

September 2021

K-8 Breakfast & Lunch

		WEDNESDAY September 1, 2021	THURSDAY September 2, 2021	FRIDAY September 3, 2021
		BREAKFAST RICE KRISPIES [^] , Honey Grahams [^] , Fresh Apple, Milk LUNCH TURKEY & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, 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 September 6, 2021	TUESDAY September 7, 2021	WEDNESDAY September 8, 2021	THURSDAY September 9, 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 TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard, Milk	BREAKFAST CHICKEN BISCUIT [^] , Fresh Banana, Orange-Tangerine Juice, Syrup, 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 September 13, 2021	TUESDAY September 14, 2021	WEDNESDAY September 15, 2021	THURSDAY September 16, 2021	FRIDAY 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 TURKEY & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk	BREAKFAST FRENCH TOAST STICKS [^] , Fresh Banana, Orange-Tangerine Juice, Syrup, 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 September 20, 2021	TUESDAY September 21, 2021	WEDNESDAY September 22, 2021	THURSDAY September 23, 2021	FRIDAY 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 WAFFLES [^] , Mixed Fruit Cup, Apple Juice, Syrup, 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 TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard, Milk	BREAKFAST EGG & CHEESE ON ENGLISH MUFFIN [^] , Fresh Banana, Fruit Punch Juice, Grape Jelly, 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 September 27, 2021	TUESDAY September 28, 2021	WEDNESDAY September 29, 2021	THURSDAY 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 CHEESY EGG TATER TOT-CHOS, Honey Grahams [^] , 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 TURKEY & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk	BREAKFAST PANCAKES [^] , Fresh Banana, Apple Juice, Syrup, 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.***