

Breakfast

September 2024

MON	TUE	WED	THU	FRI
2 WGR Cinnamon Crisp Bar Raisins 100% Fruit Punch Juice Milk	3 Vanilla Yogurt WG Chocolate Graham Crackers WG Mini Maple Pancakes 100% Apple Juice Pineapple Tibits Milk	4 WG Cinnamon Raisin Bagel Hot Breakfast WG French Toast 100% Grape Juice Diced Peaches Milk	5 WG Honey Cheerios WG Honey Graham Crackers Applesauce Cinnamon Bun 100% Orange Tangerine Juice Fresh Apple	6 Cocoa Cherry Bar Fresh Banana 100% Very Berry Juice Milk
9 WGR Cinnamon Crisp Bar Raisins 100% Fruit Punch Juice Milk	10 Strawberry Banana Yogurt WG Chocolate Graham Crackers Breakfast Pizza 100% Apple Juice Pineapple Tibits Milk	11 Trix Cereal WG Honey Graham Crackers Hot Breakfast Apple Frudel 100% Grape Juice Diced Peaches Milk	12 WG Plain Bagel Cream Cheese WG Waffles 100% Orange Tangerine Juice Applesauce Milk	13 WG Blueberry Muffin 100% Very Berry Juice Fresh Banana Milk
16 Multi-Grain Frosted Flakes WG Chocolate Graham Crackers Raisins 100% Fruit Punch Juice Milk	17 Vanilla Yogurt WG Honey Graham Crackers Apple Frudel 100% Apple Juice Pineapple Tibits Milk	18 Apple Cinnamon Overnight Oats Hot Breakfast Honey Cinnamon Butter Biscuit 100% Grape Juice Diced Peaches Milk	19 Reduced Sugar Cinnamon Toast Crunch WG Honey Graham Crackers WG Mini Maple Pancakes 100% Orange Tangerine Juice Applesauce Milk	20 WGR Cinnamon Crisp Bar Fresh Banana 100% Very Berry Juice Milk
23 Cocoa Cherry Bar Raisins 100% Fruit Punch Juice Milk	24 Strawberry Banana Yogurt WG Chocolate Graham Crackers Cinnamon Bun 100% Apple Juice Pineapple Tibits Milk	25 WG Multi-Grain Cheerios WG Honey Graham Crackers Hot Breakfast Honey Cinnamon Butter Biscuit 100% Grape Juice Diced Peaches Milk	26 WG Plain Bagel Cream Cheese Mini Sausage & Cheese Flatbread 100% Orange Tangerine Juice Applesauce Milk	27 WGR Cinnamon French Toast Grahams Fresh Banana 100% Very Berry Juice Milk
30 WGR Strawberry Crisp Bar Raisins 100% Fruit Punch Juice Milk				

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

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"



LUNCH K-8

September 2024

MON	TUE	WED	THU	FRI
2 Cheese Beef Burger on WW Bun or Egg & Cheese Sandwich on English Muffin ^v Roasted Potatoes Fresh Orange	3 Chicken Tenders with Roasted Potatoes or Protein Pasta Alfredo ^v WW Bread Slice Peas Fresh Pear	4 Turkey Hot Dog on WW Bun with Baked Beans or Spanish Rice w/ Cheese & Kidney Beans ^v Fresh Apple	5 Cheese Lasagna ^v w/ Tomato Sauce & Green Beans or Chicken Caesar Salad with Pita Bread Fresh Banana	6 French Bread Cheese Pizza ^v or Chicken Breast Sandwich on WW Bread Baby Carrots w/ Ranch Dressing Raisins
9 Cheese Beef Burger on WW Bun or Egg & Cheese Sandwich on English Muffin ^v Roasted Potatoes Fresh Orange	10 Turkey Salsa Bowl Ranchero Brown Rice & Pinto Beans or Spanish Rice w/ Cheese & Kidney Beans ^v Fresh Pear	11 Beef Meatballs & Spaghetti w/ Tomato Sauce & Broccoli or Veggie Burger ^v on WW Bun Garden Side Salad w/ Ranch Fresh Apple	12 Cheesy Crispy Chicken Biscuit with Celery Sticks w/ Ranch or Cobb Salad ^v with Pita Bread Fresh Banana	13 Cheese Pizza ^v or Turkey & Cheese Sandwich on WW Bread Baby Carrots w/ Ranch Dressing Raisins
16 Chicken Nuggets with Baked Beans or Falafel Bites ^v with Quinoa Pilaf Black Beans & Tomato Fresh Orange	17 Homemade Macaroni & Cheese ^v or Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese WW Club Roll Broccoli Fresh Pear	18 French Toast Sticks w/ Scrambled Eggs ^v or Hot Honey Chicken Ciabatta Sandwich Roasted Sweet Potatoes Fresh Apple	19 Adobo Chicken with Cilantro Brown Rice & Street Corn or Veggie Burger ^v on WW Bun Roasted Potatoes Fresh Banana	20 French Bread Cheese Pizza ^v or Egg Salad Sandwich ^v on WW Bread Celery Sticks w/ Ranch Dressing Applesauce
23 Cheese Quesadilla ^v w/ Sour Cream on WW Tortilla with Street Corn or Beef Meatloaf w/ Gravy WW Bun & Mashed Potatoes Fresh Orange	24 BBQ Chicken with Brown Rice & Baked Beans or Chickpea Marinara Pasta ^v w/ Cheese Fresh Pear	25 Buffalo Chicken Flatbread Melt Celery Sticks w/ Ranch Dressing Or Cheese Raviolis ^v w/ Tomato Sauce & Green Beans Fresh Apple	26 Stuffed Bread Sticks ^v Marinara Dipping Sauce & 100% Sun Splash Juice or Turkey Fajita with Brown Rice and Carrots Fresh Banana	27 Cheese Pizza ^v Or Chicken Salad Sandwich on WW Bread Garden Side Salad w/ Ranch Raisins
30 BBQ Beef Meatballs WW Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese ^v Broccoli Fresh Orange				

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SNACK

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

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