

SEPTEMBER

LUNCH MENU

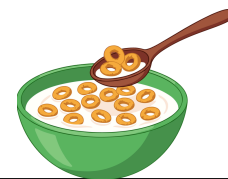
<u>Week:</u> AUG 31-SEPT 4	Chicken Strips w/ Tater Tots & Goldfish crackers or Yogurt Fruit Parfait & Granola or Mandarin Chicken salad	Taco w/ rice, bean & shredded cheese or Yogurt Fruit Parfait & Granola or Chinese Chicken Salad	Rotini w/ meat sauce, Green Salad & Dinner Roll or Veggie & hummus salad w/ pita	Orange Chicken w/ brown rice & broccoli or Turkey & Cheese Sandwich w/ side salad or Mandarin Chicken Salad	Cheese Pizza or Yogurt Fruit Parfait & Granola or Chicken Caesar Salad
<u>Week:</u> SEPT 7 - 11	LABOR DAY	Beef Taquitos, Bean and Corn or Turkey & Cheese Sandwich w/ side salad	Chicken Strips w/ Tater Tots or Yogurt Fruit Parfait & Granola w/ Goldfish	Grilled Teriyaki Chicken w/ Broccoli & Brown Rice or Bean & Cheese Burrito	Cheese Pizza w/ Side Salad or Veggies & Hummus Salad w/ Pita or Bean & Cheese Burrito
<u>Week:</u> SEPT 14 - 18	Bosco Cheese Sticks w/ marinara sauce & Green Beans or Yogurt Fruit Parfait w/ Granola	Soft Chicken Taco w/ rice, bean & shredded cheese or Yogurt Fruit Parfait & Granola or Chinese Chicken Salad	Rotini w/ meat sauce, Green Salad & Dinner Roll or Veggie & hummus salad w/ pita	Beef and Broccoli w/ Brown Rice or Yogurt Fruit Parfait w/ Granola or Veggies & Humus Box	Cheese Pizza w/ Green Salad or WG Bean & Cheese Burrito or Chicken Caesar Salad
<u>Week:</u> SEPT 21 - 25	NO SCHOOL	Soft Chicken Taco w/ rice, bean, & shredded cheese, lettuce, & tomatoes or Yogurt Fruit Parfait & Granola	Crispy Chicken Sandwich w/ tots & goldfish cracker or Yogurt Fruit Parfait & Granola or Mandarin Chicken Salad	French Toast, Turkey Sausage, & Tater Tots or Yogurt Fruit Parfait & Granola	Cheese Pizza w/ Green Salad or WG Bean & Cheese Burrito or Chicken Caesar Salad
<u>Week:</u> SEPT 28-OCT 2	Chicken Strips w/ Tater Tots or Yogurt Fruit Parfait & Granola w/ Goldfish or Chicken Caesar Salad	Soft Beef Taco w/ rice, beans, cheese, lettuce and tomatoes or Yogurt Fruit Parfait & granola	Roasted Chicken w/ mashed potatoes, squash, dinner roll & gravy or Veggies & hummus salad w/ pita		

Offered with every meal: Fruit: fresh or canned / Milk offered daily: 1% and non fat white and nonfat chocolate

Menu is Subject to Change without notice

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

SEPTEMBER



Breakfast Menu

<u>Week:</u> AUG 31-SEPT 4	WG Cinnamon Crumb Cake Or Cereal w/ Graham Crackers	Croissant w/ Sausage & Egg Or Cereal w/ String Cheese	Mini Pancakes Or Cereal w/ Graham Crackers	WG Concha Cereal w/ String Cheese	Banana Bread Or Cereal w/ Graham Crackers
<u>Week:</u> SEPT 7 - 11		Waffle Or Cereal w/Graham Crackers	Breakfast Pizza Bagel Or Cereal w/String Cheese	French Toast Sticks Or Cereal w/Graham Crackers	Fresh Baked Banana Chip Muffin Or Cereal w/ String Cheese
<u>Week:</u> SEPT 14 - 18	Assorted Bagels w/ Cream Cheese Or Cereal w/ Graham Crackers	WG English Muffin w/ Egg & Turkey Bacon Or Cereal w/ String Cheese	Grilled Cheese Or Cereal w/ String Cheese	Banana Bread Or Cereal w/ Graham Crackers	WG Croissant w/ Turkey Sausage & Cheese Or Cereal w/ String Cheese
<u>Week:</u> SEPT 21 - 25		WG Turkey & Cheese Crossant or Ceral w/ String Cheese	Apple or Cinnamon Frudel or Cereal w/String Cheese	Oatmeal Or Cereal w/ Graham Crackers	WG Cinnamon Roll Or Cereal w/ String Cheese
<u>Week:</u> SEPT 28-OCT 2	WG Cinnamon Crumb Cake Or Cereal w/ Graham Crackers	Croissant w/ Sausage & Egg Or Cereal w/ String Cheese	Mini Pancakes Or Cereal w/ Graham Crackers	Assorted Muffins w/ yogurt Or Cereal w/ string cheese	Banana Bread Or Cereal w/ Graham Crackers

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