

K-5 Breakfast Menu

September 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| <p>4 School Closed Labor Day</p> | <p>5 Strawberry Yogurt^v Graham Crackers Or Waffles w/ Syrup^v Diced Pineapple 100% Apple Juice</p> | <p>6 Cinnamon Raisin Bagel w/ Butter^v Or French Toast w/ Syrup Diced Peaches 100% Grape Juice</p> | <p>7 Honey Cheerios^v Graham Crackers Or Cinnamon Bun^v Applesauce 100% Orange Juice</p> | <p>8 Cherry Cocoa Bar^v Fresh Pear 100% Pineapple Juice</p> |
| <p>11 Cinnamon Crisp Bar^v Raisins 100% Grape Juice</p> | <p>12 Strawberry Yogurt^v Graham Crackers Or Breakfast Pizza Diced Pineapple 100% Apple Juice</p> | <p>13 Multi-Grain Cinnamon Flakes^v Graham Crackers Or Apple Frudel Diced Peaches 100% Grape Juice</p> | <p>14 Plain Bagel^y w/ Cream Cheese Or Waffles w/ Syrup^v Applesauce 100% Orange Juice</p> | <p>15 Blueberry Muffin^y Fresh Orange 100% Pineapple Juice</p> |
| <p>18 Banana Muffin^v Raisins Applesauce</p> | <p>19 Strawberry Yogurt^v Graham Crackers Or Apple Frudel Diced Pineapple 100% Apple Juice</p> | <p>20 Multi-Grain Frosted Flakes^v Graham Crackers Or Waffles w/ Syrup Diced Peaches 100% Grape Juice</p> | <p>21 Reduced Sugar Cinnamon Toast Crunch^v Graham Crackers Or Pancakes w/ Syrup^v Applesauce 100% Orange Juice</p> | <p>22 Cinnamon Crisp Bar^v Raisins 100% Grape Juice</p> |
| <p>25 Cherry Cocoa Bar^v Fresh Pear 100% Pineapple Juice</p> | <p>26 Strawberry Yogurt^v Graham Crackers Or Mini Egg & Cheese Flatbread^v Diced Pineapple 100% Apple Juice</p> | <p>27 Honey Cheerios^y Graham Crackers Or French Toast w/ Syrup Diced Peaches 100% Grape Juice</p> | <p>28 Plain Bagel^y w/ Cream Cheese Or Cinnamon Bun^v Applesauce 100% Orange Juice</p> | <p>29 Multi-Grain Cinnamon Flakes^v Graham Crackers Raisins 100% Grape Juice</p> |
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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
Skim Milk

PLEASE NOTE

- If you have a food allergy please speak to your school nurse
- Menu is subject to change.
- Vegetarian Meal Options are indicated with a "V"



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Lunch Milk Choices

1% Milk
Skim Chocolate Milk

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| 4 School Closed Labor Day | 5 Chicken Tenders Roasted Potatoes Or Protein Pasta Alfredo V WW Bread Steamed Peas Fresh Pear | 6 Turkey Hot Dog on WW Bun Baked Beans Or Spanish Rice w/ Cheese V Kidney Beans Fresh Apple | 7 Cheese Lasagna V w/ Tomato Sauce Green Beans Or Chicken Caesar Salad w/ Romaine Lettuce Pita Bread Fresh Banana | 8 French Bread Cheese Pizza V w/ Ranch Dressing Or Chicken Breast Sandwich Fresh Baby Carrots w/ Ranch Dressing Raisins |
| 11 Cheese Beef Burger on WW Bun Roasted Potatoes Or Egg & Cheese Sandwich V on English Muffin Roasted Potatoes Fresh Orange | 12 Fajita Chicken over Brown Rice Black Beans & Tomatoes Or Spanish Rice w/ Cheese V Kidney Beans Fresh Pear | 13 Beef Meatballs & Spaghetti w/ Tomato Sauce & Parmesan Cheese Steamed Broccoli Or Veggie Burger V on WW Bun Garden Salad w/ Ranch Dressing Fresh Apple | 14 Cheese Raviolis V w/ Tomato Sauce Green Beans Or Cobb Salad V w/ Romaine Lettuce Pita Bread Fresh Banana | 15 Cheese Pizza V Fresh Baby Carrots Or Turkey & Cheese Sandwich Fresh Baby Carrots Raisins |
| 18 Chicken Nuggets Baked Beans Or Falafel Bites V over Quinoa Pilaf Black Beans & Tomato Fresh Orange | 19 Macaroni & Cheese V Steamed Broccoli Or Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese WW Club Roll Steamed Broccoli Fresh Pear | 20 Adobo Chicken Cilantro Brown Rice Mexican Street Corn Or Veggie Burger V on WW Bun Roasted Potatoes Fresh Apple | 21 French Toast Sticks w/ Eggs V Roasted Sweet Potatoes Or Chicken Tamale w/ Spanish Brown Rice Refried Beans Fresh Banana | 22 French Bread Cheese Pizza V Fresh Baby Carrots w/ Ranch Dressing Or Egg Salad Sandwich Fresh Baby Carrots Raisins |
| 25 Cheese Quesadilla V Mexican Corn Salad Or Beef Salisbury w/ Gravy WW Bread Roasted Potatoes Fresh Orange | 26 Chicken & Vegetable Dumplings Oriental Vegetables Or Cheese Lasagna V w/ Tomato Sauce Green Beans Fresh Pear | 27 BBQ Chicken over Brown Rice Baked Beans Or Chickpea Marinara V w/ Cheese over Pasta Fresh Apple | 28 Stuffed Cheese Sticks V Marinara Sauce 100% Sun Splash Veg Juice Or Turkey Fajita over Brown Rice Steamed Carrots Fresh Banana | 29 Cheese Pizza V Garden Side Salad w/ Ranch Dressing Or Chicken Salad Sandwich Garden Side Salad w/ Ranch Dressing Raisins |
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Snack Menu

September 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 4 No School Labor Day | 5 WG Tostitos 100% Fruit Juice | 6 WG Graham Crackers Yogurt | 7 WG Pretzels Cheese Stick | 8 WG Corn Muffin 100% Orange Juice |
| 11 Roasted Sunflower Seeds 100% Fruit Juice | 12 WG Cheez-its Baby Carrots w/ Ranch Dressing | 13 WG Pretzels 100% Orange Juice | 14 String Cheese Fresh Apple | 15 WG Graham Crackers 100% Orange Juice |
| 18 WG Pretzels 100% Orange Juice | 19 WG Graham Crackers 100% Fruit Juice | 20 WG Blueberry Muffin String Cheese | 21 WG Graham Crackers Yogurt | 22 WG Tostitos 100% Apple Juice |
| 25 WG Cheez-its 100% Fruit Juice | 26 WG Corn Muffin Roasted Sunflower Seeds | 27 WG Graham Crackers 100% Apple Juice | 28 WG Apple- Cinnamon Muffin String Cheese | 29 WG Pretzels 100% Orange Juice |
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