



SEPTEMBER

BREAKFAST MENU

2019



Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY LABOR DAY	03 Turkey Sausage & Cheese Sandwich on Whole Wheat Bun Fresh Fruit Skim or 1% Milk	04 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	05 Whole Grain French Toast served with syrup Fresh Fruit Skim or 1% Milk	06 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk
09 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	10 Turkey Sausage & Cheese Sandwich on Whole Wheat Bun Fresh Fruit Skim or 1% Milk	11 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	12 Whole Grain French Toast served with syrup Fresh Fruit Skim or 1% Milk	13 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk
16 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	17 Turkey Sausage & Cheese Sandwich on Whole Wheat Bun Fresh Fruit Skim or 1% Milk	18 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	19 Whole Grain French Toast served with syrup Fresh Fruit Skim or 1% Milk	20 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk
23 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	24 Turkey Sausage & Cheese Sandwich on Whole Wheat Bun Fresh Fruit Skim or 1% Milk	25 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	26 Whole Grain French Toast served with syrup Fresh Fruit Skim or 1% Milk	27 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk
30 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk				

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

SEPTEMBER

LUNCH MENU

2019



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Monday	Tuesday	Wednesday	Thursday	Friday
02 HAPPY LABOR DAY	03 100% All Beef Hot Dog Corn and Jicama Salad Fresh Fruit Skim or 1% Milk	04 Mac & Cheese with Roasted Chicken Green Beans Fresh Fruit Skim or 1% Milk	05 Turkey Meatball Sandwich with Mozzarella Cheese on a Whole Grain Roll Mixed Green Salad Fresh Fruit Skim or 1% Milk	06 Teriyaki Chicken Legs with Brown Rice Steamed Broccoli Fresh Fruit Skim or 1% Milk
09 Chicken and Cheese Quesadilla On Whole Grain Tortilla Three Bean Salad Mixed Green Salad Orange Slices Skim or 1% Milk	10 Baked Ziti Made with Ricotta and Mozzarella, Marinara Sauce and Whole Grain Pasta Mixed Green Salad Fresh Fruit Skim or 1% Milk	11 Fish Fillet Sandwich With Tartar Sauce, Lettuce, and Tomato on a Whole Grain Bun Potato Wedges Fresh Fruit Skim or 1% Milk	12 Homemade Pizza on Whole Grain Focaccia Bread with Mozzarella Cheese Mixed Green Salad Fresh Fruit Skim or 1% Milk	13 BBQ Pulled Chicken Slider served on a Whole Grain Roll Mixed Green Salad Fresh Fruit Skim or 1% Milk
16 Turkey Dog served on a whole Grain Roll Baked Beans Fresh Fruit Skim or 1% Milk	17 Turkey Bolognese Made with Cheese and Whole Grain Pasta Steamed Broccoli Fresh Fruit Skim or 1% Milk	18 Breakfast For Lunch! Whole Grain Waffles with Turkey Sausage Mixed Green Salad Fresh Fruit Skim or 1% Milk	19 Rasta Pasta whole grain penne pasta and vegetables in a creamy cheese sauce Mixed Green Salad Fresh Fruit Skim or 1% Milk	20 Buffalo Chicken Sandwich Whole Grain Bread Tatar Tots Fresh Fruit Skim or 1% Milk
23 All Beef Burger with Cheese Lettuce and Tomato served on a Whole Grain Bun Corn and Jicama Salad Fresh Fruit Skim or 1% Milk	24 Pasta Marinara with Cheese and Vegetables Mixed Green Salad Fresh Fruit Skim or 1% Milk	25 Jerk Chicken Coconut Brown Rice Black Beans Fresh Fruit Skim or 1% Milk	26 Homemade Pizza on Whole Grain Focaccia Bread with Mozzarella Cheese Mixed Green Salad Fresh Fruit Skim or 1% Milk	27 Turkey and Cheese Sub Seasonal Tossed Salad Fresh Fruit Skim or 1% Milk
30 Turkey Burger with Cheese Lettuce, Tomato Potato Wedges Fresh Fruit Skim or 1% Milk				



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