

September 2021

K-8 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 MILLSBURY 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
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, Salsa 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	FRIDAY	
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 ***