

September

PSN and K-12 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> cold bagel sandwich with turkey and cream cheese <p>1</p>
<p>no school for students</p> <p>4</p>	<ul style="list-style-type: none"> rf honey buttons cereal (df) <p>5</p>	<ul style="list-style-type: none"> zee zees berry apple crisp bar (df) <p>6</p>	<ul style="list-style-type: none"> plain whole wheat bagel/cream cheese <p>7</p>	<ul style="list-style-type: none"> blueberry muffin <p>8</p>
<ul style="list-style-type: none"> dipper doodle bar (2.3 oz) (df) <p>11</p>	<ul style="list-style-type: none"> breakfast cinnamon crumble <p>12</p>	<ul style="list-style-type: none"> yogurt/skeeter cinn grahams <p>13</p>	<ul style="list-style-type: none"> blueberry burst whole grain bagel/cream cheese <p>14</p>	<ul style="list-style-type: none"> rf honey buttons cereal (df) <p>15</p>
<ul style="list-style-type: none"> yogurt/educational snacks <p>18</p>	<ul style="list-style-type: none"> rf snow flurries cereal (df) <p>19</p>	<ul style="list-style-type: none"> cold cheesy bagel sandwich <p>20</p>	<ul style="list-style-type: none"> zee zees berry apple crisp bar (df) <p>21</p>	<ul style="list-style-type: none"> blueberry burst whole grain bagel/cream cheese <p>22</p>
<ul style="list-style-type: none"> rf honey buttons cereal (df) <p>25</p>	<ul style="list-style-type: none"> breakfast cinnamon crumble <p>26</p>	<ul style="list-style-type: none"> plain whole wheat bagel/cream cheese <p>27</p>	<ul style="list-style-type: none"> banana muffin <p>28</p>	<p>NO SCHOOL – PROFESSIONAL DEVELOPMENT</p> <p>29</p>

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.

o Vegetable of the day



September

K-12 SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p>no school for students</p> <p>4</p>	<ul style="list-style-type: none"> goldfish pretzels <p>5</p>	<ul style="list-style-type: none"> educational snacks/string cheese <p>6</p>	<ul style="list-style-type: none"> goldfish cheese crackers <p>7</p>	<ul style="list-style-type: none"> revolution foods honey wheat crackers/sunbutter <p>8</p>
<ul style="list-style-type: none"> goldfish "colors" cheddar crackers/string cheese <p>11</p>	<ul style="list-style-type: none"> sunflower seeds <p>12</p>	<ul style="list-style-type: none"> multigrain rumbles - ranch <p>13</p>	<ul style="list-style-type: none"> yogurt <p>14</p>	<ul style="list-style-type: none"> multigrain rumbles - salsa fresca <p>15</p>
<ul style="list-style-type: none"> string cheese <p>18</p>	<ul style="list-style-type: none"> yogurt <p>19</p>	<ul style="list-style-type: none"> revolution foods honey wheat crackers/string cheese <p>20</p>	<ul style="list-style-type: none"> educational snacks/string cheese <p>21</p>	<ul style="list-style-type: none"> zac attack bar apple (snack) <p>22</p>
<ul style="list-style-type: none"> goldfish pretzels/juice <p>25</p>	<ul style="list-style-type: none"> revolution foods honey wheat crackers <p>26</p>	<ul style="list-style-type: none"> educational snacks/sunbutter <p>27</p>	<ul style="list-style-type: none"> goldfish cheese crackers/string cheese <p>28</p>	<ul style="list-style-type: none"> zac attack bar strawberry (snack) <p>29</p>

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

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



September

K-12 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> cheesy ravioli (vg) chilled, seasoned green beans <p style="text-align: right;">1</p>
<p>no school for students</p> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> spicy chicken chorizo and cheese eggel sandwich cheddar cheese sandwich (vg) Steamed corn <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> chicken taco trio breakfast for lunch: pancakes w/ omelet (vg) sweet potatoes <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> the revolution hot dog (df) Sunny sandwich kit: sunbutter, jelly, whole gran bun with yougurt (vg) (df) chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> buffalo chicken pizza sunny sandwich kit (sunbutter and jelly) (vg) chilled, seasoned green beans <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> Chicken tamale with seasoned rice and seasoned black beans Cheese tamale with seasoned rice and seasoned black beans (vg) green peas <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> cheese enchiladas (vg) baked mac & cheese and chicken bites lunch combo chilled, seasoned green beans <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> spaghetti marinara with mozzarella (vg) crispy chicken sandwich (df) santa fe chile chicken and black bean wrap baby carrots and edamame <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> pepper jack cheeseburger veggie taco salad (vg) chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> the revolution hot dog (df) sunny sandwich kit (sunbutter and jelly) (vg) sweet potatoes <p style="text-align: right;">15</p>
<ul style="list-style-type: none"> cheese pizza (vg) chilled, seasoned green beans <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> jerk drumstick with pineapple carrot rice (df) cheddar cheese sandwich (vg) sweet potatoes <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> general tso's chicken (df) five cheese lasagna (vg) baby carrots amd edamame <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> flame broiled beef cheeseburger sunny sandwich kit (sunbutter and jelly) (vg) chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> BBQ chicken with cheesy rice southwest veggie wrap (vg) green peas <p style="text-align: right;">22</p>
<ul style="list-style-type: none"> chicken taco trio sunny sandwich kit (sunbutter and jelly) (vg) steamed corn <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> kickin chicken melt sandwich cheddar cheese sandwich (vg) chilled, seasoned green beans <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> mama's tamale (red chile chicken) (df) *new* italian "sausage" calzoni (vg) pinto beans and baby carrots <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> the revolution hot dog (df) southwest veggie wrap (vg) chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">28</p>	<p>NO SCHOOL – PROFESSIONAL DEVELOPMENT</p> <p style="text-align: right;">29</p>

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.

o Vegetable of the day



September

PSN LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> buffalo chicken crunchadilla cheesy ravioli (vg) honey mustard chicken wrap chilled, seasoned green beans <p style="text-align: right;">1</p>
<p>no school for students</p> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> spicy chicken chorizo and cheese eggel sandwich cheddar cheese sandwich (vg) steamed corn <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> chicken taco trio breakfast for lunch: pancakes w/ omelet (vg) sweet potatoes <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> oven roasted chicken sandwich (df) egg salad sandwich (vg) (df) chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> general tso's chicken (df) sunny sandwich kit (sunbutter and jelly) (vg) chilled, seasoned green beans <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> Chicken tamale with seasoned rice and seasoned black beans Cheese tamale with seasoned rice and seasoned black beans (vg) green peas <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> baked mac & cheese and chicken bites lunch combo cheese enchiladas (vg) chilled, seasoned green beans <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> spaghetti marinara with mozzarella (vg) diced carrots and pinto beans <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> chicken teriyaki with brown rice (df) Cheddar cheese sandwich (vg) chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> southern bbq chicken sandwich cheese pizza (vg) sweet potatoes <p style="text-align: right;">15</p>
<ul style="list-style-type: none"> chicken bites (df) cheese pizza panada pie (vg) chilled, seasoned green beans <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> kickin chicken melt sandwich cheese sandwich (vg) sweet potatoes <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> general tso's chicken (df) five cheese lasagna (vg) baby carrots and edamame <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> flame broiled beef cheeseburger sunny sandwich kit (sunbutter and jelly) (vg) chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> BBQ chicken with cheesy rice southwest veggie wrap (vg) green peas <p style="text-align: right;">22</p>
<ul style="list-style-type: none"> lone star chicken sandwich Sandwich sunny sandwich kit (sunbutter and jelly) (vg) steamed corn <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> cheesy ravioli (vg) chilled, seasoned green beans <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> mama's tamale (red chile chicken) (df) *new* italian "sausage" calzoni (vg) chicken salad sandwich (df) pinto beans and baby carrots <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> oven roasted chicken sandwich (df) southwest veggie wrap (vg) chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">28</p>	<p>NO SCHOOL – PROFESSIONAL DEVELOPMENT</p> <p style="text-align: right;">29</p>

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.

o Vegetable of the day

