

SEPTEMBER BREAKFAST MENU

7 No School



8 Chocolate
Chocolate Chip
Muffin
OR Teriyaki
Chicken Noodle
Bowl

Apple Slices

9 Cinnamon Swirl
Breakfast
Sandwich
OR Teriyaki
Chicken Rice Bowl

Banana

10 Strawberry
Muffin
OR Teriyaki
Chicken Noodle
Bowl

Apple Slices

11 Plain Bagel
Strawberry Cream
Cheese
Grape Jelly
OR Teriyaki
Chicken Rice Bowl

Apple Mango Bar

14 Cinnamon
Mini Cinnis
OR Teriyaki
Chicken Rice Bowl

Mandarin Orange
Cup

15 Chocolate
Chocolate Chip
Muffin
OR Teriyaki
Chicken Noodle
Bowl

Apple Slices

16 St. Paul
Croissant Breakfast
Sandwich
OR Teriyaki
Chicken Rice Bowl

Banana

17 Lemon
Blueberry Muffin
OR Teriyaki
Chicken Noodle
Bowl

Apple Slices

18 Strawberry
Boli
OR Teriyaki
Chicken Rice Bowl

Apple Mango Bar

21 No School



22 Chocolate
Chocolate Chip
Muffin
OR Teriyaki
Chicken Noodle
Bowl

Apple Slices

23 Cinnamon Swirl
Breakfast
Sandwich
OR Teriyaki
Chicken Rice Bowl

Banana

24 Banana
Chocolate Chip
Muffin
OR Teriyaki
Chicken Noodle
Bowl

Apple Slices

25 Plain Bagel
Strawberry Cream
Cheese
Grape Jelly
OR Teriyaki
Chicken Rice Bowl

Apple Mango Bar

28 Cinnamon
Mini Cinnis
OR Teriyaki
Chicken Rice Bowl

Mandarin Orange
Cup

29 Chocolate
Chocolate Chip
Muffin
OR Teriyaki
Chicken Noodle
Bowl

Apple Slices

30 St. Paul
Croissant Breakfast
Sandwich
OR Teriyaki
Chicken Rice Bowl

Banana

Oct 1
Celebration Muffin
OR Teriyaki
Chicken Noodle
Bowl

Apple Slices

2 Strawberry
Boli
OR Teriyaki
Chicken Rice Bowl

Apple Mango Bar

DAILY CHOICES

- Assorted Cereals
- Yogurt
- String Cheese
- Juice
- Milk

SPECIAL FEATURES

- Cool Tropics Slushies
(100% Juice) (Monday & Friday)
- Whole Grain Super Stick
(Monday, Wednesday, Friday)



- For nutrient & allergen information, visit SchoolCafe.com/SPPS.
- Menu subject to change.
- This institution is an equal opportunity provider.

SEPTEMBER LUNCH MENU

7 No School



8 Nacho Day
Seasoned Beef
Cheese Sauce
Tortilla Chips
Lettuce
Salsa

Soybutter Sandwich

Refried Beans
Strawberries

9 Italian Dunker
Marinara Sauce

Soybutter Sandwich

Corn
Apple Slices

10 Crispy Chicken
Sandwich
or Veggie Burger

Soybutter Sandwich

French Fries
Banana

11 Lemon Chicken
or Tofu
White Rice

Grilled Cheese or
Soybutter Sandwich

Broccoli
Applesauce Cup

14 Penne Pasta
with Meat Sauce
Garlic Toast

Soybutter Sandwich

Apple Slices

15 Chicken Burrito
Bowl
Cilantro Lime Rice
Lettuce
Salsa

Soybutter Sandwich

Charro Beans
Strawberries

16 Big Daddy's™
Cheese Pizza

Soybutter Sandwich

Corn
Cucumber Slices
Apple Slices

17 Chicken Nuggets or
Plant Based Tenders
Corn Muffin

Soybutter Sandwich

Mashed Potatoes
and Gravy
Banana

18 Beef or Tofu
Bulgogi
White Rice

Grilled Cheese or
Soybutter Sandwich

Broccoli
Applesauce Cup

21 No School



22 Walking Tacos
Fritos®
Seasoned Beef
Shredded Cheese
Lettuce
Salsa

Soybutter Sandwich

Refried Beans
Strawberries

23 Pizza Crunchers
with Marinara
Sauce

Soybutter Sandwich

Corn
Cucumber Slices
Apple Slices

24 Brunch for Lunch
Pancake
with Syrup
Chicken Sausage

Soybutter Sandwich

Hash Brown
Banana

25 Chicken Fingers
Galaxy Sauce

Soybutter Sandwich

French Fries
Applesauce Cup

28 Special Menu!
Chicken and
Black Bean Bowl
with Rice
Plantain
Chilero
Queso Fresco

Soybutter Sandwich

Apple Slices

29 Big Daddy's™
Cheese Pizza

Soybutter Sandwich

Cucumbers
Corn
Apple Slices

30 Tacos
Seasoned Beef
Shredded Cheese
Lettuce
Salsa
Tortillas

Soybutter Sandwich

Refried Beans
Strawberries

Oct. 1 Grilled Cheese
Sandwich

Soybutter Sandwich

Sweet Potato
Wedges
Watermelon

2 Chicken Nuggets
or Plant Based
Tenders
Mac & Cheese
Corn Muffin

Soybutter Sandwich

Applesauce Cup