

# September Menu Elementary School



**Week 3**

**9/3**

**Tuesday**

**9/4**

**Wednesday**

**9/5**

**Thursday**

**9/6**

**Friday**

**Breakfast**

Cheese Omelet IW Cereal (25)    WG Powdered Donuts (41) Cereal (25)    Pancake Sausage Stick (16) Cereal (25)    French Toast Stick (38) Cereal (25)

**Lunch**

Cheese Pizza (35)    Turkey Croissant (30)    Breaded Ravioli (64)    Chicken Nuggets (13)

**Vegetable**

Turkey & Cheese Munchable (38) Cereals (25) California Vegetables 1/2    Sunbutter Sammy/String Cheese (3) Sweet Waffle Fries    Turkey & Cheese Munchable (38) Spinach Mandarin Salad    Sunbutter Sammy/String Cheese (33) Tater Tots

**Offered Everyday at Breakfast:**

**1% White Milk  
Fat Free White Milk  
Fat Free Flavored Milk  
100% Fruit Juice**

**Week 4**

**9/9**

**Monday**

**9/10**

**Tuesday**

**9/11**

**Wednesday**

**9/12**

**Thursday**

**9/13**

**Friday**

**Breakfast**

Benefit Bar Variety (see package) Cereal (25)    Turkey Egg Bites (6) Cereal (25)    Muffin Variety (46-47) Cereal (25)    Egg Sandwich (21) Cereal (25)    Strawberry Mini Bagels (42)

**Lunch**

Beef Sliders (29)    Pepperoni Pizza (33)    Grilled Cheese (28)    Popcorn Chicken Bowl (39)    Mexican Pizza (43)

**Vegetable**

Sunbutter Sammy/String Cheese (3) Turkey & Cheese Munchable (38) Cereals (25) Ranch Beans 1/2c (23)    Carroteenies    Sunbutter Sammy/String Cheese (3) Steamed Veggie Blend    Turkey & Cheese Munchable (38) Mashed Potatoes(15)    Sunbutter Sammy/String Cheese (33) Fresh Broccoli w/ Ranch

**Offered Every Day at Lunch:**

**Fresh Fruit and Vegetable Bar  
1% White Milk  
Fat Free White Milk  
Fat Free Flavored Milk**

**All meals comply with the National School Breakfast and Lunch Programs for nutrition compliance.**

**Week 1**

**9/16**

**Monday**

**9/17**

**Tuesday**

**9/18**

**Wednesday**

**9/19**

**Thursday**

**9/20**

**Friday**

**Breakfast**

2ct Poptart (73) Cereal(25)    Breakfast Burrito (30) Cereal(25)    WG Chocolate Donuts (42) Cereal(25)    Pancake Sandwich Cereal(25)    Frudel Varies by month (36) Cereal(25)

**Lunch**

Hamburger    Cheese Pizza    Chix Tenders    BBQ Beef Rib Sandwich    Nachos

**Vegetable**

Sunbutter Sammy/String Cheese (3) Turkey & Cheese Munchable (38) Cereals (25) French Fries    Green Beans    Sunbutter Sammy/String Cheese (3) Sweet Potato Fries (32)    Turkey & Cheese Munchable (38) Romaine Caesar    Sunbutter Sammy/String Cheese (33) Refried Beans

**( ) Indicates Carbohydrate Count**

**Menu Subject to change based on availability.**

**This institution is an equal opportunity provider.**

**Week 2**

**9/23**

**Monday**

**9/24**

**Tuesday**

**9/25**

**Wednesday**

**9/26**

**Thursday**

**9/27**

**Friday**

**Breakfast**

4oz Yogurt/Giant Goldfish Cereal(25)    Breakfast Pizza Cereal(25)    Cinnamon Roll Cereal(25)    Confetti Mini Pancakes (36) Cereal(25)    Breakfast Carrot Cake Cereal(25)

**Lunch**

Mini Corn Dogs    Pepperoni Pizza    Breaded Chx Drum (1)    Orange Chicken    Jalapeno Cheese Bites

**Vegetable**

Sunbutter Sammy/String Cheese (3) Turkey & Cheese Munchable (38) Cereals (25) Tater Smiles (31)    Steamed Carrots    Sunbutter Sammy/String Cheese (3) Baked Beans (26)    Turkey & Cheese Munchable (38) Steamed Broccoli    Sunbutter Sammy/String Cheese (33) Sliced Cucumbers