

# K-12 Breakfast Menu

September 2016



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> -Whole Grain Cereal, whole Grain Bites Fat Free White Milk	<b>2</b> -Blueberry Waffle Fat Free White Milk
<b>5</b>  Labor Day	<b>6</b> -French Toast Stix Fat Free White Milk	<b>7</b> -Yogurt, Mini Loaf, Apple Sauce Fat Free White Milk	<b>8</b> -Whole Grain Cereal, whole Grain Bites Fat Free White Milk	<b>9</b> -Bean & Cheese Burrito Fat Free White Milk
<b>12</b>  Eid Al-Adha Observance	<b>13</b>  Eid Al-Adha Observance	<b>14</b> -Whole Grain Bagel, Cream Cheese, Apple Sauce Fat Free White Milk	<b>15</b> -Whole Grain Cereal, whole Grain Bites Fat Free White Milk	<b>16</b> -Blueberry Pancake Sandwich Fat Free White Milk
<b>19</b> -Zucchini Bread Fat Free White Milk	<b>20</b> -Chicken Sausage Maple Biscuit, Jelly Fat Free White Milk	<b>21</b> -Pan Dulce, Apple Sauce Fat Free White Milk	<b>22</b> -Whole Grain Cereal, whole Grain Bites Fat Free White Milk	<b>23</b> -Breakfast Cheese Tamale 1% White Milk
<b>26</b> -Coffee Cake Fat Free White Milk	<b>27</b> -Bean & Cheese Burrito Fat Free White Milk	<b>28</b> -Muffin, Apple Sauce Fat Free White Milk	<b>29</b> -Whole Grain Cereal, whole Grain Bites Fat Free White Milk	<b>30</b> -Chicken & Waffle Fat Free White Milk

## MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



# K-12 School Lunch Menu

September 2016



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			<b>1</b> Chicken Enchilada, Seasoned Corn Turkey Pastrami & Provolone Cheese Sandwich, Veggie Dippers	<b>2</b> Soybutter & Jelly Sandwich, Veggie Dippers Mongolian Beef, Noodles, Steamed Broccoli
<b>5</b> Labor Day	<b>6</b> Mexican Chicken Salad, Tortilla Chips, Veggie Dippers Chicken Tinga Sopes, Seasoned Carrots	<b>7</b> - Turkey & Provolone Cheese Sandwich, Veggie Dippers Beef Hot Dog, Oven Baked Fries, Veggie	<b>8</b> Breaded Chicken Patty Burger, Side Salad Green Chile Chicken Salad Sandwich, Veggie Dippers	<b>9</b> Egg Salad Sandwich, Veggie Dippers Ground Turkey, Beans & Cheese Nachos, Veggie Dippers
<b>12</b> Eid Al-Adha Observance	<b>13</b> Eid Al-Adha Observance	<b>14</b> BBQ Beef Sandwich, Potato Salad -Tuna Salad Sandwich, Veggie Dippers	<b>15</b> Turkey Pastrami & Provolone Cheese Sandwich, Veggie Dippers - Teriyaki Chicken, Brown Rice, Steamed Broccoli	<b>16</b> Soybutter & Jelly Sandwich, Veggie Dippers - Cheese Tamales, Mixed Vegetables
<b>19</b> Green Chile Chicken Salad Sandwich, Veggie Dippers Chicken, Bean & Cheese Burrito	<b>20</b> Turkey & Provolone Cheese Sandwich, Veggie Dippers * Cheeseburger, Oven Baked Fries, Veggie Dippers	<b>21</b> Chicken & Provolone Sandwich, Veggie Dippers * Chicken Nuggets, Mashed Potatoes, Whole Grain Chips, Veggie Dippers	<b>22</b> Egg Salad Sandwich, Veggie Dippers - Chicken Parmesan Sandwich, Steamed Broccoli	<b>23</b> Mexican Chicken Salad, Tortilla Chips, Veggie Dippers BBQ Chicken, Baked Beans, Veggie Dippers, Whole Grain Chips
<b>26</b> Turkey Ham, Turkey & Cheese Sandwich, Veggie Dippers Mongolian Beef, Noodles, Steamed Broccoli	<b>27</b> Beef Meatball Sandwich, Seasoned Carrots, Hoagie Roll, Fruit Turkey & Cheddar Cheese Sandwich, Veggie Dippers	<b>28</b> - Chicken Tamales, Seasoned Corn -Tuna Salad Sandwich, Veggie Dippers	<b>29</b> Turkey Pastrami & Provolone Cheese Sandwich, Veggie Dippers Beef & Bean Chili, Veggie Dippers	<b>30</b> Soybutter & Jelly Sandwich, Veggie Dippers Chicken Chile Verde, Brown Rice, Veggie Dippers

Two Milk Options Offered Daily: Fat Free Chocolate Milk & 1% White Milk.