

Desayuno Pre-K

September 2024

MON	TUE	WED	THU	FRI
2	3 Yogur de fresa con manzana fresca	4 Taza de Cheerios con miel y frutas variadas	5 Panecillo de maíz con manzana fresca	6 Bagel de canela y pasas con mantequilla y zumo 100% de fruta
9 Muffin de arándanos con 100% zumo de fruta	10 Yogur de fresa con manzana fresca	11 Cheerios con 100% zumo de uva	12 Panecillo de maíz con manzana fresca	13 Cheerios multi-grano con zumo de naranja 100%
16 Cheerios con zumo de uva 100%	17 Yogur de fresa con manzana fresca	18 Rice Chex con zumo 100% Zumo de Manzana	19 Cheerios multi-cereales con manzana fresca	20 Muffin de plátano con dados de melocotón
23 Muffin de arándanos con 100% zumo de fruta	24 Yogur de fresa con manzana fresca	25 Cheerios con 100% zumo de uva	26 Panecillo de maíz con manzana fresca	27 Cheerios multi-cereales Con 100% de zumo de naranja
30 Cheerios Con zumo de uva 100%				

SABÍAS QUE...

- ✓ Todos los productos a base de cereales son integrales
- ✓ No hay productos de cerdo en esta menú
- ✓ Las carnes son magras y los quesos bajos en grasa
- ✓ Todos los productos contienen cero grasas trans, sin colorants ni edulcorantes artificiales y sin jarabe de maíz de alta fructosa

Leche para el desayuno

Leche 1% y leche desnatada

Atención

Componente cultivado localmente

Planificado diariamente

El menú está sujeto a cambios.

Las opciones vegetarianas se indican con una "V".



Desayuno K-12

September 2024

MON	TUE	WED	THU	FRI
2 Barrita crujiente de canela Pasas y 100% zumo de uva	3 Yogur de fresa con galletas Graham Frudel de manzana Manzana fresca y piña en dados	4 Bagel con canela y pasas y mantequilla Tostadas francesca con sirope Dados de melocotón y 100% zumo de uva	5 Cheerios con miel y galletas Graham Bollo de canela Zumo Manzana fresca y naranja 100%	6 Barrita de cacao con cerezas Pera fresca y zumo 100% de bayas
9 Barrita crujiente de canela Pasas y 100% zumo de uva	10 Yogur de fresa con galletas Graham (V) Pizza de desayuno Manzana fresca y piña en dados	11 Copos de canela multi-grano con galletas Graham Frudel de manzana Dados de melocotón y zumo de uva 100%.	12 Panecillo normal con queso crema Gofres con sirope Manzana fresca y naranja 100% natural	13 Muffin de arándanos Naranja fresca y zumo 100% de frutas del bosque
16 Muffin de plátano Pasas y compota de manzana	17 Yogur de fresa con galletas Graham Frudel de manzana Manzana fresca y piña en dados	18 Frosted Flakes multi-grano con galletas Graham Galleta De Miel Y Mantequilla De Canela Dados de melocotón y zumo de uva 100%.	19 Canela tostada Crunch con Graham Galletas Tortitas con sirope Manzana fresca y naranja 100%	20 Barrita crujiente de canela Pasas y 100% zumo de uva
23 Barrita de cacao con Cerezas Pera fresca y zumo 100% de bayas	24 Yogur de fresa con galletas Graham Bollo de canela Manzana fresca y piña en dados	25 Cheerios con miel y galletas Graham Galleta de miel y mantequilla con canela Dados de melocotón y zumo de uva 100%	26 Panecillo normal con queso crema (V) Mini pan plano de salchicha y queso Manzana fresca y naranja 100%	27 Manzana Jacks con galletas Graham Pasas y zumo de uva 100%
30 Cheerios multi-grano con galletas Graham Pasas y compota de manzana				

SABÍAS QUE...

- ✓ Todos los productos a base de cereales son integrales
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- ✓ Carnes magras y quesos bajos en grasa
- ✓ Todos los productos contienen cero grasas trans, sin colorantes ni edulcorantes artificiales y sin jarabe de maíz de alta fructosa.

Leche para el desayuno

Leche 1% y leche desnatada

Atención

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Planificado diariamente

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Almuerzo Pre-K

September 2024

MON	TUE	WED	THU	FRI
<p>2</p> <p>Bocaditos de pollo con patatas asadas</p> <p>Chili vegetariano con arroz integral y judías verdes (V)</p> <p>Manzana fresca</p>	<p>3</p> <p>Mole de pollo con arroz integral plañ y guisantes verdes</p> <p>Arroz con Frijoles y Plátano(V)</p> <p>Pera Fresca</p>	<p>4</p> <p>Dedos de pollo con salsa de tomate</p> <p>Nuggets de falafel con rebanada de pan integral (V)</p> <p>Maíz</p> <p>Manzana fresca</p>	<p>5</p> <p>Penne con salsa de carne de vacuno y verduras italianas</p> <p>Penne con Garbanzos en Salsa de Tomate(V)</p> <p>Brócoli</p> <p>Plátano fresco</p>	<p>6</p> <p>Macarrones con queso caseros (V)</p> <p>Brócoli</p> <p>Manzana fresca</p>
<p>9</p> <p>Bocaditos de pollo con patatas asadas</p> <p>Chili vegetariano con arroz integral y judías verdes (V)</p> <p>Manzana fresca</p>	<p>10</p> <p>Chili de pavo con rebanada de pan integral y verduras mixtas</p> <p>Arroz y Frijoles con Plátano (V)</p> <p>Pera Fresca</p>	<p>11</p> <p>Raviolis de queso con salsa de tomate (V)</p> <p>Verduras Italianas</p> <p>Manzana fresca</p>	<p>12</p> <p>Adobo de Pollo con Arroz Integral al Cilantro y Maíz Callejero</p> <p>Macarrones caseros con queso y brócoli (V)</p> <p>Plátano Fresco</p>	<p>13</p> <p>Pasta Penne en Salsa de Tomate con Mozzarella y Queso Ricotta (V)</p> <p>Verduras Italianas</p> <p>Manzana fresca</p>
<p>16</p> <p>Hamburguesa de ternera con ketchup y judías verdes</p> <p>Arroz español y judías con plátano (V)</p> <p>Manzana fresca</p>	<p>17</p> <p>Pasta y albóndigas de pollo en salsa de tomate con verduras italianas</p> <p>Nuggets de Falafel con rebanada de pan integral y maíz (V)</p> <p>Pera Fresca</p>	<p>18</p> <p>Tazón de Salsa de Pavo con Arroz Ranchero y Frijoles Pintos</p> <p>Macarrones caseros con queso y brócoli (V)</p> <p>Manzana Fresca</p>	<p>19</p> <p>Pastel de carne con salsa y puré de patatas</p> <p>Penne con garbanzos en salsa de tomate Brócoli (V)</p> <p>Plátano fresco</p>	<p>20</p> <p>Pizza de queso (V)</p> <p>Ensalada de la huerta con aliño ranchero</p> <p>Manzana fresca</p>
<p>23</p> <p>Pollo a la pamesana con judías verdes</p> <p>Pasta Penne en salsa de tomate con queso mozzarella y verduras italianas (V)</p> <p>Manzana fresca</p>	<p>24</p> <p>Arroz y judías a la española(V)</p> <p>Plátano macho</p> <p>Pera Fresca</p>	<p>25</p> <p>Bistec Salisbury con patatas asadas</p> <p>Nuggets de Falafel con rebanadarebanada de pan integral y maíz (V)</p> <p>Manzana fresca</p>	<p>26</p> <p>Pollo a la barbacoa con puré de patatas dulces</p> <p>Macarrones con queso caseros y brócoli (V)</p> <p>Plátano fresco</p>	<p>27</p> <p>Fajita de pavo con arroz integral y maíz</p> <p>Pizza de queso con ensalada y aliño ranchero (V)</p> <p>Manzana fresca</p>
<p>30</p> <p>Albóndigas de Pollo con Salsa de Tomate, Queso Mozzarella y Sub Roll</p> <p>Raviolis de queso con salsa de tomate y verduras italianas (V)</p> <p>Manzana fresca</p>				

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Leche para el desayuno

Leche 1% y leche desnatada

Atención

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Planificado diariamente

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Almuerzo K-8

September 2024

MON	TUE	WED	THU	FRI
<p>2</p> <p>Hamburguesa con queso y kétchup</p> <p>○</p> <p>Sándwich de huevo y queso con ketchup (V) Patatas asadas</p> <p>Manzana fresca</p>	<p>3</p> <p>Chuletas de pollo con kétchup y patatas asadas</p> <p>○</p> <p>Pasta Alfredo con proteínas, rebanada de pan integral y guisantes (V)</p> <p>Pera Fresca</p>	<p>4</p> <p>Perrito caliente de pavo con kétchup y alubias</p> <p>○</p> <p>Arroz Español con Frijoles y Queso (V)</p> <p>Manzana fresca</p>	<p>5</p> <p>Ensalada César de Pollo con Pan de Pita y Aderezo Ranchero</p> <p>○</p> <p>Lasaña de queso en salsa de tomate con judías verdes (V)</p> <p>Plátano fresco</p>	<p>6</p> <p>Sándwich de pechuga de pollo con mayonesa</p> <p>○</p> <p>Pan Francés Queso Pizza (V)</p> <p>Zanahorias pequeñas con aderezo ranchero</p> <p>Manzana fresca</p>
<p>9</p> <p>Hamburguesa con queso y kétchup</p> <p>○</p> <p>Sándwich de huevo y queso con ketchup (V) Patatas asadas</p> <p>Manzana fresca</p>	<p>10</p> <p>Tazón de Salsa de Pavo con Arroz Ranchero y Frijoles Pintos</p> <p>○</p> <p>Pan plano de frijoles latinos (V)</p> <p>Pera Fresca</p>	<p>11</p> <p>Espaguetis y albóndigas de ternera en salsa de tomate con brócoli</p> <p>○</p> <p>Hamburguesa vegetariana con kétchup</p> <p>Ensalada de la huerta con aliño ranchero (V)</p> <p>Manzana fresca</p>	<p>12</p> <p>Crispy Cheesy Pollo Biscuit Sandwich Palitos de Apio con Aderezo Ranchero</p> <p>○</p> <p>Ensalada Cobb con pan de pita (V)</p> <p>Plátano fresco</p>	<p>13</p> <p>Sándwich de pavo y queso con mayonesa</p> <p>○</p> <p>Pizza de queso (V)</p> <p>Zanahorias pequeñas con aliño ranchero</p> <p>Manzana fresca</p>
<p>16</p> <p>Nuggets de pollo con salsa de tomate y alubias cocidas</p> <p>○</p> <p>Falafel con quinoa Pilaf, judías negras y tomate (V)</p> <p>Manzana fresca</p>	<p>17</p> <p>Albóndigas de Ternera en Salsa de Tomate con Panecillo Club</p> <p>○</p> <p>Macarrones con queso caseros (V)</p> <p>Brócoli</p> <p>Pera Fresca</p>	<p>18</p> <p>Sándwich Ciabatta de Pollo con Miel</p> <p>○</p> <p>Palitos de Tostada con Huevos Revueltos (V)</p> <p>Boniatos asados</p> <p>Manzana fresca</p>	<p>19</p> <p>Adobo de Pollo con Arroz Integral al Cilantro y Maíz Callejero</p> <p>○</p> <p>Hamburguesa vegetariana con salsa de tomate y patatas asadas (V)</p> <p>Plátano fresco</p>	<p>20</p> <p>Sándwich de ensalada de huevo (V)</p> <p>○</p> <p>Pizza de queso con pan francés (V)</p> <p>Apio con Aderezo Ranchero</p> <p>Manzana fresca</p>
<p>23</p> <p>Pastel de carne con salsa, puré de patatas y panecillo integral</p> <p>○</p> <p>Quesadilla de queso con crema agria y maíz (V)</p> <p>Manzana fresca</p>	<p>24</p> <p>Pollo a la barbacoa con arroz integral y frijoles horneados</p> <p>○</p> <p>Arroz Español con Queso y Frijoles (V)</p> <p>Pera Fresca</p>	<p>25</p> <p>Pan plano de pollo a la búfala</p> <p>Palitos de apio con aliño ranchero</p> <p>○</p> <p>Ravoli de queso con judías verdes (V)</p> <p>Manzana fresca</p>	<p>26</p> <p>Fajita de pavo con arroz integral y zanahorias</p> <p>○</p> <p>Palitos de pan rellenos con salsa marinara y zumo 100% vegetal (V)</p> <p>Plátano Fresco</p>	<p>27</p> <p>Ensalada de pollo del suroeste con pan de pita y aderezo ranchero</p> <p>○</p> <p>Pizza de queso con ensalada y aliño ranchero</p> <p>Manzana fresca</p>
<p>30</p> <p>Albóndigas de ternera a la barbacoa con panecillo Club</p> <p>○</p> <p>Pasta con salsa de tomate y queso mozzarella (V)</p> <p>Brócoli</p> <p>Manzana fresca</p>				

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Leche para el desayuno

Leche 1% y leche desnatada

Atención

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Breakfast Pre-K

September 2024

MON	TUE	WED	THU	FRI
2 Blueberry Muffin w/ 100% Fruit Juice	3 Strawberry Yogurt w/ Fresh Apple	4 Honey Cheerios w/ Mixed Fruit Cup	5 Corn Muffin w/ Fresh Apple	6 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice
9 Blueberry Muffin w/ 100% Fruit Juice	10 Strawberry Yogurt w/ Fresh Apple	11 Cheerios w/ 100% Grape Juice	12 Corn Muffin w/ Fresh Apple	13 Multi-Grain Cheerios w/ 100% Orange Juice
16 Cheerios w/ 100% Grape Juice	17 Strawberry Yogurt w/ Fresh Apple	18 Rice Chex w/ 100% Apple Juice	19 Multi-Grain Cheerios w/ Fresh Apple	20 Banana Muffin w/ Diced Peaches
23 Blueberry Muffin w/100% Fruit Juice	24 Strawberry Yogurt w/ Fresh Apple	25 Cheerios w/ 100% Grape Juice	26 Corn Muffin w/ Fresh Apple	27 Multi-Grain Cheerios w/100% Orange Juice
30 Cheerios w/ 100% Grape Juice				

DID YOU KNOW...

- ✓ All grain products are whole grain 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% Milk and Skim Milk

Please Note

Locally Grown Component Planned Daily.

Menu is subject to change.
Vegetarian Meal Options are indicated with a "V".



Breakfast K-12

September 2024

MON	TUE	WED	THU	FRI
2 Cinnamon Crisp Bar Raisins & 100% Grape Juice	3 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Fresh Apple & Diced Pineapple	4 Cinnamon Raisin Bagel w/ Butter or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	5 Honey Cheerios w/ Graham Crackers or Cinnamon Bun Fresh Apple & 100% Orange Juice	6 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice
9 Cinnamon Crisp Bar Raisins & 100% Grape Juice	10 Strawberry Yogurt w/ Graham Crackers (V) or Breakfast Pizza Fresh Apple & Diced Pineapple	11 Multi-Grain Cinnamon Flakes w/ Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice	12 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Fresh Apple & 100% Orange Juice	13 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
16 Banana Muffin Raisins & Applesauce	17 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Fresh Apple & Diced Pineapple	18 Multi-Grain Frosted Flakes w/ Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	19 Cinnamon Toast Crunch w/ Graham Crackers or Pancakes w/ Syrup Fresh Apple & 100% Orange Juice	20 Cinnamon Crisp Bar Raisins & 100% Grape Juice
23 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	24 Strawberry Yogurt w/ Graham Crackers or Cinnamon Bun Fresh Apple & Diced Pineapple	25 Honey Cheerios w/ Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	26 Plain Bagel w/ Cream Cheese (V) or Mini Sausage & Cheese Flatbread Fresh Apple & 100% Orange Juice	27 Apple Jacks w/ Graham Crackers Raisins & 100% Grape Juice
30 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce				

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Breakfast Milk Choices

1% Milk and Skim Milk

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Lunch Pre-K

September 2024

MON	TUE	WED	THU	FRI
2 Chicken Bites w/ Roasted Potatoes or Vegetarian Chili w/ Brown Rice & Green Beans (V) Fresh Apple	3 Chicken Mole w/ Brown Rice Pilaf & Green Peas or Spanish Rice & Beans w/ Plantain (V) Fresh Pear	4 Chicken Fingers w/ Ketchup or Falafel Nuggets w/ Whole Wheat Bread Slice (V) Corn Fresh Apple	5 Penne w/ Beef Meat Sauce & Italian Vegetables or Penne w/ Chickpeas in Tomato Sauce Broccoli (V) Fresh Banana	6 Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple
9 Chicken Bites w/ Roasted Potatoes or Vegetarian Chili w/ Brown Rice & Green Beans (V) Fresh Apple	10 Turkey Chili w/ Whole Wheat Bread Slice & Mixed Vegetables or Spanish Rice & Beans w/ Plantain (V) Fresh Pear	11 Cheese Raviolis w/ Tomato Sauce (V) Italian Vegetables Fresh Apple	12 Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Banana	13 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple
16 Beef Burger w/ Ketchup & Green Beans or Spanish Rice & Beans w/ Plantain (V) Fresh Apple	17 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	18 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Home Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple	19 Meatloaf w/ Gravy & Mashed Potatoes or Penne w/ Chickpeas in Tomato Sauce Broccoli (V) Fresh Banana	20 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
23 Chicken Parmesan w/ Green Beans or Penne Pasta in Tomato Sauce w/ Mozzarella Cheese & Italian Vegetables (V) Fresh Apple	24 Spanish Rice & Beans (V) Plantain Fresh Pear	25 Salisbury Steak w/ Roasted Potatoes or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Apple	26 BBQ Chicken w/ Sweet Mashed Potatoes or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Banana	27 Turkey Fajita w/ Brown Rice & Corn or Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple
30 Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese & Sub Roll or Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V) Fresh Apple				

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Lunch Milk Choices

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Lunch Pre-K

Cold Wednesday

September 2024

MON	TUE	WED	THU	FRI
2 Chicken Bites w/ Roasted Potatoes or Vegetarian Chili w/ Brown Rice & Green Beans (V) Fresh Apple	3 Chicken Mole w/ Brown Rice Pilaf & Green Peas or Spanish Rice & Beans w/ Plantain (V) Fresh Pear	4 Turkey Bologna & Cheese Sandwich w/ Mayo or Cheese Sandwich (V) Potato Salad Fresh Apple	5 Penne w/ Beef Meat Sauce & Italian Vegetables or Penne w/ Chickpeas in Tomato Sauce Broccoli (V) Fresh Banana	6 Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple
9 Chicken Bites w/ Roasted Potatoes or Vegetarian Chili w/ Brown Rice & Green Beans (V) Fresh Apple	10 Turkey Chili w/ Whole Wheat Bread Slice & Mixed Vegetables or Spanish Rice & Beans w/ Plantain (V) Fresh Pear	11 Hero Sandwich w/ Mayo or Sunbutter Jelly Sandwich w/ Mozzarella String Cheese (V) Celery Sticks w/ Ranch Dressing Fresh Apple	12 Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Banana	13 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple
16 Beef Burger w/ Ketchup & Green Beans or Spanish Rice & Beans w/ Plantain (V) Fresh Apple	17 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	18 Turkey & Cheese Sandwich w/ Mayo or Cheese Sandwich (V) Chickpea Salad Fresh Apple	19 Meatloaf w/ Gravy & Mashed Potatoes or Penne w/ Chickpeas in Tomato Sauce Broccoli (V) Fresh Banana	20 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
23 Chicken Parmesan w/ Green Beans or Penne Pasta in Tomato Sauce w/ Mozzarella Cheese & Italian Vegetables (V) Fresh Apple	24 Spanish Rice & Beans (V) Plantain Fresh Pear	25 Chicken Breast Sandwich w/ Mayo or Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V) Garden Salad w/ Ranch Dressing Fresh Apple	26 BBQ Chicken w/ Sweet Mashed Potatoes or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Banana	27 Turkey Fajita w/ Brown Rice & Corn or Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple
30 Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese & Sub Roll or Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V) Fresh Apple				

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Lunch Milk Choices

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Lunch K-8

September 2024

MON	TUE	WED	THU	FRI
<p>2</p> <p>Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes</p> <p>Fresh Apple</p>	<p>3</p> <p>Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole-Wheat Bread Slice & Peas (V) Fresh Pear</p>	<p>4</p> <p>Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple</p>	<p>5</p> <p>Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana</p>	<p>6</p> <p>Chicken Breast Sandwich w/ Mayo or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>9</p> <p>Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes</p> <p>Fresh Apple</p>	<p>10</p> <p>Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Latin Bean Melt Flatbread (V) Fresh Pear</p>	<p>11</p> <p>Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli or Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple</p>	<p>12</p> <p>Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Fresh Banana</p>	<p>13</p> <p>Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>16</p> <p>Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple</p>	<p>17</p> <p>Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear</p>	<p>18</p> <p>Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple</p>	<p>19</p> <p>Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana</p>	<p>20</p> <p>Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>23</p> <p>Meatloaf w/ Gravy, Mashed Potatoes & Whole-Wheat Bun or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple</p>	<p>24</p> <p>BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Cheese & Beans (V) Fresh Pear</p>	<p>25</p> <p>Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing or Cheese Raviolis w/ Green Beans (V) Fresh Apple</p>	<p>26</p> <p>Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana</p>	<p>27</p> <p>Southwestern Chicken Salad w/ Pita Bread & Ranch Dressing or Cheese Pizza w/ Garden Salad & Ranch Dressing</p> <p>Fresh Apple</p>
<p>30</p> <p>BBQ Beef Meatballs w/ Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple</p>				

DID YOU KNOW...

- ✓ All grain products are whole grain 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

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component Planned Daily.

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V".



Lunch K-8

September 2024

Cold Wednesday

MON	TUE	WED	THU	FRI
<p>2</p> <p>Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple</p>	<p>3</p> <p>Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole-Wheat Bread Slice & Peas (V) Fresh Pear</p>	<p>4</p> <p>Turkey Bologna & Cheese Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>	<p>5</p> <p>Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana</p>	<p>6</p> <p>Chicken Breast Sandwich w/ Mayo or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>9</p> <p>Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple</p>	<p>10</p> <p>Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Latin Bean Melt Flatbread (V) Fresh Pear</p>	<p>11</p> <p>Hero Sandwich w/ Mayo or Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V) Celery Sticks w/ Ranch Dressing Fresh Apple</p>	<p>12</p> <p>Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Fresh Banana</p>	<p>13</p> <p>Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>16</p> <p>Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple</p>	<p>17</p> <p>Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear</p>	<p>18</p> <p>Turkey & Cheese Sandwich w/ Mayo or Cheese Sandwich (V) Chickpea Salad Fresh Apple</p>	<p>19</p> <p>Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana</p>	<p>20</p> <p>Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple</p>
<p>23</p> <p>Meatloaf w/ Gravy, Mashed Potatoes & Whole-Wheat Bun or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple</p>	<p>24</p> <p>BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Cheese & Beans (V) Fresh Pear</p>	<p>25</p> <p>Chicken Breast Sandwich w/ Mayo or Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V) Garden Salad w/ Ranch Dressing Fresh Apple</p>	<p>26</p> <p>Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana</p>	<p>27</p> <p>Southwestern Chicken Salad w/ Pita Bread & Ranch Dressing or Cheese Pizza w/ Garden Salad & Ranch Dressing Fresh Apple</p>
<p>30</p> <p>BBQ Beef Meatballs w/ Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple</p>				

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Lunch Milk Choices

1% Milk and Skim Milk

Please Note

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Menu is subject to change.

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Lunch K-8

September 2024

Cold Friday

MON	TUE	WED	THU	FRI
<p>2</p> <p>Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes</p> <p>Fresh Apple</p>	<p>3</p> <p>Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole-Wheat Bread Slice & Peas (V) Fresh Pear</p>	<p>4</p> <p>Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple</p>	<p>5</p> <p>Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana</p>	<p>6</p> <p>Southwestern Chicken Salad w/ Pita Bread & Ranch Dressing or Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V) Garden Salad w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>9</p> <p>Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes</p> <p>Fresh Apple</p>	<p>10</p> <p>Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Latin Bean Melt Flatbread (V) Fresh Pear</p>	<p>11</p> <p>Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli or Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple</p>	<p>12</p> <p>Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Fresh Banana</p>	<p>13</p> <p>Chicken Breast Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>16</p> <p>Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple</p>	<p>17</p> <p>Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear</p>	<p>18</p> <p>Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes</p> <p>Fresh Apple</p>	<p>19</p> <p>Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana</p>	<p>20</p> <p>Turkey & Cheese Sandwich w/ Mayo or Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V) Baby Carrots w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>23</p> <p>Meatloaf w/ Gravy, Mashed Potatoes & Whole-Wheat Bun or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple</p>	<p>24</p> <p>BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Cheese & Beans (V) Fresh Pear</p>	<p>25</p> <p>Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing or Cheese Raviolis w/ Green Beans (V) Fresh Apple</p>	<p>26</p> <p>Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana</p>	<p>27</p> <p>Chicken Breast Sandwich w/ Mayo or Egg Salad Flatbread (V) Celery Sticks w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>30</p> <p>BBQ Beef Meatballs w/ Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple</p>				

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Lunch Milk Choices

1% Milk and Skim Milk

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Lunch 9-12

September 2024

MON	TUE	WED	THU	FRI
<p>2</p> <p>Meatloaf w/ Gravy, Mashed Potatoes & Dinner Roll or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple & Fresh Orange</p>	<p>3</p> <p>Beef Meatballs in Tomato Sauce w/ Mozzarella Cheese or Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear</p>	<p>4</p> <p>Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs & Graham Crackers (V) Roasted Sweet Potatoes Fresh Banana & Fresh Apple</p>	<p>5</p> <p>Adobo Chicken w/Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Diced Pineapple & Fresh Banana</p>	<p>6</p> <p>Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery Sticks w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>9</p> <p>Meatloaf w/ Gravy, Mashed Potatoes & Dinner Roll or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple & Fresh Orange</p>	<p>10</p> <p>BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Diced Peaches & Fresh Pear</p>	<p>11</p> <p>Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing or Edamame Noodle Bowl w/ Blended Vegetables (V) Fresh Banana & Fresh Apple</p>	<p>12</p> <p>Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Diced Pineapple & Fresh Banana</p>	<p>13</p> <p>Southwestern Chicken Salad w/ Pita Bread or Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>16</p> <p>BBQ Beef Meatballs w/ Whole Wheat Bread Slice or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple & Fresh Orange</p>	<p>17</p> <p>Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Peas (V) Diced Peaches & Fresh Pear</p>	<p>18</p> <p>Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice & Beans w/ Cheese (V) Fresh Banana & Fresh Apple</p>	<p>19</p> <p>Chicken Caesar Salad w/ Pita Bread or Home-Style Macaroni & Cheese w/ Broccoli (V) Diced Pineapple & Fresh Banana</p>	<p>20</p> <p>Chicken Breast Sandwich w/ Mayo or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>23</p> <p>Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple & Fresh Orange</p>	<p>24</p> <p>Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Latin Bean Melt Flatbread (V) Diced Peaches & Fresh Pear</p>	<p>25</p> <p>Spaghetti & Beef Meatballs in Tomato Sauce w/Broccoli or Veggie Burger w/ Ketchup Garden Side Salad w/Ranch Dressing (V) Fresh Banana & Fresh Apple</p>	<p>26</p> <p>Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Diced Pineapple & Fresh Banana</p>	<p>27</p> <p>Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>30</p> <p>Chicken Nuggets w/ Ketchup, Baked Beans & Whole Wheat Bread Slice or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple & Fresh Orange</p>				

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Lunch Milk Choices

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Lunch 9-12

September 2024

Cold Friday

MON	TUE	WED	THU	FRI
<p>2</p> <p>Meatloaf w/ Gravy, Mashed Potatoes & Dinner Roll or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple & Fresh Orange</p>	<p>3</p> <p>Beef Meatballs in Tomato Sauce w/ Mozzarella Cheese or Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear</p>	<p>4</p> <p>Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs & Graham Crackers (V) Roasted Sweet Potatoes Fresh Banana & Fresh Apple</p>	<p>5</p> <p>Adobo Chicken w/Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Diced Pineapple & Fresh Banana</p>	<p>6</p> <p>Southwestern Chicken Salad w/ Pita Bread & Ranch Dressing or Cheese Sandwich (V) Garden Salad w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>9</p> <p>Meatloaf w/ Gravy, Mashed Potatoes & Dinner Roll or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple & Fresh Orange</p>	<p>10</p> <p>BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Diced Peaches & Fresh Pear</p>	<p>11</p> <p>Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing or Edamame Noodle Bowl w/ Blended Vegetables (V) Fresh Banana & Fresh Apple</p>	<p>12</p> <p>Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Diced Pineapple & Fresh Banana</p>	<p>13</p> <p>Chicken Breast Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>16</p> <p>BBQ Beef Meatballs w/ Whole Wheat Bread Slice or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple & Fresh Orange</p>	<p>17</p> <p>Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Peas (V) Diced Peaches & Fresh Pear</p>	<p>18</p> <p>Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice & Beans w/ Cheese (V) Fresh Banana & Fresh Apple</p>	<p>19</p> <p>Chicken Caesar Salad w/ Pita Bread or Home-Style Macaroni & Cheese w/ Broccoli (V) Diced Pineapple & Fresh Banana</p>	<p>20</p> <p>Turkey & Cheese Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>23</p> <p>Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple & Fresh Orange</p>	<p>24</p> <p>Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Latin Bean Melt Flatbread (V) Diced Peaches & Fresh Pear</p>	<p>25</p> <p>Spaghetti & Beef Meatballs in Tomato Sauce w/Broccoli or Veggie Burger w/ Ketchup Garden Side Salad w/Ranch Dressing (V) Fresh Banana & Fresh Apple</p>	<p>26</p> <p>Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Diced Pineapple & Fresh Banana</p>	<p>27</p> <p>Chicken Breast Sandwich w/ Mayo or Egg Salad Flatbread (V) Celery Sticks w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>30</p> <p>Chicken Nuggets w/ Ketchup, Baked Beans & Whole Wheat Bread Slice or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple & Fresh Orange</p>				

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Lunch Milk Choices

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Snack Pre-K

September 2024

MON	TUE	WED	THU	FRI
2	3 Whole-Grain Cheez-its w/ 100% Fruit Punch Juice	4 Strawberry Yogurt w/ Whole-Grain Graham Crackers	5 Whole-Grain Pretzels w/ 100% Orange Tangerine Juice	6 Mozzarella String Cheese w/ Fresh Large Apple
9 Whole-Grain Pretzels w/ Sunbutter	10 Banana Muffin w/ 100% Grape Juice	11 Whole Grain Sunchips w/ Fresh Large Apple	12 Mozzarella String Cheese w/ 100% Very Berry Juice	13 Strawberry Yogurt w/ Whole-Grain Graham Crackers
16 Whole-Grain Pretzels w/ Hummus	17 Whole-Grain Graham Crackers w/ 100% Fruit Juice	18 Blueberry Muffin w/ Mozzarella String Cheese	19 Whole-Grain Cheez-its w/ 100% Grape Juice	20 Tostitos Scoops w/ 100% Fruit Punch Juice
23 Strawberry Yogurt w/ Whole-Grain Graham Crackers	24 Tostitos Scoops w/ 100% Very Berry Juice	25 Whole-Grain Cheez-its w/ Fresh Large Apple	26 Mozzarella String Cheese w/100% Fruit Punch Juice	27 Whole-Grain Pretzels w/ Sunbutter
30 Blueberry Muffin w/Mozzarella String Cheese				

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Snack K-12

September 2024

MON	TUE	WED	THU	FRI
2	3 Baked Cheetos w/ 100% Fruit Juice	4 Whole-Grain Graham Crackers w/ Strawberry Yogurt	5 Whole-Grain Pretzels w/ Mozzarella String Cheese	6 Corn Muffin w/ 100% Orange Tangerine Juice
9 Roasted Sunflower Seeds w/ 100% Fruit Punch Juice	10 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	11 Whole Grain Sunchips w/ 100% Orange Tangerine Juice	12 Mozzarella String Cheese w/ Fresh Large Apple	13 Whole-Grain Graham Crackers w/ 100% Orange Tangerine Juice
16 Whole-Grain Pretzels w/ 100% Orange Tangerine Juice	17 Whole-Grain Graham Crackers w/ 100% Fruit Juice	18 Blueberry Muffin w/ Mozzarella String Cheese	19 Whole-Grain Cheez-its w/ 100% Fruit Punch Juice	20 Tostitos Scoops w/ 100% Apple Juice
23 Whole-Grain Cheez-its w/ 100% Fruit Punch Juice	24 Doritos Cool Ranch w/100% Orange Juice	25 Whole-Grain Graham Crackers w/ 100% Apple Juice	26 Apple Cinnamon Muffin w/ Mozzarella String Cheese	27 Whole-Grain Pretzels w/ 100% Orange Tangerine Juice
30 Banana Muffin w/ 100% Orange Tangerine Juice				

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Supper Grab & Go

September 2024

MON	TUE	WED	THU	FRI
2 Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce	3 Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)	4 Build Your Own Pizza Kit (V) Fresh Orange	5 Chicken Salad Sandwich Side Salad w/ Ranch Dressing Fresh Pear or Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup	6 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice or Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce
9 Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce	10 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) or Build Your Own Pizza Kit (V) Fresh Orange	11 Turkey Bologna & Cheese Sandwich w/ Baby Carrots Fresh Apple or Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)	12 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup	13 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)
16 Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V) Baby Carrots Diced Peaches	17 Italian Caprese Sandwich w/ Potato Salad or Cheese Sandwich w/ 100% Vegetable Juice (V) Pineapple Cup	18 Build Your Own Pizza Kit (V) Fresh Orange	19 Chicken Salad Sandwich Side Salad w/ Ranch Dressing & Fresh Pear or Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup	20 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice or Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce
23 Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce	24 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) or Build Your Own Pizza Kit (V) Fresh Orange	25 Buffalo Chicken Flatbread Sandwich w/ Celery & Fresh Apple or Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)	26 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup	27 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)
30 Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V) Baby Carrots Diced Peaches				

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Supper Milk Choices

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Supper Full Fresh

September 2024

MON	TUE	WED	THU	FRI
2 Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese Italian Vegetables Fresh Apple	3 Hero Sandwich w/ Potato Salad Fresh Pear	4 Salisbury Steak w/ Roasted Potatoes Fresh Apple	5 Honey Bagel w/ Butter & Mozzarella String Cheese(V) Garden Side Salad w/Ranch Dressing Fresh Banana	6 Turkey Fajita w/ Brown Rice and Corn Fresh Apple
9 Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese Italian Vegetables Fresh Apple	10 Chicken Breast Sandwich w/ Baby Carrots & Ranch Dressing Fresh Pear	11 Chicken Fingers w/ Ketchup & Corn Fresh Apple	12 Turkey & Cheese Sandwich Garden Side Salad w/ Ranch Dressing Fresh Banana	13 Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple
16 Chicken Bites w/ Roasted Potatoes Fresh Apple	17 Hero Sandwich w/ Potato Salad Fresh Pear	18 Cheese Ravioli w/ Tomato Sauce & Italian Blend Vegetables Fresh Apple	19 Honey Bagel w/ Butter Mozzarella String Cheese(V) Garden Side Salad w/ Ranch Dressing Fresh Banana	20 Penne w/ Tomato Sauce, Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple
23 Beef Burger w/ Ketchup & Green Beans Fresh Apple	24 Chicken Breast Sandwich w/ Baby Carrots & Ranch Dressing Fresh Pear	25 Turkey Salsa Bowl w/ Ranchero Rice & Seasoned Pinto Beans Fresh Apple	26 Honey Bagel w/ Butter Mozzarella String Cheese(V) Garden Side Salad w/ Ranch Dressing Fresh Banana	27 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
30 Chicken Parmesan w/ Green Beans Apple Slices				

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