

September 2023

Breakfast K-12

Monday

Tuesday

Wednesday

Thursday

Friday

1				
<p>Canned Fruit in Light Syrup WG = Whole Grain 0</p>				<p>Sausage and WG Pancake Sandwich Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk 0</p>
4	5	6	7	8
<p>No School Labor Day</p>	<p>Bean and Cheese Burrito w/ WG Tortilla Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>Cereal: Cinnamon Toast Crunch Cheese Stick Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>WG Turkey Sausage Breakfast Pizza Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>Assorted Yogurt Granola w/ dried fruit Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>
11	12	13	14	15
<p>Sausage/Pancake on a Stick Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>WG Bagel Cream Cheese Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>Egg & Cheese Breakfast Taco Salsa Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>Cereal: Honey Nut Cheerios Yogurt Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>Hash Browns Turkey Sausage WG Tortilla Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>
18	19	20	21	22
<p>Seasonal Fruit and Yogurt Parfait Graham Crackers 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>Scrambled Eggs w/ WG buttered toast Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>WG French Toast Sticks Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>Apple Cinnamon Muffin Hardboiled Egg Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>WG Pancake Mini Bites Syrup Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>
25	26	27	28	29
<p>Egg & Potato Breakfast Taco Salsa Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>Omelet WG English Muffin Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>WG Blueberry Muffin Hardboiled Egg Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>Jump Starts Breakfast Kit (Poptart, Crackers, Juice) Fresh Fruit 1% Lowfat White Milk or Nonfat Chocolate Milk</p>	<p>Hashbrown Stacker Fresh Fruit 100% Orange Juice 1% Lowfat White Milk or Nonfat Chocolate Milk</p>

Note: Menus are subject to change due to product availability.

"This institution is an equal opportunity provider."

September 2023

K-8

Monday

Tuesday

Wednesday

Thursday

Friday

1				
ENTRÉE w/ GRAIN- BLUE GREEN VEG- GREEN FRUIT- PINK RED/ORANGE- RED STARCHY VEG- YELLOW OTHER VEG- ORANGE Canned Fruit in Light Syrup WG = Whole Grain				Meatloaf w/ Gravy Mashed potatoes Carrot Sticks Mandarin Oranges WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk
4	5	6	7	8
No School Labor Day	Grilled Ham & Cheese Sandwich Tomato Soup Tossed Salad w/ Dressing Orange Slices 1% Lowfat White Milk or Nonfat Chocolate Milk	Beef Stir Fry w/ Brown Rice Edamame Broccoli Mixed Fruit 1% Lowfat White Milk or Nonfat Chocolate Milk	Pork Choppette on WG Bun Mashed Potatoes w/ Gravy Green beans Whole Apple WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	Chicken Alfredo with Penne Pasta Cherry Tomatoes Cucumber slices w/ dressing Pineapple Tidbits Garlic Bread 1% Lowfat White Milk or Nonfat Chocolate Milk
11	12	13	14	15
Chicken Tenders Mashed Potatoes w/ Gravy Broccoli Grapes Banana Bread Square 1% Lowfat White Milk or Nonfat Chocolate Milk	Bean Burrito Bowl w/ Brown Rice WG Tortilla Vegetable Medley Banana 1% Lowfat White Milk or Nonfat Chocolate Milk	Pepperoni Pizza Cheesy Breadstick Zucchini Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk	Cheeseburger on WG Bun Lettuce, Tomato slice, Onion Mustard, Mayo, Ketchup Sweet Potato Fries Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	Chicken Nachos w/ Pinto beans Spanish Rice* Shredded Lettuce Diced tomato Orange Slices 1% Lowfat White Milk or Nonfat Chocolate Milk
18	19	20	21	22
Breaded Chicken Sandwich Ketchup, mayo, mustard Tator Tots Cucumber slices w/ dressing Pear Halves 1% Lowfat White Milk or Nonfat Chocolate Milk	Steak Fingers WG Roll Baby Carrots Green Beans Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	Teriyaki Chicken w/ Fried Rice Broccoli Applesauce 1% Lowfat White Milk or Nonfat Chocolate Milk	Bean Toastadas (2) Diced Potatoes Salsa Cup Grapes Banana Bread Square 1% Lowfat White Milk or Nonfat Chocolate Milk	Beef Tamale Pie Bean Soup Cherry Tomatoes Mixed Melon 1% Lowfat White Milk or Nonfat Chocolate Milk
25	26	27	28	29
WG Spaghetti w/ Meat Sauce Sautéed Spinach Pineapple Tidbits WG Breadstick 1% Lowfat White Milk or Nonfat Chocolate Milk	Sloppy Joe on WG Hamburger Bun Tator Tots Coleslaw Mandarin Oranges 1% Lowfat White Milk or Nonfat Chocolate Milk	Chicken Quesadilla Black Bean Salad Salsa Cup Vegetable Medley Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Diced pears 1% Lowfat White Milk or Nonfat Chocolate Milk	Chicken Tenders Macaroni & Cheese Baby Carrots Mixed Melon Ketchup 1% Lowfat White Milk or Nonfat Chocolate Milk

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