



September 2021

K-8 Breakfast & Lunch

		WEDNESDAY	THURSDAY	FRIDAY
		September 1, 2021 BREAKFAST MINI WHEATS LITTLE BITES [^] , Graham Crackers [^] , Strawberry-Kiwi Juice, Craisins, Milk LUNCH CHEESY TACO MEAT, Wild White Nacho Doritos [^] , Fresh Baby Carrots, Fresh Chopped Romaine, Fresh Banana, Ranch Dressing, Salsa, Milk Vegetarian Option VEGGIE NACHO COMBO, Wild White Nacho Doritos [^] , Fresh Baby Carrots, Fresh Chopped Romaine, Fresh Banana, Ranch Dressing, Salsa, Milk	September 2, 2021 BREAKFAST CINNAMON FROSTED FLAKES [^] , Strawberry Square [^] , Blended Fruit Juice, Peach Cup, Milk LUNCH CORN DOG ON A STICK [^] , Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk Vegetarian Option MINI CHEESE RAVIOLI W/SAUCE [^] , Breadstick [^] , Mixed Vegetables, Diced Peaches, Milk	September 3, 2021 BREAKFAST CHEERIOS [^] , Maple Breakfast Square [^] , Grape Juice, Applesauce Cup, Milk LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard, Milk
		September 6, 2021 LABOR DAY	September 7, 2021 BREAKFAST APPLE JACKS [^] , Vanilla Breakfast Square [^] , Blended Fruit Juice, Peach Cup, Milk LUNCH CRISPY CHICKEN DRUMSTICK [^] , Cornbread [^] , Mixed Vegetables, Diced Peaches, Milk Vegetarian Option MINI CHEESE RAVIOLI W/SAUCE [^] , Breadstick [^] , Mixed Vegetables, Diced Peaches, Milk	September 8, 2021 BREAKFAST FROSTED FLAKES [^] , Animal Graham Crackers, Strawberry-Kiwi Juice, Craisins, Milk LUNCH CHICKEN ALFREDO PASTA [^] , Fresh Chopped Romaine, Fresh Baby Carrots, Fresh Banana, Milk Vegetarian Option VEGETARIAN BURGER [^] , Fresh Chopped Romaine, Fresh Baby Carrots, Fresh Banana, Milk
September 13, 2021 BREAKFAST GOLDEN GRAHAM CEREAL [^] , Vanilla Breakfast Square [^] , Apple Juice, Craisins, Milk LUNCH CHEESE PIZZA [^] , Green Beans, Mixed Fruit, Milk	September 14, 2021 BREAKFAST RICE KRISPIES [^] , Cherry Breakfast Bar [^] , Blended Fruit Juice, Peach Cup, Milk LUNCH MEATBALL SUB [^] , Potato Wedges, Orange-Tangerine Juice, Milk Vegetarian Option MINI CHEESE RAVIOLI W/SAUCE [^] , Breadstick [^] , Mixed Vegetables, Diced Peaches, Milk	September 15, 2021 BREAKFAST MINI WHEATS LITTLE BITES [^] , Graham Crackers [^] , Strawberry-Kiwi Juice, Craisins, Milk LUNCH CHEESE & GREEN CHILE TAMALE [^] , Baked Beans, Pineapple Tidbits, Salsa Cup, Milk	September 16, 2021 BREAKFAST CINNAMON FROSTED FLAKES [^] , Strawberry Square [^] , Blended Fruit Juice, Peach Cup, Milk LUNCH BEAN & CHEESE BURRITO [^] , Fresh Baby Carrot w/Ranch Dressing, Fresh Apple Slices, Taco Sauce, Milk	September 17, 2021 BREAKFAST CHEERIOS [^] , Maple Breakfast Square [^] , Grape Juice, Applesauce Cup, Milk LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard, Milk
September 20, 2021 BREAKFAST FRUIT LOOPS [^] , Maple Breakfast Square [^] , Orange Tangerine Juice, Craisins, Milk LUNCH PIZZA DIPPERS [^] , Marinara Dipping Sauce, Mixed Vegetables, Applesauce, Milk	September 21, 2021 BREAKFAST APPLE JACKS [^] , Vanilla Breakfast Square [^] , Blended Fruit Juice, Peach Cup, Milk LUNCH CRISPY CHICKEN SANDWICH [^] , Fresh Baby Carrots w/Ranch Dressing, Broccoli, Diced Pears, Milk Vegetarian Option CHEESE LASAGNA [^] , Breadstick [^] , Broccoli, Diced Pears, Milk	September 22, 2021 BREAKFAST FROSTED FLAKES [^] , Animal Graham Crackers, Strawberry-Kiwi Juice, Craisins, Milk LUNCH CHEESE PUPUSA [^] , Golden Potato Rounds [^] , Fresh Banana, Hot Sauce, Milk	September 23, 2021 BREAKFAST COCOA PUFFS [^] , Strawberry Square [^] , Grape Juice, Applesauce Cup, Milk LUNCH BEAN & CHEESE EMPANADA [^] , Fresh Baby Carrots w/Ranch Dressing, Fresh Plum, Taco Sauce, Milk	September 24, 2021 BREAKFAST FROSTED MINI WHEATS [^] , Graham Crackers [^] , Orange-Tangerine Juice, Peach Cup, Milk LUNCH HERO SANDWICH [^] , Italian Corn Salad, Fresh Apple Slices, Mustard, Milk
September 27, 2021 BREAKFAST GOLDEN GRAHAM CEREAL [^] , Vanilla Breakfast Square [^] , Apple Juice, Craisins, Milk LUNCH CHEESE PIZZA [^] , Corn, Pineapple Tidbits, Milk	September 28, 2021 BREAKFAST RICE KRISPIES [^] , Cherry Breakfast Bar [^] , Blended Fruit Juice, Peach Cup, Milk LUNCH BEAN & CHEESE BURRITO [^] , Corn, Pineapple Tidbits, Salsa Cup, Milk	September 29, 2021 BREAKFAST MINI WHEATS LITTLE BITES [^] , Graham Crackers [^] , Strawberry-Kiwi Juice, Craisins, Milk LUNCH BEAN & CHEESE BURRITO [^] , Corn, Pineapple Tidbits, Salsa Cup, Milk Vegetarian Option VEGETARIAN BURGER [^] , Fresh Chopped Romaine, Fresh Baby Carrots, Fresh Banana, Milk	September 30, 2021 BREAKFAST CINNAMON FROSTED FLAKES [^] , Strawberry Square [^] , Blended Fruit Juice, Peach Cup, Milk LUNCH CHICKEN & GREEN CHILE TAMALE [^] , Baked Beans, Fresh Baby Carrots w/Ranch Dressing, Fresh Apple Slices, Hot Sauce, Milk Vegetarian Option CHEESE PUPUSA [^] , Golden Potato Rounds [^] , Fresh Banana, Hot Sauce, Milk	**MENU IS SUBJECT TO CHANGE** 

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS A CHOICE OF 1% OR FAT FREE WHITE MILK

[^] Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider ***