereal Whole Grain Bites Fruit Milk</p>	<p>7</p> <p>Breakfast Cheese Tamale Fruit Milk</p>
<p>10</p> <p>Mango Breakfast Bar Fruit Milk</p>	<p>11</p> <p>Country Biscuit w/ Sausage Gravy <i>*Contains Pork*</i> <i>*V: Biscuit w/ V. Gravy*</i> 100% Fruit Juice Fruit Milk</p>	<p>12</p> <p>Bagel & Cream Cheese Bar Fruit Cup Fruit Milk</p>	<p>13</p> <p>Fruit Loops Cereal Whole Grain Bites Fruit Milk</p>	<p>14</p> <p>Bean & Cheese Breakfast Burrito Fruit Milk</p>
<p>17</p> <p>Apple Cinnamon Muffin Flat Fruit Milk</p>	<p>18</p> <p>Turkey Sausage Croissant Sandwich <i>V: Cheese Croissant Sandwich</i> 100% Fruit Juice Fruit Milk</p>	<p>19</p> <p>Pan Dulce Fruit Cup Fruit Milk</p>	<p>20</p> <p>Cinnamon Frosted Flakes Cereal Whole Grain Bites Fruit Milk</p>	<p>21</p> <p>Mini Confetti Pancakes Bites Fruit Milk</p>
<p>24</p> <p>Coffee Cake Fruit Milk</p>	<p>25</p> <p>Chicken & Waffle <i>*V: Waffles*</i> Syrup 100% Fruit Juice Fruit Milk</p>	<p>26</p> <p>Yogurt Granola Fruit Cup Fruit Milk</p>	<p>27</p> <p>Apple Jacks Cereal Whole Grain Bites Fruit Milk</p>	<p>28</p> <p>French Toast Sticks Fruit Milk</p>

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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

This institution is an equal opportunity provider.



Lunch Menu 9-12

September 2018

Special
 This symbol indicates that there is a lunch special being offered. Check out the Lunch Specials Menu to find out more.



Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day	4 Corn Dog Oven Baked Fries Sliced Cucumbers w/ Tajin Fruit Milk	5 Beef & Broccoli Not So Fried Rice Baby Carrots 100% Fruit Juice & Fruit Milk	6 Chicken Alfredo Steamed Broccoli Side Salad Fruit Milk	7 Turkey Nachos Tortilla Chips Side Salad 100% Fruit Juice & Fruit Milk
10 Chicken Burrito Side Salad 100% Fruit Juice & Fruit Milk	11 Chicken Patty Burger Oven Baked Fries Jicama Sticks w/ Tajin Fruit Milk	12 Turkey Chili Popped Corn Chips Baby Carrots 100% Fruit Juice & Fruit Milk	13 Chicken Tamale Mixed Vegetables Side Salad Fruit Milk	14 Baked Ziti w/ Meat Sauce Baby Carrots 100% Fruit Juice & Fruit Milk
17 Chicken Teriyaki Chow Mein Noodles Side Salad 100% Fruit Juice & Fruit Milk	18 BBQ Meatball Sandwich Cheesy Mashed Potatoes Hoagie Roll Celery Sticks w/ Ranch Fruit Milk	19 Cheese Ravioli Baby Carrots 100% Fruit Juice & Fruit Milk	20 Beef Hot Dog Oven Baked Fries Side Salad Fruit Milk	21 Green Chicken Enchiladas Baby Carrots w/ Tajin 100% Fruit Juice & Fruit Milk
24 Combo Burrito Side Salad 100% Fruit Juice & Fruit Milk	25 Cheeseburger Oven Baked Fries Sliced Cucumbers w/ Tajin Fruit Milk	26 Spaghetti w/ Meat Sauce Baby Carrots 100% Fruit Juice & Fruit Milk	27 Cheese Tamale Mixed Vegetables Side Salad Fruit Milk	28 Chicken Nuggets Cheesy Mashed Potatoes Baby Carrots Baked Chips 100% Fruit Juice & Fruit Milk

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

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Lunch Menu 9-12 Vegetarian

September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Labor Day</p>	<p>4</p> <p>Plant-based "Chicken" Tenders <i>Oven Baked Fries</i> <i>Baked Chips</i> <i>Sliced Cucumbers w/ Tajin</i> Fruit Milk</p>	<p>5</p> <p>Tofu & Broccoli Not So Fried Rice <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>	<p>6</p> <p>Penne Alfredo <i>Side Salad</i> Fruit Milk</p>	<p>7</p> <p>Cheese Nachos <i>Tortilla Chips</i> <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>
<p>10</p> <p>Bean & Cheese Burrito <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>11</p> <p>Vegetarian Burger <i>Oven Baked Fries</i> <i>Jicama Sticks w/ Tajin</i> Fruit Milk</p>	<p>12</p> <p>Bean & Plant-based "Beef" Chili Popped Corn Chips <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>	<p>13</p> <p>Cheese Tamale Mixed Vegetables <i>Side Salad</i> Fruit Milk</p>	<p>14</p> <p>Cheesy Baked Ziti <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>
<p>17</p> <p>Plant-based "Chicken" Teriyaki Chow Mein Noodles <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>18</p> <p>Plant-based BBQ "Chicken" <i>Cheesy Mashed Potatoes</i> <i>Baked Chips</i> <i>Hoagie Roll</i> <i>Celery Sticks w/ Ranch</i> Fruit Milk</p>	<p>19</p> <p>Cheese Ravioli <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>	<p>20</p> <p>Plant-based "Chicken" Tenders <i>Oven Baked Fries</i> <i>Baked Chips</i> <i>Side Salad</i> Fruit Milk</p>	<p>21</p> <p>Green Cheese Enchiladas <i>Baby Carrots w/ Tajin</i> 100% Fruit Juice & Fruit Milk</p>
<p>24</p> <p>Bean & Cheese Burrito <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>25</p> <p>Vegetarian Cheeseburger <i>Oven Baked Fries</i> <i>Sliced Cucumbers w/ Tajin</i> Fruit Milk</p>	<p>26</p> <p>Cheesy Spaghetti <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>	<p>27</p> <p>Cheese Tamale Mixed Vegetables <i>Side Salad</i> Fruit Milk</p>	<p>28</p> <p>Plant-based "Chicken" Tenders <i>Cheesy Mashed Potatoes</i> <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>

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

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Lunch Specials

September 2018



Monday
September 10

Mac & Cheese

Special

Creamy cheese sauce with whole grain pasta, topped with shredded cheddar cheese.

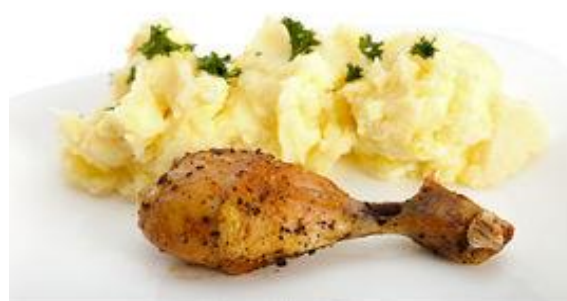


Tuesday
September 18

BBQ chicken
Drumstick w/ Mash
Potatoes

Special

Savory chicken drumstick dipped in a tangy BBQ sauce with a side of fluffy mashed potatoes topped with melted shredded cheddar cheese.



Monday
September 24

Inside Out
Chicken Pot Pie

Special

A hearty whole grain biscuit topped with a thick Campbell's cream of chicken sauce with chicken chunk, peas, carrots and shredded potatoes.



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Lunch Menu 9-12 Field Trip

September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
		<p>Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots <i>Apple Sauce & Fruit</i> <i>Fruitable Juice (6oz)</i> <i>Whole Grain Cookie</i> <i>Milk</i></p>		
10	11	12	13	14
		<p>Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots <i>Apple Sauce & Fruit</i> <i>Fruitable Juice (6oz)</i> <i>Whole Grain Cookie</i> <i>Milk</i></p>		
17	18	19	20	21
		<p>Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots <i>Apple Sauce & Fruit</i> <i>Fruitable Juice (6oz)</i> <i>Whole Grain Cookie</i> <i>Milk</i></p>		
24	25	26	27	28
		<p>Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots <i>Apple Sauce & Fruit</i> <i>Fruitable Juice (6oz)</i> <i>Whole Grain Cookie</i> <i>Milk</i></p>		

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Entrée Salad Menu 9-12

September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Labor Day</p>	<p>4</p> <p>Tuna Salad Wheat Crackers Ranch Dressing <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i></p>	<p>5</p> <p>Chicken Taco Salad Popped Corn Chips Ranch Dressing <i>Baby Carrots</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i></p>	<p>6</p> <p>Buffalo Chicken Salad Dinner Roll Ranch Dressing <i>Side Salad</i> <i>Fruit</i> <i>Milk</i></p>	<p>7</p> <p>Southwest Chicken Salad Dinner Roll Ranch Dressing <i>Side Salad</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i></p>
<p>10</p> <p>Mexican Chicken Salad Popped Corn Chips Hot Sauce <i>Side Salad</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i></p>	<p>11</p> <p>Tuna Salad Wheat Crackers Ranch Dressing <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i></p>	<p>12</p> <p>Chicken Taco Salad Popped Corn Chips Ranch Dressing <i>Baby Carrots</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i></p>	<p>13</p> <p>Buffalo Chicken Salad Dinner Roll Ranch Dressing <i>Side Salad</i> <i>Fruit</i> <i>Milk</i></p>	<p>14</p> <p>Southwest Chicken Salad Dinner Roll Ranch Dressing <i>Baby Carrots</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i></p>
<p>17</p> <p>Mexican Chicken Salad Popped Corn Chips Hot Sauce <i>Side Salad</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i></p>	<p>18</p> <p>Tuna Salad Wheat Crackers Ranch Dressing <i>Cheesy Mashed Potatoes</i> <i>Fruit</i> <i>Milk</i></p>	<p>19</p> <p>Chicken Taco Salad Popped Corn Chips Ranch Dressing <i>Baby Carrots</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i></p>	<p>20</p> <p>Buffalo Chicken Salad Dinner Roll Ranch Dressing <i>Side Salad</i> <i>Fruit</i> <i>Milk</i></p>	<p>21</p> <p>Southwest Chicken Salad Dinner Roll Ranch Dressing <i>Baby Carrots w/ Tajin</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i></p>
<p>24</p> <p>Mexican Chicken Salad Popped Corn Chips Hot Sauce <i>Side Salad</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i></p>	<p>25</p> <p>Tuna Salad Wheat Crackers Ranch Dressing <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i></p>	<p>26</p> <p>Chicken Taco Salad Popped Corn Chips Ranch Dressing <i>Baby Carrots</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i></p>	<p>27</p> <p>Buffalo Chicken Salad Dinner Roll Ranch Dressing <i>Side Salad</i> <i>Fruit</i> <i>Milk</i></p>	<p>28</p> <p>Southwest Chicken Salad Dinner Roll Ranch Dressing <i>Baby Carrots</i> <i>100% Fruit Juice & Fruit</i> <i>Milk</i></p>

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

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Snack Menu

September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Labor Day</p>	<p>4</p> <p>Bean Dip Wheat Crackers</p>	<p>5</p> <p>Cereal Pouch 100% Fruit Juice (6 oz)</p>	<p>6</p> <p>Rice Krispies Treat Fruit (3/4 c)</p>	<p>7</p> <p>Cheese Puffs 100% Fruit Juice (6 oz)</p>
<p>10</p> <p>Atomic Cheez-its 100% Fruit Juice (6 oz)</p>	<p>11</p> <p>Sunbutter Cup Graham Crackers</p>	<p>12</p> <p>Baked Chips 100% fruit Juice (6 oz)</p>	<p>13</p> <p>Mini Grahams Fruit (3/4 c)</p>	<p>14</p> <p>Pretzels 100% Fruit Juice (6 oz)</p>
<p>17</p> <p>Honey Sunflower Seeds 100% Fruit Juice (6 oz)</p>	<p>18</p> <p>White Cheddar Cheese Dip Mini Soft Pretzel</p>	<p>19</p> <p>Chewy Granola Bar 100% fruit Juice (6 oz)</p>	<p>20</p> <p>Whole Grain Pop-Tart Fruit (3/4c)</p>	<p>21</p> <p>Honey Grahams 100% fruit Juice (6 oz)</p>
<p>24</p> <p>Mini Blueberry Muffin 100% Fruit Juice (6 oz)</p>	<p>25</p> <p>Apple Cinnamon Dipper Pretzel Bread</p>	<p>26</p> <p>Chex Mix 100% Fruit Juice (6 oz)</p>	<p>27</p> <p>Coco Cherry Chewie Bar Fruit (3/4c)</p>	<p>28</p> <p>Strawberry Graham Crackers 100% Fruit Juice (6oz)</p>

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Snack includes 2 items: grain, fruit, protein or milk.

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Supper Menu

September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>HOLIDAY</p>	<p>4</p> <p>Deli Chicken & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/2 c)</p>	<p>5</p> <p>Country "Fried" Pork Chop w/ Gravy (2 M/MA, 0.5 G/B) Mashed Potatoes (1/2 c Veg) Corn Muffin (1 G/B) Apple Slices (1/2 c)</p>	<p>6</p> <p>Arroz con Pollo Plate Chicken & Rice (3.5 M/MA, 1 G/B, 3/4 c Veg) 100% Fruit Juice (1/2 c)</p>	<p>7</p> <p>Pizza Bagel Pepperoni & Mushrooms (2 M/MA, 1 GB, 1/2 c veg) Dried Fruit (1/2 c)</p>
<p>10</p> <p>Orange Chicken (2 M) Chow Mein Noodles (1G, 1/2 c veg) Apple Sauce (1/2 c)</p>	<p>11</p> <p>Turkey Ham & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/2 c)</p>	<p>12</p> <p>Marinara Sauce Cheese Stick Dippers (2M/MA, 1 G/B, 1/2 c veg) Apple Slices (1/2 c)</p>	<p>13</p> <p>Western Cheeseburger (2 M/MA, 2 G/B) Potato Wedges (1/2 c veg) 100% Fruit Juice (1/2 c)</p>	<p>14</p> <p>Chicken Chalupa with Cheese & Beans (2 M/MA, 1 G/B, 1/2 c Veg) Dried Fruit (1/2 c)</p>
<p>17</p> <p>Chili Cheese Fries (2 M/MA) Potato Wedges (1/2 c veg) Baked Chips (1G) 100% Fruit Juice (1/2 c)</p>	<p>18</p> <p>Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) Cheez-its (1 G/B) Apple Slices (1/2 c)</p>	<p>19</p> <p>Bean & Cheese Burrito (2 M/MA, 2 G/B, 1/4 c veg) Salsa Cup (1/4 c veg) Fruit (1/2 c)</p>	<p>20</p> <p>Upside Down Chicken Pot Pie (2M/MA, 2 G/B, 1/2 c Veg) 100% Fruit Juice (1/2 c)</p>	<p>21</p> <p>BBQ Chicken w/ Baked Beans (2 M/MA, 1/2 c Veg) Corn Muffin (1 G) Dried Fruit (1/2 c)</p>
<p>24</p> <p>Breakfast for Dinner: French Toast Stick (1 G/B) Potato Tots (1/2 c) Sausage Patties (2 M/MA) Apple Sauce (1/2 c)</p>	<p>25</p> <p>Turkey & Cheese Sandwich on Pretzel Roll (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/2 c)</p>	<p>26</p> <p>Chili Dog (2 M/MA, 2 G/B, 1/2 c Veg) Apple Slices (1/2 c)</p>	<p>27</p> <p>Pepperoni Pizza Mac & Cheese (2 M/MA, 2 G/B, 1/2 c veg) 100% Fruit Juice (1/2 c)</p>	<p>28</p> <p>BBQ Pork Patty on Hoagie Roll (2 G/B, 2 M/MA) Fruitable Juice (1/2 c) Dried Fruit (1/2 c)</p>

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