

Breakfast Pre-K

September 2023

MON	TUE	WED	THU	FRI
				1 Cheerios w/ 100% Grape Juice
4 Holiday Labor day No School	5 Multi-Grain Frosted Flakes w/ 100% Grape Juice	6 Honey Cheerios w/ Mixed Fruit Cup	7 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	8 Banana Muffin w/ 100% Fruit Juice
11 Blueberry Muffin w/ 100% Fruit Juice	12 Multi-Grain Cheerios w/ 100% Orange Juice	13 Corn Muffin w/ Fresh Apple Slices	14 Yogurt w/ 100% Orange Juice	15 Cheerios w/ 100% Grape Juice
18 Multi-Grain Flakes w/ 100% Grape Juice	19 Yogurt w/ Fresh Apple Slices	20 Rice Chex w/ 100% Apple Juice	21 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	22 Banana Muffin w/ Diced Peaches
25 Blueberry Muffin w/ 100% Fruit Juice	26 Multi-Grain Cinnamon Flakes w/ Diced Peaches	27 Multi-Grain Cheerios w/ Fresh Apple Slices	28 Yogurt w/ 100% Orange Juice	29 Cheerios w/ 100% Grape Juice

DID YOU KNOW...

- ✓ All grain products are wholegrain rich
 - ✓ There are no pork products on this menu
 - ✓ Meats are lean and cheeses are low fat
 - ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup
- Breakfast Milk Choices**

1% Unflavored Milk
Skim Unflavored Milk

Please Note

Locally Grown Component Served Daily
Menu is subject to change
Vegetarian Meal Options are indicated with a "V"



Breakfast K-12

September 2023

MON	TUE	WED	THU	FRI
				1 Graham Crackers Raisins & 100% Grape Juice
4 Holiday Labor day No School	5 Multi-Grain Cheerios Graham Crackers Raisins & Applesauce	6 Cinnamon Raisin Bagel w/ Butter Diced Peaches & 100% Grape Juice	7 Honey Cheerios w/ Graham Crackers Apple Slices & 100% Orange Juice	8 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
11 Cinnamon Crisp Bar Raisins & 100% Grape Juice	12 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	13 Cinnamon Flakes w/ Graham Crackers Apple Frudel Diced Peaches & 100%	14 Plain Bagel w/ Cream Cheese Apple Slices & 100% Orange Juice	15 Blueberry Muffin Fresh Orange & 100% Pineapple Juice
18 Banana Muffin Raisins & Applesauce	19 Strawberry Yogurt w/ Graham Crackers Apple Frudel Apple Slices & Diced	20 Grape Juice Frosted Flakes w/ Graham Crackers Waffle w/ Syrup Diced Peaches & 100%	21 Cinnamon Toast Crunch w/Graham Crackers Apple Slices & 100% Orange Juice	22 Cinnamon Crisp Bar Raisins & 100% Grape Juice
25 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	26 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	27 Honey Cheerios w/ Graham Crackers Diced Peaches & 100% Grape Juice	28 Plain Bagel w/ Cream Cheese Apple Slices & 100% Orange Juice	29 Multi-Grain Cinnamon Flakes Raisins & 100% Grape Juice

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Lunch Pre-K

September 2023

MON	TUE	WED	THU	FRI
				<p>1 Turkey Fajita w/ Brown Rice & Corn</p> <p>Cheese Pizza w/ Garden Salad & Ranch Dressing (V)</p> <p>Fresh Apple</p>
<p>4 Holiday Labor day No School</p>	<p>5 Chicken & Vegetable Dumplings w/ Green Beans</p> <p>Spanish Rice & Beans w/ Plantain(V)</p> <p>Fresh Pear</p>	<p>6 Chicken Fingers w/ Ketchup</p> <p>Falafel Nuggets w/ Whole Wheat Bread Slice (V)</p> <p>Corn</p> <p>Fresh Apple</p>	<p>7 Penne w/ Beef Meat Sauce</p> <p>Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V)</p> <p>Italian Vegetables</p> <p>Orange slices</p>	<p>8 Home-Style Macaroni & Cheese w/ Broccoli (V)</p> <p>Fresh Apple</p>
<p>11 Chicken Bites w/ Roasted Potatoes</p> <p>Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)</p> <p>Apple Slices</p>	<p>12 Turkey Chili w Whole Wheat Bread Slice & Mixed Vegetables</p> <p>Spanish Rice & Beans w/ Plantain (V)</p> <p>Fresh Apple</p>	<p>13 Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V)</p> <p>Fresh Pear</p>	<p>14 BBQ Chicken w/ Sweet Mashed Potatoes</p> <p>Home-Style Macaroni & Cheese w/ Broccoli (V)</p> <p>Orange Slices</p>	<p>15 Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V)</p> <p>Italian Vegetables</p> <p>Fresh Apple</p>
<p>18 Beef Burger w/ Ketchup & Green Beans</p> <p>Spanish Rice & Beans w/ Plantain (V)</p> <p>Apple Slices</p>	<p>19 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables</p> <p>Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)</p> <p>Fresh Pear</p>	<p>20 Chicken Alfredo w/ Penne Pasta</p> <p>Home-Style Macaroni & Cheese (V)</p> <p>Broccoli</p> <p>Fresh Apple</p>	<p>21 Meatloaf w/Gravy & Mashed Potatoes</p> <p>Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V)</p> <p>Orange Slices</p>	<p>22 Cheese Pizza (V)</p> <p>Garden Salad w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>25 Chicken Parmesan w/ Green Beans</p> <p>Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V)</p> <p>Apple Slices</p>	<p>26 Spanish Rice & Beans w/ Plantain (V)</p> <p>Fresh Apple</p>	<p>27 Salisbury Steak w/ Roasted Potatoes</p> <p>Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)</p> <p>Fresh Pear</p>	<p>28 Caribbean Pineapple Chicken w/ Brown Rice & Carrots</p> <p>Home-Style Macaroni & Cheese w/ Broccoli (V)</p> <p>Orange Slices</p>	<p>29 Turkey Fajita w/ Brown Rice & Corn</p> <p>Cheese Pizza w/ Garden Salad & Ranch Dressing (V)</p> <p>Fresh Apple</p>

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Lunch Milk Choices

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Lunch K-8

September 2023

MON	TUE	WED	THU	FRI
				1 Chicken Salad Sandwich Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
4 Holiday Labor day No School	5 Chicken Tenders w/ Ketchup & Roasted Potatoes Protein Pasta Alfredo w/ Peas (V) Fresh Pear	6 Turkey Hot Dog w/ Ketchup & Baked Beans Spanish Rice w/ Beans & Cheese (V) Fresh Apple	7 Chicken Caesar Salad w/ Pita Bread Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	8 Chicken Breast Sandwich w/ Mayonnaise French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
11 Beef Cheese Burger w/ Ketchup Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	12 Chicken Fajita w/ Black Beans & Tomato Spanish Rice w/ Beans & Cheese (V) Fresh Pear	13 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple	14 Cobb Salad w/ Pita Bread (V) Cheese Raviolis w/ Green Beans (V) Fresh Banana	15 Turkey & Cheese Sandwich w/ Mayonnaise Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
18 Chicken Nuggets w/ Ketchup & Baked Beans Falafel Bites w/ Quinoa Pilaf Black Beans & Tomato (V) Fresh Apple	19 Beef Meatballs in Tomato Sauce w/ Club Roll Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	20 NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Apple	21 Chicken Tamale w/ Spanish Rice & Refried Beans French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V) Fresh Banana	22 Egg Salad Sandwich (V) French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
25 Salisbury Steak w/ Gravy & Roasted Potatoes Cheese Quesadilla w/ Street Corn (V) Fresh Apple	26 Chicken & Vegetable Dumplings w/ Vegetable Blend Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Pear	27 BBQ Chicken w/ Brown Rice & Baked Beans Chickpea Marinara Pasta (V) Fresh Apple	28 Turkey Fajita w/ Brown Rice & Carrots Stuffed Bread Sticks w/ Marinara & 100%Vegetable Juice (V) Fresh Banana	29 Chicken Salad Sandwich Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple

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After School snack

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MON	TUE	WED	THU	FRI
				1 Whole-Grain Pretzels w/ 100% Orange Juice
4 Holiday Labor day No School	5 Tostitos Scoops w/ 100% Fruit Juice	6 Whole-Grain Graham Crackers w/ Strawberry Yogurt	7 Whole-Grain Pretzels w/ Cheese Stick	8 Corn Muffin w/ 100% Orange Juice
11 Roasted Sunflower Seeds w/ 100% Fruit Juice	12 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	13 Whole-Grain Pretzels w/ 100% Orange Juice	14 Mozzarella String Cheese w/ Fresh Large Apple	15 Whole-Grain Graham Crackers w/ 100% Orange Juice
18 Whole-Grain Pretzels w/ 100% Orange Juice	19 Whole-Grain Graham Crackers w/ 100% Fruit Juice	20 Blueberry Muffin w/ Mozzarella String Cheese	21 Whole-Grain Graham Crackers w/ Strawberry Yogurt	22 Tostitos Scoops w/ 100% Apple Juice
25 Whole-Grain Cheez-its w/ 100% Fruit Juice	26 Corn Muffin w/ Roasted Sunflower Seeds	27 Whole-Grain Graham Crackers w/ 100% Apple Juice	28 Apple Cinnamon Muffin w/ Mozzarella String Cheese	29 Whole-Grain Pretzels w/ 100% Orange Juice

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