

September

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> blueberry burst whole grain bagel and cream cheese 	<ul style="list-style-type: none"> rf cocoa bops cereal (DF)
			1	2
HOLIDAY	<ul style="list-style-type: none"> jumpstart breakfast: mini dipper doodle string cheese 	<ul style="list-style-type: none"> blueberry muffin 	<ul style="list-style-type: none"> lemon muffin 	<ul style="list-style-type: none"> zac omega bar blackberry (DF)
5	6	7	8	9
<ul style="list-style-type: none"> skeeter honey grahams with cinnamon rumbles(DF) 	<ul style="list-style-type: none"> banana muffin 	<ul style="list-style-type: none"> french toast muffin 	<ul style="list-style-type: none"> breakfast cinnamon crumble 	<ul style="list-style-type: none"> jumpstart breakfast: mini dipper doodle string cheese
12	13	14	15	16
<ul style="list-style-type: none"> flurries cereal (DF) 	<ul style="list-style-type: none"> lemon muffin 	<ul style="list-style-type: none"> dipper doodle bar (DF) 	<ul style="list-style-type: none"> string cheese/skeeter cinnamon grahams 	<ul style="list-style-type: none"> plain whole wheat bagel with cream cheese
19	20	21	22	23
<ul style="list-style-type: none"> honey buttons cereal (DF) 	<ul style="list-style-type: none"> yogurt/granola 	<ul style="list-style-type: none"> cocoa bops cereal (DF) 	<ul style="list-style-type: none"> breakfast cinnamon crumble 	<ul style="list-style-type: none"> banana muffin
26	27	28	29	30

what's new?

Here's some food for thought. Studies show that **eating a wholesome breakfast is linked to higher test scores and academic performance** for students. Whole grains, protein, and healthy fats help keep students full and engaged all morning long.

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider

September

LUNCH PK

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> • all natural hamburger (DF) • Egg salad sandwich (VG) • Blanched broccoli florets with ranch <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • kickin chicken parm pasta • Sunbutter and jelly sandwich (VG) • Seasoned corn <p style="text-align: right;">2</p>
<p style="text-align: center;">HOLIDAY</p> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • hot meatball sub • Southwest veggie wrap (VG) ◦ broccoli florets with pinto beans <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> • firecracker chicken with spicy sesame noodles • Cheese sandwich (VG) ◦ chilled, seasoned green beans <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • all natural cheeseburger • Sunbutter and jelly sandwich (VG) • chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • cheese ravioli with marinara sauce (VG) ◦ seasoned corn <p style="text-align: right;">9</p>
<ul style="list-style-type: none"> • turkey and cheese sandwich • Bean and cheese burrito (VG) ◦ seasoned corn <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • hawaiian meatballs • Egg and cheese panada pie (VG) ◦ blanched broccoli florets with seasoned black beans <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> • chicken bites (DF) • Hummus and whole grain flatbread (VG) ◦ braised greens <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • buffalo chicken sandwich on a whole grain bun • Egg salad sandwich on a whole grain bun (VG) • sliced cucumber with ranch <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • chicken taco trio • Southwest veggie wrap (VG) ◦ sweet potatoes <p style="text-align: right;">16</p>
<ul style="list-style-type: none"> • honey mustard chicken wrap • "pepperoni" calzoni pizza (VG) ◦ chilled, seasoned green beans <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • chillin' chinese chicken noodles • Cheese ravioli with marinara (VG) ◦ diced carrots with pinto beans <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> • lone star grilled chicken breast sandwich • Egg salad sandwich (VG) • sweet potatoes <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • all natural cheeseburger • Hummus and whole grain flatbread (VG) ◦ chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • chicken pasta alfredo • Cheese sandwich (VG) ◦ seasoned corn <p style="text-align: right;">23</p>
<ul style="list-style-type: none"> • chicken taco trio • Breakfast for lunch pancakes with omelet (VG) ◦ chilled, seasoned green beans <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • chicken enchiladas • Cheese pizza panada pie (VG) ◦ pinto beans with baby carrots <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> • cheese lasagna (VG) ◦ sweet potatoes <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> • all natural hamburger (DF) • Egg salad sandwich (VG) ◦ blanched broccoli florets with ranch <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • orange chicken rice bowl (DF) • Sunbutter and jelly sandwich (VG) ◦ seasoned corn <p style="text-align: right;">30</p>

what's new?

Mmm panada! Our new breakfast inspired empanada is filled with fluffy eggs and melted mozzarella cheese. Look for the Egg & Cheese Panada Pie on Sept. 13.

Spice up lunch with our new Kickin' Chicken Parm Pasta. Lightly-breaded chicken tossed with spicy buffalo sauce and plated over corkscrew pasta with tomato marinara and melted mozzarella. Look for it on the menu on Sept 2 and 30!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

◦ Vegetable of the day

This institution is an equal opportunity provider

September

LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> • all natural hot dog (DF) • egg salad sandwich (VG) (DF) ○ blanched broccoli florets 	<ul style="list-style-type: none"> • kickin chicken parm pasta • sunbutter and jelly sandwich (VG) • seasoned corn
			1	2
HOLIDAY	<ul style="list-style-type: none"> • firecracker chicken with spicy sesame noodles • Cheese sandwich (VG) ○ edamame with blanched broccoli florets 	<ul style="list-style-type: none"> • hot meatball sub ○ sweet potatoes ○ Hummus & whole whole grain flatbread (VG) 	<ul style="list-style-type: none"> • all natural cheeseburger • veggie taco salad (VG) ○ chopped lettuce and sliced tomatoes with ranch 	<ul style="list-style-type: none"> • cheese ravioli with marinara sauce (VG) ○ seasoned corn
5	6	7	8	9
<ul style="list-style-type: none"> • bean and cheese burrito (VG) • turkey and cheese sandwich ○ seasoned corn 	<ul style="list-style-type: none"> • egg and cheese panada pie (VG) • baked mac & cheese with chicken sausage combo ○ seasoned black beans with blanched broccoli florets 	<ul style="list-style-type: none"> • chicken bites (DF) • veggie taco salad (VG) ○ braised greens 	<ul style="list-style-type: none"> • buffalo chicken sandwich • egg salad sandwich (VG) ○ celery sticks with ranch 	<ul style="list-style-type: none"> • chicken taco trio • southwest veggie wrap (VG) ○ sweet potatoes
12	13	14	15	16
<ul style="list-style-type: none"> • "pepperoni" calzoni pizza (meatless) (VG) 1 ○ chilled, seasoned green beans 	<ul style="list-style-type: none"> • chillin' chinese chicken noodles • veggie chef's salad (VG) ○ three bean salad with baby carrots 	<ul style="list-style-type: none"> • lone star grilled chicken breast sandwich • egg salad sandwich (VG) (DF) ○ sweet potatoes 	<ul style="list-style-type: none"> • all natural cheeseburger • hummus flatbread (VG) ○ chopped lettuce and sliced tomatoes with ranch 	<ul style="list-style-type: none"> • chicken pasta alfredo • cheese sandwich (VG) ○ seasoned corn
19	20	21	22	23
<ul style="list-style-type: none"> • chicken taco trio • breakfast for lunch: pancakes w/ omelet (VG) ○ chilled, seasoned green beans 	<ul style="list-style-type: none"> • chicken enchiladas • cheese pizza panada pie (VG) ○ pinto beans with baby carrots 	<ul style="list-style-type: none"> • cheese lasagna (VG) ○ sweet potatoes 	<ul style="list-style-type: none"> • all natural hot dog (DF) • egg salad sandwich (VG) (DF) ○ blanched broccoli florets with ranch 	<ul style="list-style-type: none"> • orange chicken rice bowl (DF) • sunbutter and jelly sandwich (VG) ○ seasoned corn
26	27	28	29	30

what's new?

Mmm panada! Our new breakfast inspired empanada is filled with fluffy eggs and melted mozzarella cheese. Look for the Egg & Cheese Panada Pie on Sept. 13.

Spice up lunch with our new Kickin' Chicken Parm Pasta. Lightly-breaded chicken tossed with spicy buffalo sauce and plated over corkscrew pasta with tomato marinara and melted mozzarella. Look for it on the menu on Sept 2 and 30!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

This institution is an equal opportunity provider

September

SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> mini dipperdoodle 	<ul style="list-style-type: none"> honey nutz (soy nuts)
			1	2
HOLIDAY	<ul style="list-style-type: none"> granola with string cheese 	<ul style="list-style-type: none"> multigrain rumbles - ranch 	<ul style="list-style-type: none"> mini dipperdoodle 	<ul style="list-style-type: none"> goldfish pretzels
5	6	7	8	9
<ul style="list-style-type: none"> mini dipper doodle 	<ul style="list-style-type: none"> goldfish cheese crackers 	<ul style="list-style-type: none"> granola with string cheese 	<ul style="list-style-type: none"> skeeter cinnamon grahams 	<ul style="list-style-type: none"> string cheese
12	13	14	15	16
<ul style="list-style-type: none"> mini dipperdoodle 	<ul style="list-style-type: none"> sunflower seeds 	<ul style="list-style-type: none"> goldfish pretzels with string cheese 	<ul style="list-style-type: none"> yogurt 	<ul style="list-style-type: none"> multigrain rumbles ranch
19	20	21	22	23
<ul style="list-style-type: none"> multigrain rumbles salsa fresca 	<ul style="list-style-type: none"> string cheese 	<ul style="list-style-type: none"> skeeter cinnamon grahams 	<ul style="list-style-type: none"> zac attack bar apple 	<ul style="list-style-type: none"> mini dipper doodle
26	27	28	29	30

what's new?

Here's to a snack we can all get behind. Our clean label standard means that your food will never contain artificial colors, flavors, or sweeteners

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

This institution is an equal opportunity provider