


SEPTEMBER | 2024

LIFE Center/ CORE Program Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School!  HAPPY LABOR DAY ★★★	3 Arroz con Pollo Cauliflower Fresh Fruit Choice of Milk	4 Pizza Slice Corn Fresh Fruit Choice of Milk	5 Mozzarella Sticks Marinara Sauce Broccoli Fresh Fruit Choice of Milk	6 Breaded Chicken Sandwich Baked Beans Fresh Fruit Choice of Milk
9 Popcorn Chicken Cookie Potato Smiles Fresh Fruit Choice of Milk	10 Soft Tacos Refried Beans Fresh Fruit Choice of Milk	11 French Bread Pizza Mini Peppers Fresh Fruit Choice of Milk	12 Bosco Sticks Marinara Sauce Green Beans Fresh Fruit Choice of Milk	13 Orange Chicken Fried Rice Broccoli Fresh Fruit Choice of Milk
16 Rotini and Meat Sauce with Cheesy Bread Italian Vegetables Fresh Fruit Choice of Milk	17 Chicken or Cheese Quesadilla Refried Beans Fresh Fruit Choice of Milk	18 Pizza Crunchers Cauliflower Fresh Fruit Choice of Milk	19 Chicken Nuggets Carrots Fresh Fruit Choice of Milk	20 Hamburger/ Cheeseburger French Fries Fresh Fruit Choice of Milk
23 Teriyaki Dippers Dinner Roll Sweet Potato Fries Fresh Fruit Choice of Milk	24 Arroz con Pollo Cauliflower Fresh Fruit Choice of Milk	25 Pizza Slice Corn Fresh Fruit Choice of Milk	26 Mozzarella Sticks Marinara Sauce Broccoli Fresh Fruit Choice of Milk	27 Breaded Chicken Sandwich Baked Beans Fresh Fruit Choice of Milk
30 Popcorn Chicken Cookie Potato Smiles Fresh Fruit Choice of Milk	1 Soft Tacos Refried Beans Fresh Fruit Choice of Milk	2 French Bread Pizza Mini Peppers Fresh Fruit Choice of Milk	3 Bosco Sticks Marinara Sauce Green Beans Fresh Fruit Choice of Milk	4 Orange Chicken Fried Rice Broccoli Fresh Fruit Choice of Milk

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Salad Bar
- Yogurt Parfaits

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

Meal Prices:

Breakfast: \$2.25
 Lunch: \$3.60
 Adult: \$4.80
 Extra Milk: \$0.50