



# September 2021

## K-12 Breakfast & Lunch

		WEDNESDAY	THURSDAY	FRIDAY
		September 1, 2021	September 2, 2021	September 3, 2021
		<b>BREAKFAST</b> RICE KRISPIES <sup>^</sup> , Honey Grahams <sup>^</sup> , Fresh Apple, Milk <b>LUNCH</b>  TURKEY & CHEESE SANDWICH <sup>^</sup> , Zucchini Sticks, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk	<b>BREAKFAST</b> PILLSBURY GRAPE CRESCENT <sup>^</sup> , Fresh Banana, Fruit Punch Juice, Milk <b>LUNCH</b>  CORN DOG ON A STICK <sup>^</sup> , Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk  <b>Vegetarian Option</b> VEGGIE NACHO COMBO, Wild White Nacho Doritos <sup>^</sup> , Fresh Baby Carrots, Fresh Chopped Romaine, Fresh Banana, Ranch Dressing, Salsa, Milk	<b>BREAKFAST</b> BLUEBERRY MINI MUFFIN <sup>^</sup> , String Cheese, Fresh Apple, Milk <b>LUNCH</b>  BEAN & CHEESE EMPANADA <sup>^</sup> , 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
<b>LABOR DAY</b>	<b>BREAKFAST</b> FROSTED FLAKES <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Dried Cranberries, Fruit Punch Juice, Milk <b>LUNCH</b>  CRISPY CHICKEN DRUMSTICK <sup>^</sup> , Cornbread <sup>^</sup> , Mixed Vegetables, Diced Peaches, Milk  <b>Vegetarian Option</b>  MINI CHEESE RAVIOLI W/SAUCE <sup>^</sup> , Breadstick <sup>^</sup> , Mixed Vegetables, Diced Peaches, Milk	<b>BREAKFAST</b> BANANA MINI MUFFIN <sup>^</sup> , String Cheese, Fresh Apple, Milk <b>LUNCH</b>  TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard, Milk	<b>BREAKFAST</b> RASPBERRY-CHERRY YOGURT, Granola <sup>^</sup> , Fresh Banana, Grape Juice, Milk <b>LUNCH</b>  HOT DOG <sup>^</sup> , Golden Potato Rounds, Fresh Plum, Mustard, Ketchup, Milk  <b>Vegetarian Option</b> VEGGIE NACHO COMBO, Wild White Nacho Doritos <sup>^</sup> , Fresh Baby Carrots, Fresh Chopped Romaine, Fresh Banana, Ranch Dressing, Salsa, Milk	<b>BREAKFAST</b> FROSTED FLAKES <sup>^</sup> , Vanilla Waffle Square <sup>^</sup> , Fresh Apple, Milk <b>LUNCH</b>  MAC & CHEESE <sup>^</sup> , Baked Beans, Fresh Baby Carrots w/Ranch Dressing, Diced Pears, Chocolate Cookie <sup>^</sup> , Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 13, 2021	September 14, 2021	September 15, 2021	September 16, 2021	September 17, 2021
<b>BREAKFAST</b> RICE KRISPIES <sup>^</sup> , Strawberry Pancake Square <sup>^</sup> , Dried Cranberries, Apple Juice, Milk <b>LUNCH</b>  CHEESE PIZZA <sup>^</sup> , Green Beans, Mixed Fruit, Milk	<b>BREAKFAST</b> CHERRY FRUDEL <sup>^</sup> , Diced Peaches, Fruit Punch Juice, Milk <b>LUNCH</b>  MEATBALL SUB <sup>^</sup> , Potato Wedges, Orange-Tangerine Juice, Milk  <b>Vegetarian Option</b>  MINI CHEESE RAVIOLI W/SAUCE <sup>^</sup> , Breadstick <sup>^</sup> , Mixed Vegetables, Diced Peaches, Milk	<b>BREAKFAST</b> DOUBLE CHOCOLATE MINI MUFFIN <sup>^</sup> , String Cheese, Fresh Apple, Milk <b>LUNCH</b>  TURKEY & CHEESE SANDWICH <sup>^</sup> , Romaine Salad, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk	<b>BREAKFAST</b> CINNAMON FLAKES <sup>^</sup> , Apple Bar <sup>^</sup> , Fresh Banana, Orange Tangerine Juice, Milk <b>LUNCH</b>  BEAN & CHEESE BURRITO <sup>^</sup> , Fresh Baby Carrot w/Ranch Dressing, Fresh Apple Slices, Taco Sauce, Milk	<b>BREAKFAST</b> STRAWBERRY YOGURT, Granola <sup>^</sup> , Fresh Apple, Milk <b>LUNCH</b>  CHEESEBURGER <sup>^</sup> , Fresh Baby Carrots w/Ranch Dressing, Fresh Chopped Romaine, Fresh Banana, Milk  <b>Vegetarian Option</b>  VEGETARIAN BURGER <sup>^</sup> , Fresh Chopped Romaine, Fresh Baby Carrots, Fresh Banana, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 20, 2021	September 21, 2021	September 22, 2021	September 23, 2021	September 24, 2021
<b>BREAKFAST</b> APPLE CINNAMON CHEERIOS <sup>^</sup> , Honey Grahams <sup>^</sup> , Craisins, Orange- Tangerine Juice, Milk <b>LUNCH</b>  PIZZA DIPPERS <sup>^</sup> , Marinara Dipping Sauce, Mixed Vegetables, Applesauce, Milk	<b>BREAKFAST</b> RASPBERRY CHERRY YOGURT, Granola <sup>^</sup> , Mixed Fruit Cup, Apple Juice, Milk <b>LUNCH</b>  CRISPY CHICKEN SANDWICH <sup>^</sup> , Fresh Baby Carrots w/Ranch Dressing, Broccoli, Diced Pears, Milk  <b>Vegetarian Option</b>  CHEESE LASAGNA <sup>^</sup> , Breadstick <sup>^</sup> , Broccoli, Diced Pears, Milk	<b>BREAKFAST</b> TRIX <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Fresh Apple, Milk <b>LUNCH</b>  TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard, Milk	<b>BREAKFAST</b> CINNAMON BUN <sup>^</sup> , Fresh Banana, Fruit Punch Juice, Milk <b>LUNCH</b>  BEAN & CHEESE EMPANADA <sup>^</sup> , Fresh Baby Carrots w/Ranch Dressing, Fresh Plum, Taco Sauce, Milk	<b>BREAKFAST</b> CHERRY BREAKFAST BAR <sup>^</sup> , String Cheese, Fresh Apple, Milk <b>LUNCH</b>  PANCAKES & SAUSAGE <sup>^</sup> , Tropical Veggie Juice, Diced Peaches, Syrup, Milk  <b>Vegetarian Option</b>  EGG & CHEESE BAGEL <sup>^</sup> , Tropical Veggie Juice, Diced Peaches, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	<b>** MENU IS SUBJECT TO CHANGE **</b> 
<b>BREAKFAST</b> CINNAMON FLAKES <sup>^</sup> , Vanilla Waffle Square <sup>^</sup> , Craisins, Grape Juice, Milk <b>LUNCH</b>  CHEESE PIZZA <sup>^</sup> , Corn, Pineapple Tidbits, Milk	<b>BREAKFAST</b> PLAIN BAGEL <sup>^</sup> , Cream Cheese, Diced Pears, Orange Tangerine Juice, Milk <b>LUNCH</b>  BEAN & CHEESE BURRITO <sup>^</sup> , Corn, Pineapple Tidbits, Salsa Cup, Milk	<b>BREAKFAST</b> DOUBLE CHOCOLATE MINI MUFFIN <sup>^</sup> , String Cheese, Fresh Apple, Milk <b>LUNCH</b>  TURKEY & CHEESE SANDWICH <sup>^</sup> , Romaine Salad, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk	<b>BREAKFAST</b> VANILLA YOGURT, Granola <sup>^</sup> , Fresh Banana, Apple Juice, Milk <b>LUNCH</b>  MAC & CHEESE <sup>^</sup> , Baked Beans, Fresh Baby Carrots w/Ranch Dressing, Fresh Apple Sliced, Milk	

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

<sup>^</sup> Denotes item is whole-grain/whole wheat

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