Pathfinder

September 2021

K-12 Breakfast & Lunch

		WEDNESDAY	THURSDAY	FRIDAY
		September 1, 2021	September 2, 2021	September 3, 2021
		BREAKFAST RICE KRISPIES^, Honey Grahams^, Fresh Apple, 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	**BREAKFAST** PILLSBURY GRAPE CRESCENT^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** CORN DOG ON A STICK^, Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk **Vegetarian Option** FRENCH TOAST STICKS W/SCRAMBLED EGGS^, Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk	**BREAKFAST** BLUEBERRY MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** BBQ PULLED PORK, Hamburger Bun^, Baked Beans, Applesauce Cup, Milk **Vegetarian Option** BEAN & CHEESE EMPANADA^, Fresh Baby Carrots, Applesauce Cup, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
September 6, 2021	**September 7, 2021**	**September 8, 2021**	**September 9, 2021**	**September 10, 2021**
LABOR DAY	**BREAKFAST** FROSTED FLAKES^, Maple Breakfast Square^, Dried Cranberries, Fruit Punch Juice, Milk **LUNCH** CRISPY CHICKEN DRUMSTICK^, Cornbread^, Mixed Vegetables, Diced Peaches, Milk **Vegetarian Option** MINI CHEESE RAVIOLI W/SAUCE^, Breadstick^, Mixed Vegetables, Diced Peaches, Milk	**BREAKFAST** BANANA MINI MUFFIN^, String Cheese, Fresh Apple, 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	**BREAKFAST** RASPBERRY-CHERRY YOGURT, Granola^, Fresh Banana, Grape Juice, Milk **LUNCH** HOT DOG^, Golden Potato Rounds, Fresh Plum, Mustard, Ketchup, Milk **Vegetarian Option** TERIYAKI CHICK'N STRIPS W/FRIED RICE^, Fresh Plum, Milk	**BREAKFAST** FROSTED FLAKES^, Vanilla Waffle Square^, Fresh Apple, Milk **LUNCH** CHICKEN NUGGETS^, Baked Beans, Fresh Baby Carrots w/Ranch Dressing, Diced Pears, Chocolate Cookie^, Milk **Vegetarian Option** MAC & CHEESE^, Baked Beans, Fresh Baby Carrots w/Ranch Dressing, Diced Pears, Chocolate Cookie^. Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
September 13, 2021	**September 14, 2021**	**September 15, 2021**	**September 16, 2021**	**September 17, 2021**
BREAKFAST RICE KRISPIES^, Strawberry Pancake Square^, Dried Cranberries, Apple Juice, Milk **LUNCH** CHEESY PENNE BAKE^, Breadstick^, Green Beans, Mixed Fruit, Milk **Vegetarian Option** CHEESE PIZZA^, Green Beans, Mixed Fruit, Milk	**BREAKFAST** CHERRY FRUDEL^, Diced Peaches, Fruit Punch Juice, Milk **LUNCH** MEATBALL SUB^, Potato Wedges, Orange-Tangerine Juice, Milk **Vegetarian Option** CHIK'N NUGGETS^, CORNBREAD^, Potato Wedges, Orange-Tangerine Juice, BBQ Sauce, Ketchup, Milk	**BREAKFAST** DOUBLE CHOCOLATE MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** BBQ CHICKEN BURGER^, Baked Beans, Pineapple Tidbits, Milk **Vegetarian Option** CHEESE & GREEN CHILE TAMALE^, Baked Beans, Pineapple Tidbits, Ssalsa Cup, Milk	**BREAKFAST** CINNAMON FLAKES^, Apple Bar^, Fresh Banana, Orange Tangerine Juice, Milk **LUNCH** CRUNCHY CHICKEN TENDERS^, Potato Rounds, Fresh Baby Carrots w/Ranch Dressing, Fresh Apple Slices, Ketchup, BBQ Sauce, Milk **Vegetarian Option** BEAN & CHEESE BURRITO^, Fresh Baby Carrot w/Ranch Dressing, Fresh Apple Slices, Taco Sauce, Milk	**BREAKFAST** STRAWBERRY YOGURT, Granola^, Fresh Apple, Milk **LUNCH** CHEESEBURGER^, Fresh Baby Carrots w/Ranch Dressing, Fresh Chopped Romaine, Fresh Banana, Milk **Vegetarian Option** BBQ CHICK'N STRIPS W/CARROTS^, Fresh Chopped Romaine, Fresh Banana, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
September 20, 2021	**September 21, 2021**	**September 22, 2021**	**September 23, 2021**	**September 24, 2021**
BREAKFAST APPLE CINNAMON CHEERIOS^, Honey Grahams^, Craisins, Orange-Tangerine Juice, Milk **LUNCH** PIZZA DIPPERS^, Marinara Dipping Sauce, Mixed Vegetables, Applesauce, Milk **Vegetarian Option** VEGETARIAN CHILI W/BEANS, Cornbread^, Mixed Vegetables, Applesauce, Milk	**BREAKFAST** RASPBERRY CHERRY YOGURT, Granola^, Mixed Fruit Cup, Apple Juice, MIlk **LUNCH** CRISPY CHICKEN SANDWICH^, Fresh Baby Carrots w/Ranch Dressing, Broccoli, Diced Pears, Milk **Vegetarian Option** CHEESE LASAGNA^, Breadstick^, Broccoli, Diced Pears, Milk	**BREAKFAST** TRIX^, Maple Breakfast Square^, Fresh Apple, MIlk **LUNCH** BBQ CHICKEN TATER TOT-CHOS, Tortilla Rounds^, Fresh Banana, Golden Potato Rounds, Ketchup, Milk **Vegetarian Option** CHEESE PUPUSA^, Golden Potato Rounds^, Fresh Banana, Hot Sauce, Milk	**BREAKFAST** CINNAMON BUN^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** TACO "JOE" W/HAMBURGER BUN^, Baked Beans, Fresh Plum, Taco Sauce, Milk **Vegetarian Option** BEAN & CHEESE EMPANADA^, Fresh Baby Carrots w/Ranch Dressing, Fresh Plum, Taco Sauce, Milk	**BREAKFAST** CHERRY BREAKFAST BAR^, String Cheese, Fresh Apple, Milk **LUNCH** PANCAKES & SAUSAGE^, Tropical Veggie Juice, Diced Peaches, Syrup, Milk **Vegetarian Option** EGG & CHEESE BAGEL^, Tropical Veggie Juice, Diced Peaches, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	
September 27, 2021	**September 28, 2021**	**September 29, 2021**	**September 30, 2021**	
BREAKFAST CINNAMON FLAKES^, Vanilla Waffle Square^, Craisins, Grape Juice, Milk **LUNCH** BEAN & CHEESE BURRITO^, Corn, Pineapple Tidbits, Salsa Cup, Milk **Vegetarian Option** CHEESE PIZZA^, Corn, Pineapple Tidbits, Milk	**BREAKFAST** PLAIN BAGEL^, Cream Cheese, Diced Pears, Orange Tangerine Juice, Milk **LUNCH** MEATLOAF W/TOMATO SAUCE, HAMBURGER BUN^, Country Blend Vegetables, Mixed Fruit Cup, Milk **Vegetarian Option** 4-CHEESE PANINI^, Country Blend Vegetables, Mixed Fruit Cup, Milk	**BREAKFAST** DOUBLE CHOCOLATE MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** NASHVILLE (HOT) POPCORN CHICKEN^, Sliced Bread^, Fresh Baby Carrots, Orange-Tangerine Juice, Ketchup, Milk **Vegetarian Option** CHIK'N NUGGETS^, Cornbread^, French Fries, Orange-Tangerine Juice, Ketchup, BBQ Sauce, Milk	**BREAKFAST** VANILLA YOGURT, Granola^, Fresh Banana, Apple Juice, Milk **LUNCH** CHICKEN & GREEN CHILE TAMALE^, Baked Beans, Fresh Baby Carrots w/Ranch Dressing, Fresh Apple Slices, Hot Sauce, Milk **Vegetarian Option** MAC & CHEESE^, Baked Beans, Fresh Baby Carrots w/Ranch Dressing, Fresh Apple Sliced, Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS A CHOICE OF 1% OR FAT FREE WHITE MILK
*** MENU IS SUBJECT TO CHANGE ***
^ Denotes item is whole-grain/whole wheat
**** This institution is an equal opportunity provider ****