

Breakfast Pre-K

September 2023

MON	TUE	WED	THU	FRI
				1 Cheerios w/ 100% Grape Juice
4	5 Multi-Grain Frosted Flakes w/ 100% Grape Juice	6 Honey Cheerios w/ Mixed Fruit Cup	7 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	8 Banana Muffin w/ 100% Fruit Juice
11 Blueberry Muffin w/ 100% Fruit Juice	12 Multi-Grain Cheerios w/ 100% Orange Juice	13 Corn Muffin w/ Fresh Apple Slices	14 Yogurt w/ 100% Orange Juice	15 Cheerios w/ 100% Grape Juice
18 Multi-Grain Flakes w/ 100% Grape Juice	19 Yogurt w/ Fresh Apple Slices	20 Rice Chex w/ 100% Apple Juice	21 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	22 Banana Muffin w/ Diced Peaches
25 Blueberry Muffin w/ 100% Fruit Juice	26 Multi-Grain Cinnamon Flakes w/ Diced Peaches	27 Multi-Grain Cheerios w/ Fresh Apple Slices	28 Yogurt w/ 100% Orange Juice	29 Cheerios w/ 100% Grape Juice

DID YOU KNOW...

- ✓ All grain products are wholegrain 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% Unflavored Milk
Skim Unflavored Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Options are indicated with a "V"



Breakfast K-12

September 2023

MON	TUE	WED	THU	FRI
				1 Multi-Grain Cinnamon Flakes Graham Crackers Raisins & 100% Grape Juice
4	5 Multi-Grain Cheerios Graham Crackers Raisins & Applesauce	6 Cinnamon Raisin Bagel w/ Butter French Toast w/ Syrup Diced Peaches & 100% Grape Juice	7 Honey Cheerios w/ Graham Crackers Cinnamon Bun Apple Slices & 100% Orange Juice	8 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
11 Cinnamon Crisp Bar Raisins & 100% Grape Juice	12 Strawberry Yogurt w/ Graham Crackers NEW! Breakfast Pizza Apple Slices & Diced Pineapple	13 Cinnamon Flakes w/ Graham Crackers Apple Frudel Diced Peaches & 100% Grape Juice	14 Plain Bagel w/ Cream Cheese Waffles w/ Syrup Apple Slices & 100% Orange Juice	15 Blueberry Muffin Fresh Orange & 100% Pineapple Juice
18 Banana Muffin Raisins & Applesauce	19 Strawberry Yogurt w/ Graham Crackers Apple Frudel Apple Slices & Diced Pineapple	20 Frosted Flakes w/ Graham Crackers Waffle w/ Syrup Diced Peaches & 100% Grape Juice	21 Cinnamon Toast Crunch w/ Graham Crackers Pancakes w/ Syrup Apple Slices & 100% Orange Juice	22 Cinnamon Crisp Bar Raisins & 100% Grape Juice
25 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	26 Strawberry Yogurt w/ Graham Crackers NEW! Mini Egg & Cheese Flatbread Apple Slices & Diced Pineapple	27 Honey Cheerios w/ Graham Crackers French Toast w/ Syrup Diced Peaches & 100% Grape Juice	28 Plain Bagel w/ Cream Cheese Cinnamon Bun Apple Slices & 100% Orange Juice	29 Multi-Grain Cinnamon Flakes Graham Crackers Raisins & 100% Grape Juice

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Lunch Pre-K

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MON	TUE	WED	THU	FRI
				1 Turkey Fajita w/ Brown Rice & Corn Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple
4 	5 Chicken & Vegetable Dumplings w/ Green Beans Spanish Rice & Beans w/ Plantain(V) Fresh Pear	6 Chicken Fingers w/ Ketchup Falafel Nuggets w/ Whole Wheat Bread Slice (V) Corn Fresh Apple	7 Penne w/ Beef Meat Sauce Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V) Italian Vegetables Orange slices	8 Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple
11 Chicken Bites w/ Roasted Potatoes Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Apple Slices	12 Turkey Chili w Whole Wheat Bread Slice & Mixed Vegetables Spanish Rice & Beans w/ Plantain (V) Fresh Apple	13 Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V) Fresh Pear	14 BBQ Chicken w/ Sweet Mashed Potatoes Home-Style Macaroni & Cheese w/ Broccoli (V) Orange Slices	15 Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V) Italian Vegetables Fresh Apple
18 Beef Burger w/ Ketchup & Green Beans Spanish Rice & Beans w/ Plantain (V) Apple Slices	19 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	20 Chicken Alfredo w/ Penne Pasta Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple	21 Meatloaf w/Gravy & Mashed Potatoes Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V) Orange Slices	22 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
25 Chicken Parmesan w/ Green Beans Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V) Apple Slices	26 Spanish Rice & Beans w/ Plantain (V) Fresh Apple	27 Salisbury Steak w/ Roasted Potatoes Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	28 Caribbean Pineapple Chicken w/ Brown Rice & Carrots Home-Style Macaroni & Cheese w/ Broccoli (V) Orange Slices	29 Turkey Fajita w/ Brown Rice & Corn Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple

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Lunch K-8

September 2023

MON	TUE	WED	THU	FRI
				1 Chicken Salad Sandwich Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
4	5 Chicken Tenders w/ Ketchup & Roasted Potatoes Protein Pasta Alfredo w/ Peas (V) Fresh Pear	6 Turkey Hot Dog w/ Ketchup & Baked Beans Spanish Rice w/ Beans & Cheese (V) Fresh Apple	7 Chicken Caesar Salad w/ Pita Bread Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	8 Chicken Breast Sandwich w/ Mayonnaise French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
11 Beef Cheese Burger w/ Ketchup Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	12 Chicken Fajita w/ Black Beans & Tomato Spanish Rice w/ Beans & Cheese (V) Fresh Pear	13 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple	14 Cobb Salad w/ Pita Bread (V) Cheese Raviolis w/ Green Beans (V) Fresh Banana	15 Turkey & Cheese Sandwich w/ Mayonnaise Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
18 Chicken Nuggets w/ Ketchup & Baked Beans Falafel Bites w/ Quinoa Pilaf Black Beans & Tomato (V) Fresh Apple	19 Beef Meatballs in Tomato Sauce w/ Club Roll Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	20 NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Apple	21 Chicken Tamale w/ Spanish Rice & Refried Beans French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V) Fresh Banana	22 Egg Salad Sandwich (V) French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
25 Salisbury Steak w/ Gravy & Roasted Potatoes Cheese Quesadilla w/ Street Corn (V) Fresh Apple	26 Chicken & Vegetable Dumplings w/ Vegetable Blend Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Pear	27 BBQ Chicken w/ Brown Rice & Baked Beans Chickpea Marinara Pasta (V) Fresh Apple	28 Turkey Fajita w/ Brown Rice & Carrots Stuffed Bread Sticks w/ Marinara & 100%Vegetable Juice (V) Fresh Banana	29 Chicken Salad Sandwich Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple

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Lunch 9-12

September 2023

MON	TUE	WED	THU	FRI
				1 Chicken Salad Sandwich Cheese Pizza (V) Garden Side Salad w/ Ranch Dressing Apple Slices & Raisins
4	5 Chicken Tenders w/ Ketchup & Roasted Potatoes Protein Pasta Alfredo w/ Peas (V) Diced Peaches & Fresh Pear	6 Turkey Hot Dog w/ Ketchup & Baked Beans Spanish Rice & Beans w/ Cheese (V) Fresh Banana & Fresh Apple	7 Chicken Caesar Salad w/ Pita Bread Home-Style Macaroni & Cheese w/ Broccoli (V) Diced Pineapple & Fresh Banana	8 Chicken Breast Sandwich w/ Mayonnaise French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
11 Beef Cheeseburger w/ Ketchup Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple & Fresh Orange	12 Chicken Fajita w/ Brown Rice & Baked Beans Spanish Rice & Beans w/ Cheese (V) Diced Peaches & Fresh Pear	13 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Banana & Fresh Apple	14 Cobb Salad w/ Pita Bread (V) Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V) Diced Pineapple & Fresh Banana	15 Turkey & Cheese Sandwich w/ Mayonnaise Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
18 Chicken Nuggets w/ Ketchup & Baked Beans Falafel Bites w/ Quinoa Pilaf Black Beans & Tomato (V) Fresh Apple & Fresh Orange	19 Beef Meatballs in Tomato Sauce w/ Mozzarella Cheese Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear	20 NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana & Fresh Apple	21 Chicken Tamale w/ Spanish Rice & Refried Beans French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V) Diced Pineapple & Fresh Banana	22 Egg Salad Sandwich (V) French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
25 Salisbury Steak w/ Gravy & Mashed Potatoes Cheese Quesadilla w/ Street Corn (V) Fresh Apple & Fresh Orange	26 Chicken & Vegetable Dumplings Edamame Noodle Bowl (V) Vegetable Blend Diced Peaches & Fresh Pear	27 BBQ Chicken w/ Brown Rice & Baked Beans Chickpea Marinara Pasta (V) Fresh Banana & Fresh Apple	28 Turkey Fajita w/ Brown Rice & Carrots Stuffed Bread Sticks w/ Marinara & 100% Vegetable Juice (V) Diced Pineapple & Fresh Banana	29 Chicken Salad Sandwich Cheese Pizza (V) Garden Side Salad w/ Ranch Dressing Fresh Apple & Raisins

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Snack Pre-K

September 2023

MON	TUE	WED	THU	FRI
				1 Whole-Grain Pretzels w/ Sunbutter
4 Whole-Grain Pretzels w/ Sunbutter	5 Whole-Grain Cheez-its w/ 100% Fruit Juice	6 Whole-Grain Pretzels w/ 100% Orange Juice	7 Mozzarella String Cheese w/ Fresh Large Apple	8 Whole-Grain Graham Crackers w/ Strawberry Yogurt
11 Whole-Grain Pretzels w/ Sunbutter	12 Whole-Grain Graham Crackers w/ Strawberry Yogurt	13 Banana Muffin w/ 100% Orange Juice	14 Whole-Grain Pretzels w/ Cheese Stick	15 Corn Muffin w/ Fresh Large Apple
18 Whole-Grain Pretzels w/ Hummus	19 Whole-Grain Graham Crackers w/ 100% Orange Juice	20 Blueberry Muffin w/ Mozzarella String Cheese	21 Whole-Grain Graham Crackers w/ Strawberry Yogurt	22 Whole-Grain Cheez-its w/ 100% Fruit Juice
25 Whole-Grain Graham Crackers w/ Strawberry Yogurt	26 Corn Muffin w/ 100% Orange Juice	27 Whole-Grain Cheez-its w/ 100% Fruit Juice	28 Apple Cinnamon Muffin w/ Mozzarella String Cheese	29 Whole-Grain Pretzels w/ Sunbutter

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Snack K-12

September 2023

MON	TUE	WED	THU	FRI
				1 Whole-Grain Pretzels w/ 100% Orange Juice
4	5 Tostitos Scoops w/ 100% Fruit Juice	6 Whole-Grain Graham Crackers w/ Strawberry Yogurt	7 Whole-Grain Pretzels w/ Cheese Stick	8 Corn Muffin w/ 100% Orange Juice
11 Roasted Sunflower Seeds w/ 100% Fruit Juice	12 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	13 Whole-Grain Pretzels w/ 100% Orange Juice	14 Mozzarella String Cheese w/ Fresh Large Apple	15 Whole-Grain Graham Crackers w/ 100% Orange Juice
18 Whole-Grain Pretzels w/ 100% Orange Juice	19 Whole-Grain Graham Crackers w/ 100% Fruit Juice	20 Blueberry Muffin w/ Mozzarella String Cheese	21 Whole-Grain Graham Crackers w/ Strawberry Yogurt	22 Tostitos Scoops w/ 100% Apple Juice
25 Whole-Grain Cheez-its w/ 100% Fruit Juice	26 Corn Muffin w/ Roasted Sunflower Seeds	27 Whole-Grain Graham Crackers w/ 100% Apple Juice	28 Apple Cinnamon Muffin w/ Mozzarella String Cheese	29 Whole-Grain Pretzels w/ 100% Orange Juice

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Supper Full Fresh

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MON	TUE	WED	THU	FRI
				1 Turkey Fajita w/ Brown Rice & Corn Fresh Apple
4	5 Chicken Breast Sandwich w/ Baby Carrots & Ranch Dressing Fresh Pear	6 Chicken Fingers w/ Ketchup & Corn Fresh Apple	7 Turkey & Cheese Sandwich Garden Side Salad w/ Ranch Dressing Pineapple Cup	8 Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple
11 Chicken Bites w/ Roasted Potatoes Apple Slices	12 Hero Sandwich w/ Potato Salad Fresh Apple	13 Cheese Raviolis in Tomato Sauce w/ Italian Vegetables (V) Fresh Pear	14 Honey Bagel w/ Butter Mozzarella String Cheese (V) Garden Side Salad w/ Ranch Dressing Fresh Orange	15 Penne w/ Tomato Sauce, Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple
18 Beef Burger w/ Ketchup & Green Beans Apple Slices	19 Chicken Breast Sandwich w/ Baby Carrots & Ranch Dressing Fresh Pear	20 Penne Chicken Alfredo w/ Broccoli Fresh Apple	21 Turkey & Cheese Sandwich Garden Side Salad w/ Ranch Dressing Pineapple Cup	22 Cheese Pizza (V) Garden Side Salad w/ Ranch Dressing Fresh Apple
25 Chicken Parmesan w/ Green Beans Apple Slices	26 Hero Sandwich w/ Potato Salad Fresh Orange	27 Salisbury Steak w/ Roasted Potatoes Fresh Pear	28 Honey Bagel w/ Butter Mozzarella String Cheese (V) Garden Side Salad w/ Ranch Dressing Fresh Apple	29 Turkey Fajita w/ Brown Rice & Corn Fresh Apple

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Milk Choices

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Supper Grab & Go

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MON	TUE	WED	THU	FRI
				1 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup
4	5 Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)	6 Build Your Own Pizza Kit (V) Fresh Orange	7 Chicken Salad Sandwich Garden Side Salad w/ Ranch Dressing Fresh Pear Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup	8 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce
11 Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce	12 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) Build Your Own Pizza Kit (V) Fresh Orange	13 Turkey Bologna & Cheese Sandwich w/ Baby Carrots Fresh Apple Sunbutter & Jelly Sandwich w/ String Cheese & Baby Carrots (V) Diced Peaches	14 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup	15 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)
18 Sunbutter & Jelly Sandwich w/ Baby Carrots (V) Diced Peaches	19 Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)	20 Build Your Own Pizza Kit (V) Fresh Orange	21 Chicken Salad Sandwich Garden Side Salad w/ Ranch Dressing Fresh Pear Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup	22 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce
25 Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce	26 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) Build Your Own Pizza Kit (V) Fresh Orange	27 Turkey Bologna & Cheese Sandwich w/ Baby Carrots Fresh Apple Sunbutter & Jelly Sandwich w/ String Cheese & Baby Carrots (V) Diced Peaches	28 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup	29 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)

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