

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>MENU IS SUBJECT TO CHANGE</i></p> <p><i>BREAKFAST IS SERVED WITH JUICE AND MILK</i></p> <p><i>LUNCH IS SERVED WITH MILK</i></p>						1
2	3 No School	4 WG/Cereal/WG Toast Fruit WG Cheese Enchiladas Celery Sticks Fresh Carrots Applesauce	5 WG Waffles/Ham Fruit Cheese Omelet Seasoned Potatoes Red & Green Pepper Strips Apple Juice WG Muffin	6 WG Breakfast Pizza Fruit WG Chicken Nuggets Spinach Pasta Salad Oven Fries Diced Pears WG Dinner Roll	7 WG Bagel w/Cream Cheese Fruit WG Mozzarella Cheese Sticks Marinara Sauce Garden Salad Green Beans Fresh Apple Slices	8
9	10 WG Cereal/WG Toast Fruit Sloppy Joe/WG Bun Cucumber Slices Tossed Salad Fruit Choice	11 WG Pancakes/Sausage Fruit WG Chicken Quesadilla Mexicali Corn Refried Beans Mandarin Oranges	12 WG Cinnamon Toast Yogurt/Fruit Mandarin Orange Chicken Stir Fry Vegetables Brown Rice Pineapple	13 WG Breakfast Burrito String Cheese/Fruit WG Breaded Pork Mashed Potatoes Carrot Coins Fruit Choice WG Dinner Roll	14 WG Mini Cinni Fruit Cheese Garlic Flatbread Garden Salad Broccoli Bites Orange Smiles	15
16	17 WG Cereal/WG Toast Fruit WG Ham & Cheese Sub WG Sun Chips Fresh Carrots Mixed Fruit	18 WG Pancake & Sausage Wrap Fruit WG Crispy Taco Diced Tomatoes Dark Green Lettuce Apple Pineapple D'lite	19 WG Muffin/Yogurt Fruit WG Baked Chicken Baked Beans Garden Salad Diced Pears WG Dinner Roll	20 WG Breakfast Sandwich Fruit WG Biscuits & Gravy Hash Brown Celery Sticks Juice	21 WG Donut Holes Yogurt/Fruit Italian Chicken Tossed Salad Fresh Carrots Apple Slices	22
23	24 WG Cereal/WG Toast Fruit Hamburger/WG Bun Potato Wedges Tomato Slice Dark Green Leaf Lettuce Diced Peaches	25 Sausage, Egg, and Cheese Bar WG Toast/Fruit Bean & Cheese Burrito Refried Beans Fresh Carrots Fruit Choice	26 WG Pop Tart/Yogurt Fruit Baked Potato w/Butter Diced Ham Broccoli & Cheese Apple Slices WG Breadstick	27 WG Breakfast Wrap Fruit WG Cowboy Cavatini Garden Salad Green Beans Breadstick Fruit Choice	28 WG Bagel w/Cream Cheese Yogurt/Fruit Hot Dog/WG Bun Smiley Fries Baby Carrots Banana	29
30						<p>**This Institution is an Equal Opportunity Provider**</p>

Please Note: All meals include milk, fruit, vegetable, grain, and meat/meat alternate. Milk choice includes choice of non-fat (flavored or unflavored) or 1% (unflavored) milk. Reduced fat dressing is served with salads and fresh vegetables. All grain items are Whole Grain Rich