



# Breakfast Menu for September 2021

Monday, August 23	Tuesday, August 24	Wednesday, August 25	Thursday, August 26	Friday, August 27
Assorted Whole Grain Cereal Fresh Orange	Whole Grain Bagel Cream Cheese Fresh Grapes	Fat Free Yogurt Granola Fresh Watermelon	Whole Grain Pancake Turkey Bacon Syrup Apple	Hard Boiled Egg Home Potatoes with Onions Whole Grain Roll Cantaloupe
Monday, August 30	Tuesday, August 31	Wednesday, September 1	Thursday, September 2	Friday, September 3
Assorted Whole Grain Cereal Fresh Apples	Whole Grain Bagels Cream Cheese Fresh Pears	Whole Grain Apple Muffin Fresh Watermelon	Whole Grain Pancake Turkey Bacon Syrup Fresh Pineapple	Whole Grain English Muffin with Turkey Ham and Cheese Fruit Salad
Monday, September 6	Tuesday, September 7	Wednesday, September 8	Thursday, September 9	Friday, September 10
 <p><b>NO SCHOOL</b></p>	Assorted Whole Grain Cereal Fresh Apples	Whole Grain Banana Muffin  Pears	Whole Grain Waffle Turkey Breakfast Sausage Syrup Orange	Whole Grain French Toast Turkey Bacon Syrup Fresh Cantaloupe
Monday, September 13	Tuesday, September 14	Wednesday, September 15	Thursday, September 16	Friday, September 17
Whole Grain Blueberry Muffin Orange	Whole Grain Bagel Cream Cheese Fresh Pears	Assorted Whole Grain Cereal Fresh Apples	Whole Grain Pancake Turkey Bacon Syrup Fresh Cantaloupe	Whole Grain Waffles Turkey Breakfast Sausage Syrup Pineapple
Monday, September 20	Tuesday, September 21	Wednesday, September 22	Thursday, September 23	Friday, September 24
Assorted Whole Grain Cereal  Fresh Strawberries	Whole Grain French Toast Turkey Bacon Syrup Fresh Cantaloupe	Hard Boiled Egg Home Potatoes with Onions Whole Grain Roll	Fat Free Yogurt Granola Fresh Pineapple	Whole Grain Bagel Cream Cheese Mango
Monday, September 27	Tuesday, September 28	Wednesday, September 29	Thursday, September 30	Friday, October 1
Assorted Whole Grain Cereal Fresh Apples	Whole Grain Pancake Turkey Bacon Syrup Fresh Cantaloupe	Fat Free Yogurt Granola Fresh Pineapple	Whole Grain French Toast Turkey Bacon Syrup Fruit Salad	Whole Grain Banana Muffin Fresh Oranges

- All meals served with appropriate condiments and 1% milk or fat free milk.
- Daily fruit offered might change depending on availability.
- Menu subject to change.

**This institution is an equal opportunity provider.**


# Lunch Menu for September 2021

Monday, August 23	Tuesday, August 24	Wednesday, August 25	Thursday, August 26	Friday, August 27
Meatloaf Whole Grain Roll Mashed Potatoes Green Beans Pears	Spaghetti and Chicken Broccoli and Carrots Apples	Turkey Bologna and Cheese Sandwich Romaine Lettuce and Tomato Salad Banana	Chicken Parmesan Sandwich Corn Pineapple	Spanish Rice with Chicken Black Beans Orange
Monday, August 30	Tuesday, August 31	Wednesday, September 1	Thursday, September 2	Friday, September 3
Chicken Nuggets Whole Grain Roll Baked Beans Fresh Orange	Cheeseburger Whole Grain Bun Potato Fries Fresh Apple	Chicken Salad Whole Grain Bun Coleslaw Sun Chip Banana	Turkey Sausage Jambalaya Carrots Fresh Pear	Macaroni & Cheese with Chicken Broccoli Fresh Cantaloupe
Monday, September 6	Tuesday, September 7	Wednesday, September 8	Thursday, September 9	Friday, September 10
	Chicken Drumstick Whole Grain Roll Corn Fresh Orange	Turkey Bologna and Cheese on Whole Grain Bun Green Salad (Romaine Lettuce and Tomato) Mayonnaise Banana	Spaghetti with Chicken Green Beans and Carrots Fruit Salad	Ground Beef Spanish Rice Baked Beans Fresh Apple
Monday, September 13	Tuesday, September 14	Wednesday, September 15	Thursday, September 16	Friday, September 17
Turkey Hot Dog Hot Dog Roll Baked Beans Apple Sauce Ketchup	Chicken Stir Fry/Teriyaki Brown Rice Corn Mango	Turkey Ham and Cheese on Whole Grain Bun Coleslaw Mayonnaise Banana	Cheeseburger Whole Grain Bun Potato Fries Orange Ketchup	Chicken Taco Taco Shells Romaine Lettuce & Tomato Salad Taco Sauce Fruit Salad
Monday, September 20	Tuesday, September 21	Wednesday, September 22	Thursday, September 23	Friday, September 24
Chicken Nuggets Whole Grain Roll Garbanzo Beans Apple Sauce Ketchup	Fish Patty on Whole Grain Bun Green Beans Fresh Pear Tartar Sauce	Sunbutter & Jelly Sandwich Carrot Sticks Banana Ranch Dressing Goldfish Crackers	Spanish Rice with Chicken Corn Fresh Orange	Barbecue Beef Sandwich Broccoli Fruit Salad
Monday, September 27	Tuesday, September 28	Wednesday, September 29	Thursday, September 30	Friday, October 1
Chicken Drumstick Whole Grain Roll Corn Fresh Orange	Chicken Alfredo Pasta Broccoli Banana	Roasted Sliced Turkey Deli Whole Grain Bun Coleslaw Mayonnaise Fresh Apple	Cheese Pizza Carrots Fresh Pear	Beef Taco Taco Shells Black Beans Mango

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# Vegetarian Menu for September 2021

Monday, August 23	Tuesday, August 24	Wednesday, August 25	Thursday, August 26	Friday, August 27
Vegetarian Patty Whole Grain Roll Mashed Potatoes Green Beans Pears	Vegetarian Spaghetti Broccoli and Carrots Apples	Sunbutter & Jelly Sandwich Romaine Lettuce and Tomato Salad Banana	Vegetarian Patty Corn Pineapple	Spanish Rice with Vegetarian Meat Black Beans Orange
Monday, August 30	Tuesday, August 31	Wednesday, September 1	Thursday, September 2	Friday, September 3
Vegetarian Patty Whole Grain Roll Baked Beans Fresh Orange	Cheese Quesadilla Potato Fries Fresh Apple	Sunbutter & Jelly Sandwich Coleslaw Sun Chip Banana	Vegetarian Jambalaya Carrots Fresh Pear	Macaroni & Cheese Broccoli Fresh Cantaloupe
Monday, September 6	Tuesday, September 7	Wednesday, September 8	Thursday, September 9	Friday, September 10
	Vegetarian Patty Whole Grain Roll Corn Fresh Orange	Sunflower & Jelly Sandwich Green Salad (Romaine Lettuce and Tomato) Mayonnaise Banana	Vegetarian Spaghetti Green Beans and Carrots Fruit Salad	Spanish Rice with Vegetarian Meat Baked Beans Fresh Apple
Monday, September 13	Tuesday, September 14	Wednesday, September 15	Thursday, September 16	Friday, September 17
Vegetarian Patty Hot Dog Roll Baked Beans Apple Sauce Ketchup	Spanish Rice with Vegetarian Meat Corn Mango	Sunbutter & Jelly Sandwich Coleslaw Banana	Vegetarian Patty Whole Grain Bun Potatoes Orange Ketchup	Vegetarian Meat Taco Taco Shells Romaine Lettuce & Tomato Salad Taco Sauce Fruit Salad
Monday, September 20	Tuesday, September 21	Wednesday, September 22	Thursday, September 23	Friday, September 24
Cheese Quesadilla Garbanzo Beans Apple Sauce	Vegetarian Patty Whole Grain Bun Green Beans Fresh Pear Tartar Sauce	Sunbutter & Jelly Sandwich Carrots Banana Goldfish Crackers	Spanish Rice with Vegetarian Meat Corn Fresh Orange	Vegetarian Patty Whole Grain Bun Broccoli Fruit Salad
Monday, September 27	Tuesday, September 28	Wednesday, September 29	Thursday, September 30	Friday, October 1
Vegetarian Patty Whole Grain Roll Corn Fresh Orange	Vegetarian Spaghetti Broccoli Banana	Sunbutter & Jelly Sandwich (2.8oz) Coleslaw (3/4c) Mayonnaise Fresh Apple	Cheese Pizza Carrots Fresh Pear	Vegetarian Meat Taco Taco Shells Black Beans Mango

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