



September Menu

SUPPER



Monday	Tuesday	Wednesday	Thursday	Friday
	Sep 1	Sep 2	Sep 3	Sep 4
	Crispy Chicken Sandwich & Fries	Chicken Tamale with Pinto Beans	Pepperoni Pizza with Baby Carrots	Grab 'N Go Build Your Own Seedbutter Sandwich with Baby Carrots & Fruit
	Fruit: Banana	Fruit: Peach	Fruit: 100% Fruit Juice	Fruit: Apple
Sep 7	Sep 8	Sep 9	Sep 10	Sep 11
No School	Bean & Cheese Burrito with Baby Carrots	Cheese Pizza with Baby Carrots		Chicken Bites with Mashed Potatoes
			Grab 'N Go Blueberry Muffin, Sunflower Seeds & String Cheese with Baby Carrots & Fruit	
Fruit: Pear	Fruit: Banana	Fruit: Peach	Fruit: 100% Fruit Juice	Fruit: Apple
Sep 14	Sep 15	Sep 16	Sep 17	Sep 18
Beef & Cheese Burrito with Baby Carrots	Grab 'N Go Build Your Own Seedbutter Sandwich with Baby Carrots & Fruit	Bean & Cheese Pupusa with Baby Carrots	Cheeseburger & Fries	Grab 'N Go Mantecada Muffin, Yogurt & String Cheese with Baby Carrots & Juice
Fruit: Pear	Fruit: Banana	Fruit: Peach	Fruit: 100% Fruit Juice	Fruit: Apple
Sep 21	Sep 22	Sep 23	Sep 24	Sep 25
Grilled Cheese Sandwich with Baby Carrots	Crispy Chicken Sandwich & Fries	Chicken Tamale with Pinto Beans	Pepperoni Pizza with Baby Carrots	Grab 'N Go Build Your Own Seedbutter Sandwich with Baby Carrots & Fruit
Fruit: Pear	Fruit: Banana	Fruit: Peach	Fruit: 100% Fruit Juice	Fruit: Apple
Sep 28	Sep 29	Sep 30		
Mac & Cheese with Diced Carrots	Bean & Cheese Burrito with Baby Carrots	Cheese Pizza with Baby Carrots		
Fruit: Pear	Fruit: Banana	Fruit: Peach		

Supper Includes:
 Unflavored 1% Milk (Elementary)
 Choice of Fat Free Chocolate or Unflavored 1% Milk (Upper Grades)
 1/2c Fruit and 1/2c Vegetable

All Grains Are Wholegrain Rich
 Menu is Subject to Change
 *See Next Page for Crediting