

September

BREAKFAST

PSN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG) ¹ Cinnamon Grahams with String Cheese and Fresh Fruit (VG) Buttermilk Pancakes with Syrup Packet and Fresh Fruit (VG)	Yogurt with Educational Snacks and Fresh Fruit (VG) ²
Whole Grain Cinnamon Chex with Educational Snacks and Fresh Fruit (VG) ⁵ Cinnamon Crumble with Fresh Fruit (VG)	Whole Grain Cheerios with Educational Snacks and Fresh Fruit (VG) ⁶ Blueberry Burst Muffin with Fresh Fruit (VG) Waffle with Syrup Packet and Fresh Fruit (VG)	Yogurt with Cinnamon Grahams and Fresh Fruit (VG) ⁷ Lemon Muffin with Fresh Fruit (VG) Buttermilk Pancakes with Syrup Packet and Fresh Fruit (VG)	Whole Grain BlueBerry Chex with Fresh Fruit (VG) (DF) ⁸ Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG) Egg Scramble Southwest (VG)	Banana Muffin with Fresh Fruit (VG) ⁹
Whole Grain Cheerios with Educational Snacks and Fresh Fruit (VG) ¹²	Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG) ¹³ French Toast Muffin with Fresh Fruit (VG) French Toast Sticks with Syrup Packet and Fresh Fruit (VG)	Yogurt with Educational Snacks and Fresh Fruit (VG) ¹⁴ Cinnamon Grahams with String Cheese and Fresh Fruit (VG) Sausage & Cheddar Biscuit with Fresh Fruit	Lemon Muffin with Fresh Fruit (VG) ¹⁵ Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG) Classic Egg and Cheese Brekwich with Ketchup Packet and Fresh Fruit (VG)	Cinnamon Crumble with Fresh Fruit (VG) ¹⁶ Blueberry Burst Muffin with Fresh Fruit (VG)
Whole Grain Cinnamon Chex with Educational Snacks and Fresh Fruit (VG) ¹⁹ Cinnamon Crumble with Fresh Fruit (VG)	Whole Grain Cheerios with Educational Snacks and Fresh Fruit (VG) ²⁰ Banana Muffin with Fresh Fruit (VG) Waffle with Syrup Packet and Fresh Fruit (VG)	Yogurt with Cinnamon Grahams and Fresh Fruit (VG) ²¹ Autumn Spice Muffin with Fresh Fruit (VG) Strawberry Pancake Bowl (VG)	Whole Grain BlueBerry Chex with Fresh Fruit (VG) (DF) ²² Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG) Classic Chicken Sausage & Cheddar Brekwich with Syrup Packet and Fresh Fruit	Lemon Muffin with Fresh Fruit (VG) ²³
Whole Grain Cheerios with String Cheese and Fresh Fruit (VG) ²⁶	Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG) ²⁷ Blueberry Burst Muffin with Fresh Fruit (VG) French Toast Sticks with Syrup Packet and Fresh Fruit (VG)	Yogurt with Educational Snacks and Fresh Fruit (VG) ²⁸ Cinnamon Grahams with String Cheese and Fresh Fruit (VG) Sausage & Cheddar Biscuit with Fresh Fruit	Lemon Muffin with Fresh Fruit (VG) ²⁹ Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG) Classic Egg and Cheese Brekwich with Ketchup Packet and Fresh Fruit (VG)	Banana Muffin with Fresh Fruit (VG) ³⁰ Cinnamon Crumble with Fresh Fruit (VG)

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This institution is an equal opportunity provider.
All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

Dairy-Free (DF)

Vegetarian (V)

September

BREAKFAST

K-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG) 1 Cinnamon Grahams with String Cheese and Fresh Fruit (VG) Buttermilk Pancakes with Syrup Packet and Fresh Fruit (VG)	Yogurt with Educational Snacks and Fresh Fruit (VG) 2 Vanilla Concha Bread with Fresh Fruit (VG)
Whole Grain Cinnamon Chex with Educational Snacks and Fresh Fruit (VG) 5 Cinnamon Crumble with Fresh Fruit (VG)	Whole Grain Cheerios with Educational Snacks and Fresh Fruit (VG) 6 Blueberry Burst Muffin with Fresh Fruit (VG) Waffle with Syrup Packet and Fresh Fruit (VG)	Yogurt with Cinnamon Grahams and Fresh Fruit (VG) 7 Lemon Muffin with Fresh Fruit (VG) Buttermilk Pancakes with Syrup Packet and Fresh Fruit (VG)	Whole Grain BlueBerry Chex with Fresh Fruit (VG) (DF) 8 Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG) Egg Scramble Southwest (VG)	Zee Zees Cinnamon Crisp Bar with Fresh Fruit (VG) (DF) 9 Banana Muffin with Fresh Fruit (VG)
Whole Grain Cheerios with Educational Snacks and Fresh Fruit (VG) 12 Zee Zees Berry Apple Crisp Bar with Fresh Fruit (VG) (DF)	Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG) 13 French Toast Muffin with Fresh Fruit (VG) French Toast Sticks with Syrup Packet and Fresh Fruit (VG)	Yogurt with Educational Snacks and Fresh Fruit (VG) 14 Cinnamon Grahams with String Cheese and Fresh Fruit (VG) Sausage & Cheddar Biscuit with Fresh Fruit	Lemon Muffin with Fresh Fruit (VG) 15 Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG) Classic Egg and Cheese Brekwich with Ketchup Packet and Fresh Fruit (VG)	Cinnamon Crumble with Fresh Fruit (VG) 16 Blueberry Burst Muffin with Fresh Fruit (VG)
Whole Grain Cinnamon Chex with Educational Snacks and Fresh Fruit (VG) 19 Cinnamon Crumble with Fresh Fruit (VG)	Whole Grain Cheerios with Educational Snacks and Fresh Fruit (VG) 20 Banana Muffin with Fresh Fruit (VG) Waffle with Syrup Packet and Fresh Fruit (VG)	Yogurt with Cinnamon Grahams and Fresh Fruit (VG) 21 Autumn Spice Muffin with Fresh Fruit (VG) Strawberry Pancake Bowl (VG)	Whole Grain BlueBerry Chex with Fresh Fruit (VG) (DF) 22 Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG) Classic Chicken Sausage & Cheddar Brekwich with Syrup Packet and Fresh Fruit	Zee Zees Berry Apple Crisp Bar with Fresh Fruit (VG) (DF) 23 Lemon Muffin with Fresh Fruit (VG)
Whole Grain Cheerios with String Cheese and Fresh Fruit (VG) 26 Zee Zees Berry Apple Crisp Bar with Fresh Fruit (VG) (DF)	Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG) 27 Blueberry Burst Muffin with Fresh Fruit (VG) French Toast Sticks with Syrup Packet and Fresh Fruit (VG)	Yogurt with Educational Snacks and Fresh Fruit (VG) 28 Cinnamon Grahams with String Cheese and Fresh Fruit (VG) Sausage & Cheddar Biscuit with Fresh Fruit	Lemon Muffin with Fresh Fruit (VG) 29 Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG) Classic Egg and Cheese Brekwich with Ketchup Packet and Fresh Fruit (VG)	Banana Muffin with Fresh Fruit (VG) 30 Cinnamon Crumble with Fresh Fruit (VG)

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Dairy-Free (DF)
Vegetarian (V)

September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Veggie Chef Salad (VG) Green Chile Cheese & Chicken Quesadilla Red Beans and Rice (DF) Chopped Romaine Lettuce and Tomato Slices	Chicken Salad Sub Sandwich (DF) Cheese Pizza (VG) Chicken Teriyaki (DF) Seasoned Green Beans
5 SunButter, Jelly, Sliced Bread with String Cheese (VG) Flame-Broiled Beef Cheeseburger Chicken Bites with Savory Pizza Crackers (DF) Steamed Corn	6 Plain Bagel with Cream Cheese Packet, String Cheese and Yogurt (VG) Cheese Pizza (VG) Diced Carrots	7 Cheddar Cheese Sub Sandwich with Yogurt (VG) Oven Roasted Chicken Sandwich (DF) Creamy Pasta Alfredo with Yogurt (VG) Carrots, Corn and Peas	8 Southwest Veggie Wrap (VG) BBQ Beef Rib Sandwich (DF) Cheese Enchilada with Seasoned Rice and Black Beans (VG) Chopped Romaine Lettuce and Tomato Slices	9 Tuna Sandwich Kit (DF) Cheese Pizza (VG) Beef & Bean Burrito (DF) Coleslaw
12 Pizza Please! Pizza Chef Kit (VG) Crispy Chicken Sandwich (DF) Bean & Cheese Burrito (VG) Diced Carrots	13 Cheddar Cheese Sub Sandwich with Yogurt (VG) Chicken Bites with Savory Pizza Crackers (DF) Seasoned Carrots, Corn and Peas	14 Sub Sandwich with Turkey (DF) Breakfast for Lunch: Pancakes & Cheesy Omelet with Syrup Packet (VG) Flame-Broiled Beef Cheeseburger Seasoned Green Beans	15 SunButter, Jelly, Sliced Bread with String Cheese (VG) Beef & Bean Burrito (DF) Pepperoni Pizza Broccoli Florets	16 Classic Turkey & Cheddar Sandwich Cheese Enchilada with Seasoned Rice and Black Beans (VG) Chicken Tamale with Seasoned Rice (DF) Diced Carrots
19 SunButter, Jelly, Sliced Bread with String Cheese (VG) Bean & Cheese Burrito (VG) Green Peas	20 Plain Bagel with Cream Cheese Packet, String Cheese and Yogurt (VG) Flame-Broiled Beef Burger with Honey Wheat Crackers Creamy Pasta Alfredo with Yogurt (VG) Diced Carrots	21 Sub Sandwich with Turkey (DF) Cheese Enchilada with Seasoned Rice and Black Beans (VG) Pepperoni Pizza Seasoned Carrots, Corn and Peas	22 Southwest Veggie Wrap (VG) BBQ Beef Rib Sandwich (DF) Pizza Panada Pie (VG) Fresh Green Leaf Lettuce and Tomato Slices	23 Sub Sandwich with Turkey (DF) Chicken Bites with Savory Pizza Crackers (DF) Cheese Pizza (VG) Coleslaw
26 Pizza Please! Pizza Chef Kit (VG) Flame-Broiled Beef Burger (DF) Bean & Cheese Burrito (VG) Diced Carrots	27 SunButter, Jelly, Sliced Bread with String Cheese (VG) Beef & Bean Burrito (DF) Crispy Chicken Sandwich (DF) Seasoned Carrots, Corn and Peas	28 Plain Bagel with Cream Cheese Packet, String Cheese and Yogurt (VG) Chicken Bites with Savory Pizza Crackers (DF) Cheese Pizza (VG) Lemon Pepper Green Beans	29 Sub Sandwich with Turkey (DF) Pepperoni Pizza Breakfast for Lunch: Pancakes & Cheesy Omelet with Syrup Packet (VG) Broccoli Florets	30 Classic Turkey & Cheddar Sandwich Red Beans and Rice (DF) Cheese Enchilada with Seasoned Rice and Black Beans (VG) Pinto Beans

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Vegetable of the Day

Dairy-Free (DF) Vegetarian (V)
options available daily – if not listed on the menu, available on request

September

LUNCH

K-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Veggie Chef Salad (VG) ¹ Green Chile Cheese & Chicken Quesadilla Red Beans and Rice (DF) Chopped Romaine Lettuce and Tomato Slices	Chicken Salad Sub Sandwich ² (DF) Cheese Pizza (VG) Chicken Teriyaki (DF) Seasoned Green Beans
⁵ SunButter, Jelly, Sliced Bread with String Cheese (VG) Flame-Broiled Beef Cheeseburger Chicken Bites with Savory Pizza Crackers (DF) Steamed Corn	⁶ Plain Bagel with Cream Cheese Packet, String Cheese and Yogurt (VG) Cheese Pizza (VG) All Beef Hot Dog (DF) Baby Carrots	⁷ Cheddar Cheese Sub Sandwich with Yogurt (VG) Oven Roasted Chicken Sandwich (DF) Creamy Pasta Alfredo with Yogurt (VG) Cilantro Lime Pinto Beans	⁸ Southwest Veggie Wrap (VG) Veggie Chef Salad (VG) BBQ Beef Rib Sandwich (DF) Cheese Enchilada with Seasoned Rice and Black Beans (VG) Chopped Romaine Lettuce and Tomato Slices	⁹ Tuna Sandwich Kit (DF) Cheese Pizza (VG) Beef & Bean Burrito (DF) Coleslaw
¹² Pizza Please! Pizza Chef Kit (VG) Crispy Chicken Sandwich (DF) Bean & Cheese Burrito (VG) Baby Carrots	¹³ Cheddar Cheese Sub Sandwich with Yogurt (VG) All Beef Hot Dog (DF) Chicken Bites with Savory Pizza Crackers (DF) Seasoned Carrots, Corn and Peas	¹⁴ Sub Sandwich with Turkey (DF) Breakfast for Lunch: Pancakes & Cheesy Omelet with Syrup Packet (VG) Flame-Broiled Beef Cheeseburger Seasoned Green Beans	¹⁵ SunButter, Jelly, Sliced Bread with String Cheese (VG) Beef & Bean Burrito (DF) Pepperoni Pizza Broccoli Florets	¹⁶ Classic Turkey & Cheddar Sandwich Cheese Enchilada with Seasoned Rice and Black Beans (VG) Chicken Tamale with Seasoned Rice (DF) Falafel Nugget
¹⁹ SunButter, Jelly, Sliced Bread with String Cheese (VG) All Beef Hot Dog (DF) Bean & Cheese Burrito (VG) Green Peas	²⁰ Plain Bagel with Cream Cheese Packet, String Cheese and Yogurt (VG) Flame-Broiled Beef Burger with Honey Wheat Crackers Creamy Pasta Alfredo with Yogurt (VG) Baby Carrots	²¹ Sub Sandwich with Turkey (DF) Cheese Enchilada with Seasoned Rice and Black Beans (VG) Pepperoni Pizza Chili Citrus Black Beans and Corn	²² Southwest Veggie Wrap (VG) Veggie Chef Salad (VG) BBQ Beef Rib Sandwich (DF) Pizza Panada Pie (VG) Fresh Green Leaf Lettuce and Tomato Slices	²³ Sub Sandwich with Turkey (DF) Chicken Bites with Savory Pizza Crackers (DF) Chili Citrus Drumstick with Seasoned Rice and Pinto Beans (DF) Cheese Pizza (VG) Coleslaw
²⁶ Pizza Please! Pizza Chef Kit (VG) Flame-Broiled Beef Burger (DF) Bean & Cheese Burrito (VG) Baby Carrots	²⁷ SunButter, Jelly, Sliced Bread with String Cheese (VG) Beef & Bean Burrito (DF) Crispy Chicken Sandwich (DF) Seasoned Carrots, Corn and Peas	²⁸ Plain Bagel with Cream Cheese Packet, String Cheese and Yogurt (VG) Chicken Bites with Savory Pizza Crackers (DF) Cheese Pizza (VG) Lemon Pepper Green Beans	²⁹ Sub Sandwich with Turkey (DF) Pepperoni Pizza Breakfast for Lunch: Pancakes & Cheesy Omelet with Syrup Packet (VG) Broccoli Florets	³⁰ Classic Turkey & Cheddar Sandwich Red Beans and Rice (DF) Cheese Enchilada with Seasoned Rice and Black Beans (VG) Pinto Beans

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