



# September 2022 Breakfast Menu "A"



Monday	Tuesday	Wednesday	Thursday	Friday
<b>DAILY CEREAL OPTION</b>				
Cereal w/ Honey Grahams	Cereal w/ Cinnamon Grahams	Cereal w/ Honey Grahams <i>(w/ whole fruit on 9/7)</i>	Cereal w/ Cinnamon Grahams	Cereal w/ Honey Grahams
<b>FEATURED ENTRÉE OF THE DAY</b>				
29	30	31	1	2
<b>Chocolate Chip Muffin Flat</b>	<b>Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>	<b>Banana Bread</b>	<b>Egg &amp; Cheese Breakfast Sandwich</b>	<b>Cinnamon Delight</b>
<i>Orange (1/2 c) &amp; Whole Fruit (1/2 c)</i>	<i>Banana (1/2 c) &amp; Whole Fruit (1/2 c)</i>	<i>Pear (1/2 c) &amp; Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) &amp; Whole Fruit (1/2 c)</i>
5	6	7	8	9
<b>Labor Day Holiday</b>	<b>Mango Muffin</b>	<b>Yogurt Parfait w/ Blueberries Honey Grahams</b>	<b>French Toast Slice</b>	<b>Coffee Cake</b>
	<i>Banana(1/2 c) &amp; Whole Fruit (1/2 c)</i>	<i>Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) &amp; Whole Fruit (1/2 c)</i>
12	13	14	15	16
<b>Pan Dulce</b>	<b>Mini Maple Waffle</b>	<b>Mantecada</b>	<b>Chicken Sausage &amp; Cheese Breakfast Sandwich</b>	<b>Cranberry Oatmeal Round</b>
<i>Apple Sauce (1/2 c) &amp; Whole Fruit (1/2 c)</i>	<i>Banana(1/2 c) &amp; Whole Fruit (1/2 c)</i>	<i>Pear (1/2 c) &amp; Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) &amp; Whole Fruit (1/2 c)</i>
19	20	21	22	23
<b>Whole Grain Bagel w/ Cream Cheese</b>	<b>Cinnamon Pancakes</b> <i>Syrup</i>	<b>Orange Muffin</b>	<b>Chicken Strip &amp; Waffle</b> <i>Syrup</i>	<b>Vanilla Mini Loaf &amp; String Cheese</b>
<i>Orange (1/2 c) &amp; Whole Fruit (1/2 c)</i>	<i>Banana(1/2 c) &amp; Whole Fruit (1/2 c)</i>	<i>Pear (1/2 c) &amp; Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) &amp; Whole Fruit (1/2 c)</i>
26	27	28	29	30
<b>Chocolate Chip Muffin Flat</b>	<b>Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>	<b>Banana Bread</b>	<b>Egg &amp; Cheese Breakfast Sandwich</b>	<b>Cinnamon Delight</b>
<i>Apple Sauce (1/2 c) &amp; Whole Fruit (1/2 c)</i>	<i>Banana(1/2 c) &amp; Whole Fruit (1/2 c)</i>	<i>Pear (1/2 c) &amp; Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) &amp; Whole Fruit (1/2 c)</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.				



# September 2022 K-8 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEKLY 5 FAVE</b>				
<b>Cheeseburger Oven Baked Fries Ketchup</b>	<b>Cheese Lasagna w/ Tomato Basil Sauce</b>	<b>Beef Nachos Original Popped Chips</b>	<b>Chicken Tamale w/ Seasoned Corn</b>	<b>Beef, Bean &amp; Cheese Burrito Hot Sauce</b>
<b>SANDWICH OF THE DAY</b>				
<b>Turkey &amp; Cheese Sandwich on French Roll Mayonnaise Side of Baked Fries w/ Ketchup</b>	<b>Beef Pastrami &amp; Cheese Sandwich on French Roll Mayonnaise Baby Carrots (1/2 c)</b>	<b>Turkey Breast Club Sandwich Mayonnaise Nacho Chips w/ Bean Dip</b>	<b>Italian Turkey Submarine Fruitable Juice (4 oz)</b>	<b>Pinwheel Smoked Turkey &amp; Cheese Sandwich Mayonnaise</b>
<b>ENTRÉE SALAD OF THE DAY</b>				
	<b>Chicken Taco Salad Tortilla Chips Ranch Dressing</b>	<b>Southwest Chicken Salad Original Popped Chips Ranch Dressing</b>	<b>Buffalo Chicken Salad Wheat Crackers Ranch Dressing</b>	<b>Tuna Salad Dinner Roll Ranch Dressing</b>
<b>FEATURED ENTRÉE OF THE DAY</b>				
29	30	31	1	2
<b>Chicken Patty Burger Oven Baked Fries Ketchup</b>	<b>Chicken Enchiladas w/ Creamy Green Salsa</b>	<b>Turkey &amp; Bean Chili Tortilla Chips</b>	<b>Breakfast for Lunch: Pancake, Chicken Sausage &amp; Seasoned Potatoes Syrup</b>	<b>Mac &amp; Cheese Whole Grain Oatmeal Cookie</b>
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>House Salad w/ Italian (1 c)</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Pear</i>	<i>Orange</i>
5	6	7	8	9
<b>Labor Day Holiday</b>	<b>Spaghetti &amp; Beef Meatballs w/ Tomato Basil Sauce</b>	<b>Chicken Fajitas w/ Refried Beans &amp; Peppers Whole Grain Tortillas</b>	<b>Chicken Nuggets w/ Mashed Potatoes</b>	<b>Hamburger Whole Grain Sugar Cookie Ketchup</b>
	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Lettuce, Tomato &amp; Pickle Kit</i>
	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Apple Sauce</i>	<i>Orange</i>
12	13	14	15	16
<b>Turkey Taco Burger Oven Baked Fries Ketchup</b>	<b>Chicken Teriyaki Chow Mein Noodles</b>	<b>Chicken Burrito Bowl w/ Rice &amp; Black Beans Whole Grain Oatmeal Cookie</b>	<b>Bake Ziti w/ Meat Sauce</b>	<b>Beef Rib-A-Que Sandwich on Hoagie Roll</b>
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>House Salad w/ Italian (1 c)</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Pear</i>	<i>Orange</i>
19	20	21	22	23
<b>Beef Hot Dog Oven Baked Fries Ketchup</b>	<b>Chicken Alfredo Pasta w/ Steamed Broccoli</b>	<b>Chicken Chile Verde Pinto Beans &amp; Rice Whole Grain Chocolate Chip Cookie</b>	<b>Beef BBQ Meatballs w/ Mashed Potatoes Dinner Roll</b>	<b>Chicken Parm Sandwich (2 M/MA, 2G)</b>
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Ranch (DOD)</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Apple Sauce</i>	<i>Orange</i>
26	27	28	29	30
<b>Chicken Patty Burger Oven Baked Fries Ketchup</b>	<b>Chicken Enchiladas w/ Creamy Green Salsa</b>	<b>Turkey &amp; Bean Chili Tortilla Chips</b>	<b>Breakfast for Lunch: Pancake, Turkey Sausage Links &amp; Seasoned Potatoes Syrup</b>	<b>Mac &amp; Cheese Whole Grain Sugar Cookie</b>
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>House Salad w/ Italian (1 c)</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Pear</i>	<i>Orange</i>
<small>All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.</small>				