## September 2019 Bear River Student Center K-8

## Breakfast & Lunch Menu

MONDAY	Breaklast & Lunch Menu				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019	
	Breakfast	Breakfast	Breakfast	Breakfast	
NO SCHOOL	Strawberry/Banana	FROSTED CORN FLAKES ^	RICE CHEX ^	ASSORTED CEREAL	
LABOR DAY	Yogurt	Vanilla Waffle Square ^	Strawberry Pancake Square ^	Graham Crackers	
	Granola ^	Fresh Apple*	Fresh Banana	Fresh Fruit or Fruit Cup	
	Diced Pears	Choice of Milk	Orange-Tangerine Juice	Milk	
	Fruit Punch Juice		Milk		
	Milk				
	Lunch	Lunch	Lunch	Lunch	
		PEPPERONI PIZZA ^	CORN DOG ON A STICKA	Assorted Sandwiches	
	HOMESTYLE SALISBURY	CHEESY PARM WRAP ^	VEGGIE NUGGETS ^	Fruit Cup	
	STEAK W/GRAVY MONTEREY VEGETARIAN PATTY W/WHOLE WHEAT		Maple Baked Beans	Baby Carrots	
	Potato Wedges	Light Ranch Dressing	Baby Carrots	Hummus Cup	
	Mixed Fruit Cup	Orange-Tangerine Juice	Fresh Pear*	Milk	
	Ketchup	Milk	Light Ranch Dressing	WIIIK	
	Milk	· · · · · · · · · · · · · · · · · · ·	Mustard & Ketchup		
			BBQ Sauce		
			Milk		
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
GOLDEN GRAHAM CEREAL ^	COCOA PUFFS ^	String Cheese	VANILLA YOGURT	APPLE CINNAMON	
French Toast Breakfast Square ^	Graham Crackers ^	Chocolate Chip Mini Loaf ^	Granola ^	CHEERIOS ^	
Craisins	Diced Peaches	Fresh Apple*	Fresh Banana	Maple Breakfast Square ^	
Fruit Punch Juice	Orange-Tangerine Juice	Assorted Jelly	Applesauce Cup	Fresh Apple*	
Milk	Milk	Milk	Milk	Milk	
Lunch CHEESE PIZZA ^	Lunch 4-CHEESE PANINI ^	Lunch CHICKEN TACO	Lunch MEATRALL WWHOLE WHEAT BLINA	Lunch Turkey-American Cheese -Wheat Bread	
Breadstick ^	Mixed Vegetables	VEGETARIAN CHILI W/BEANS	MEATBALL W/WHOLE WHEAT BUN^ MINI CHEESE RAVIOLI	Hummus Cup	
Green Beans	Diced Pears	Tortilla Rounds ^	WITH SAUCE ^	Fresh Baby Carrots	
Fresh Apple*	Ketchup	Fiesta Beans	Golden Potato Rounds	Fresh Pear	
Milk	Mustard	Fresh Banana	Diced Peaches	Milk	
	Milk	Salsa	Mil		
		Milk			
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
TRIX ^	RASPBERRY YOGURT	BLUEBERRY MUFFIN^	PUMPKIN MINI LOAF ^	CORN CHEX ^	
Strawberry Pancake Square ^	Granola ^	String Cheese	Fresh Banana	Vanilla Waffle Square ^	
Craisins	Mixed Fruit Cup	Fresh Apple*	Orange-Tangerine Juice	Fresh Apple*	
Grape Juice	Fruit Punch Juice	Milk	Milk	Milk	
Milk	Milk	· · · · · · · · · · · · · · · · · · ·			
Lunch	Lunch	Lunch	Lunch	Lunch	
PENNE PASTA W/MEAT SAUCE ^	CHEESE & GREEN CHILE TAMALE	CHICKEN QUESO BURRITO ^	FRENCH BREAD	TURKEY & CHEESE SANDWICH ^	
CHEESY PARM WRAP ^	CRISPY CHICKEN PATTY W/WHOLE WHEAT BUN^	BEAN & CHEESE BURRITO ^	CHEESE PIZZA^	Baby Carrots	
Breadstick ^	Maple Baked Beans	Romaine Lettuce	CHICKEN NUGGETS ^	Fresh Pear*	
Mixed Vegetables	Diced Pears	Fresh Cucumber Slices	Corn	Hummus Cup	
Fresh Orange*	BBQ Sauce	Fresh Pear*	Honey Mustard Cup	Mustard	
Milk	Hot Sauce	Fat Free Ranch Dressing	Fresh Apple Slices	Milk	
	Sun Splash Veggie Juice	Salsa	Milk		
	Milk	Milk			
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019	
	Breakfast	Breakfast			
				Broakfast	
NO SCHOOL			Breakfast	Breakfast String Change	
NO SCHOOL	STRAWBERRY YOGURT	CINNAMON CHEX ^	ENGLISH MUFFIN ^	String Cheese	
NO SCHOOL	STRAWBERRY YOGURT Granola ^	CINNAMON CHEX ^ Maple Breakfast Square ^	ENGLISH MUFFIN ^ Fresh Banana	String Cheese Peach Mini Loaf ^	
NO SCHOOL	STRAWBERRY YOGURT Granola ^ Diced Pears	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple*	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches	String Cheese Peach Mini Loaf ^ Fresh Apple*	
NO SCHOOL	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice	CINNAMON CHEX ^ Maple Breakfast Square ^	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly	
NO SCHOOL	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk	
NO SCHOOL	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk Lunch	ENGLISH MUFFIN ^ Fresh Banana Dicad Peaches Assorted Jelly Milk Lunch	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch	
NO SCHOOL	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT	
NO SCHOOL	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Julice Milk Lunch RANCH TURKEY BURGER	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch MACARONI & CHEESE	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE WWHOLE WHEAT BUN^	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch	
NO SCHOOL	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk  Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Brocoli Florets Baby Carrois	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese	
NO SCHOOL	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk  Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Brocooli Florets	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange*	
NO SCHOOL	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk  Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Brocoli Florets Baby Carrois	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Cellery Sticks Maple Baked Beans	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin	
NO SCHOOL	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk  Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange*	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
NO SCHOOL	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk  Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
NO SCHOOL	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
NO SCHOOL  September 30, 2019	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019 Breakfast	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019  Breakfast  APPLE CINNAMON CHEERIOS ^	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019  Breakfast APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019 Breakfast APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019  Breakfast  APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins  Grape Juice	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019  Breakfast  APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins  Grape Juice Milk	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019  Breakfast  APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins  Grape Juice Milk  Lunch	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019  Breakfast  APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice Milk Lunch CHICKEN STRIPS	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019  Breakfast  APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice Milk  Lunch CHICKEN STRIPS W/SWEET POTATO PUFFS ^	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019  Breakfast  APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins  Grape Juice Milk  Lunch CHICKEN STRIPS W/SWEET POTATO PUFFS ^ MINI CHEESE RAVIOLI W/SAUCE ^	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019  Breakfast  APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins  Grape Juice Milk  Lunch  CHICKEN STRIPS W/SWEET POTATO PUFFS ^ MINI CHEESE RAVIOLI W/SAUCE ^ Green Beans	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019  Breakfast  APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins  Grape Juice Milk  Lunch  CHICKEN STRIPS  WISWEET POTATO PUFFS ^ MINI CHEESE RAVIOLI W/SAUCE ^ Green Beans Fresh Orange*	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019 Breakfast APPLE CINNAMON CHEERIOS ^ Vanilla Walfle Square Craisins Grape Juice Milk Lunch CHICKEN STRIPS W/SWEET POTATO PUFFS ^ MINI CHEESE RAVIOLI W/SAUCE ^ Green Beans Fresh Orange*	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019  Breakfast  APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins  Grape Juice Milk  Lunch  CHICKEN STRIPS  WISWEET POTATO PUFFS ^ MINI CHEESE RAVIOLI W/SAUCE ^ Green Beans Fresh Orange* BBO Sauce Milk	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk  Lunch  RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG W.WHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup Milk	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Cellery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce Milk	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice Milk	
September 30, 2019  Breakfast  APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins  Grape Juice Milk  Lunch  CHICKEN STRIPS  WISWEET POTATO PUFFS ^ MINI CHEESE RAVIOLI W/SAUCE ^ Green Beans Fresh Orange* BBO Sauce Milk	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk  Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch Milk  ATE CONDIMENTS AND A CHOICE OF 1% OR FAT FRE	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup Milk	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce Milk	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	
September 30, 2019  Breakfast  APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins  Grape Juice Milk  Lunch  CHICKEN STRIPS  WISWEET POTATO PUFFS ^ MINI CHEESE RAVIOLI W/SAUCE ^ Green Beans Fresh Orange* BBO Sauce Milk	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk  Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch Milk  ATE CONDIMENTS AND A CHOICE OF 1% OR FAT FRE Denotes item is whole-grain/whole whea	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup Milk	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce Milk  **MENU SUBJ #*Denotes item is vegetarian.	String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice Milk	
September 30, 2019  Breakfast  APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice Milk  Lunch  CHICKEN STRIPS  WISWEET POTATO PUFFS ^ MINI CHEESE RAVIOLI W/SAUCE ^ Green Beans Fresh Orange* BBO Sauce Milk	STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk  Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WW BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch Milk  ATE CONDIMENTS AND A CHOICE OF 1% OR FAT FRE Denotes item is whole-grain/whole whea	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk  Lunch  MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup Milk	ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk  Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce Milk  **MENU SUBJ #*Denotes item is vegetarian.	String Cheese Peach Mini Load ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice Milk	