

Breakfast Menu



september 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Cranberry Oatmeal Round(80) Frosted Mini Wheats w/ Strawberry Grahams(40) Apple Sauce(120) Whole Fruit 2(120) 1% White Milk(102) Fat Free White Milk(18)	2 Chicken Sausage & Pancake w/ Syrup(80) Froot Loops w/ Cinnamon Grahams(50) Whole Fruit (130) 1% White Milk(111) Fat Free White Milk(20)	3 Pan Dulce(100) Apple Jacks w/ Granola(20) Green Apple(120) Whole Fruit 2(60) 1% White Milk(84) Fat Free White Milk(18)	4	5
6	7 Mini Blueberry Pancakes(60) Apple Jacks w/ Cinnamon Grahams(60) Whole Fruit (60) 1% White Milk(84) Fat Free White Milk(18)	8 Mantecada Sweet Bread(80) Frosted Mini Wheats w/ Strawberry Grahams(40) Whole Fruit 2(120) 1% White Milk(102) Fat Free White Milk(18)	9 Breakfast Cheese Tamale(60) Froot Loops w/ Cinnamon Grahams(60) Whole Fruit (60) 1% White Milk(84) Fat Free White Milk(18)	10 Pineapple Empanada(50) Apple Jacks w/ Granola(60) Green Apple(110) Whole Fruit 2(55) 1% White Milk(77) Fat Free White Milk(17)	11	12
13	14 Bean & Cheese Burrito(70) Apple Jacks w/ Cinnamon Grahams(60) Whole Fruit (130) 1% White Milk(111) Fat Free White Milk(20)	15 Mango Bar(80) Frosted Mini Wheats w/ Strawberry Grahams(50) Apple Sauce(130) Whole Fruit 2(130) 1% White Milk(111) Fat Free White Milk(20)	16 Egg & Cheese Sandwich (60) Froot Loops w/ Cinnamon Grahams(70) Whole Fruit (130) 1% White Milk(111) Fat Free White Milk(20)	17 Mini Soybutter & Jelly Sandwich(40) Apple Jacks w/ Granola(80) Green Apple(120) Whole Fruit 2(120) 1% White Milk(102) Fat Free White Milk(18)	18	19
20 Coffee Cake(80) Cereal w/ Honey Grahams (50) Whole Fruit (130) 1% White Milk(111) Fat Free White Milk(20)	21 Mini Banana Pancakes (70) Apple Jacks w/ Cinnamon Grahams(50) Whole Fruit (120) 1% White Milk(102) Fat Free White Milk(18)	22 Fruit Yogurt Parfait Granola(90) Frosted Mini Wheats w/ Strawberry Grahams(50) Whole Fruit 2(140) 1% White Milk(119) Fat Free White Milk(21)	23 Chicken & Waffle w/ Syrup(70) Froot Loops w/ Cinnamon Grahams(60) Whole Fruit (130) 1% White Milk(111) Fat Free White Milk(20)	24 Strawberry Muffin(70) Apple Jacks w/ Granola(60) Green Apple(130) Whole Fruit 2(130) 1% White Milk(111) Fat Free White Milk(20)	25	26
27 Cinnamon Delight(80) Cereal w/ Honey Grahams (50) Whole Fruit (130) 1% White Milk(111) Fat Free White Milk(20)	28 French Toast(90) Apple Jacks w/ Cinnamon Grahams(40) Whole Fruit (130) 1% White Milk(111) Fat Free White Milk(20)	29 Cranberry Oatmeal Round(80) Frosted Mini Wheats w/ Strawberry Grahams(50) Apple Sauce(130) Whole Fruit 2(130) 1% White Milk(111) Fat Free White Milk(20)	30 Chicken Sausage & Pancake w/ Syrup(60) Froot Loops w/ Cinnamon Grahams(80) Whole Fruit (140) 1% White Milk(119) Fat Free White Milk(21)			

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.
This institution is an equal opportunity provider.



Lunch Menu

September 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Chicken Alfredo Pasta w/ Steamed Broccoli & Whole Grain Cookie(50) Chicken Nuggets & Mash(100) Plant-Based Chicken Alfredo w/ Steamed Broccoli & Whole Grain Cookie(2) Tuscan White Bean Salad(106) Banana(152) 1% White Milk(23) Fat Free Chocolate Milk(106)	2 BBQ Meatballs w/ Seasoned Potato Wedges & Dinner Roll(90) Baked Ziti w/ Meat Sauce(40) Turkey Chipotle Wrap(20) Baby Carrots 2(150) Orange(150) 1% White Milk(23) Fat Free Chocolate Milk(105)	3 Chicken Enchiladas w/ Red Sauce (60) Beef, Bean & Cheese Burrito(50) Turkey Ham & Cheese Croissant (50) Mixed Green Salad w/ Ranch(112) 100% Fruit Juice 3(160) 1% White Milk(24) Fat Free Chocolate Milk(112)	4	5
6	7 Chicken Teriyaki w/ Chow Mein Noodles (40) Beef Nachos w/ Tortilla Chips(140) Baby Carrots(180) 100% Fruit Juice (180) 1% White Milk(27) Fat Free Chocolate Milk(153)	8 Meatloaf Mash & Gravy & Dinner Roll(30) Chicken Nuggets & Mash(130) Chicken Salad Sandwich (20) Pinto Bean Salad(180) Banana(180) 1% White Milk(27) Fat Free Chocolate Milk(153)	9 Chicken Burrito Bowl w/ Whole Grain Dessert (50) Baked Ziti w/ Meat Sauce(60) Chicken & Cheese Pita Sandwich w/ Cucumber Slices(60) Baby Carrots 2(170) Orange(170) 1% White Milk(26) Fat Free Chocolate Milk(145)	10 Meatball Sub Sandwich(40) Beef, Bean & Cheese Burrito(40) Bean & Cheese Burrito(100) House Salad w/ Italian(180) 100% Fruit Juice 3(180) 1% White Milk(27) Fat Free Chocolate Milk(153)	11	12
13	14 Cheese Lasagna w/ Tomato Basil Sauce (30) Beef Nachos w/ Tortilla Chips(140) Baby Carrots(170) 100% Fruit Juice (170) 1% White Milk(26) Fat Free Chocolate Milk(145)	15 Build Your Own Turkey Tacos w/ Refried Beans & Tortillas(40) Chicken Nuggets & Mash(100) Chicken Salad Sandwich (20) Jicama & Bean Salad w/ Tajin Dressing(160) Banana(160) 1% White Milk(24) Fat Free Chocolate Milk(136)	16 Breakfast for Lunch: Pancakes, Chicken Sausage & Seasoned Wedges(100) Baked Ziti w/ Meat Sauce(40) Chicken & Cheese Pita Sandwich w/ Cucumber Slices(20) Baby Carrots 2(160) Orange(160) 1% White Milk(24) Fat Free Chocolate Milk(136)	17 Mac & Cheese w/ Whole Grain Dessert (50) Beef, Bean & Cheese Burrito(120) Kale & Green Apple Salad w/ Ranch(119) 100% Fruit Juice 3(170) 1% White Milk(26) Fat Free Chocolate Milk(119)	18	19
20 Cheeseburger w/ Oven Baked Fries(40) Turkey Ham & Cheese Croissant (80) Honey-Mustard Grilled Chicken Sandwich w/ Oven Baked Fries(40) Apple(160) 1% White Milk(24) Fat Free Chocolate Milk(112)	21 Turkey Chili w/ Original Popped Chips(40) Beef Nachos w/ Tortilla Chips(130) Baby Carrots(170) 100% Fruit Juice (170) 1% White Milk(26) Fat Free Chocolate Milk(119)	22 Orange Chicken w/ "Not So Fried" Rice(30) Chicken Nuggets & Mash(140) Sweet Edamame Salad(119) Banana(170) 1% White Milk(26) Fat Free Chocolate Milk(119)	23 Spaghetti & Meatballs(120) Baked Ziti w/ Meat Sauce(30) Chicken & Cheese Pita Sandwich w/ Cucumber Slices(20) Baby Carrots 2(170) Orange(170) 1% White Milk(26) Fat Free Chocolate Milk(119)	24 Hamburger w/ BBQ Popped Chips (120) Beef, Bean & Cheese Burrito(50) Lettuce, Tomato, Pickle Kit(128) 100% Fruit Juice 3(170) 1% White Milk(26) Fat Free Chocolate Milk(119)	25	26
27 Beef Hot Dog w/ Oven Baked Fries (90) Cheeseburger w/ Oven Baked Fries(60) Turkey Croissant Sandwich w/ Oven Baked Fries(20) Apple(170) 1% White Milk(26) Fat Free Chocolate Milk(119)	28 Chicken Tamale w/ Mixed Vegetables (20) Beef Nachos w/ Tortilla Chips(130) Cheese Tamale w/ Mixed Vegetables(20) Baby Carrots(170) 100% Fruit Juice (170) 1% White Milk(26) Fat Free Chocolate Milk(119)	29 Chicken Alfredo Pasta w/ Steamed Broccoli & Whole Grain Cookie(30) Chicken Nuggets & Mash(130) Tuscan White Bean Salad(112) Banana(160) 1% White Milk(24) Fat Free Chocolate Milk(112)	30 BBQ Meatballs w/ Seasoned Potato Wedges & Dinner Roll(100) Baked Ziti w/ Meat Sauce(30) Chicken & Cheese Pita Sandwich w/ Cucumber Slices(30) Baby Carrots 2(160) Orange(160) 1% White Milk(24) Fat Free Chocolate Milk(112)			

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