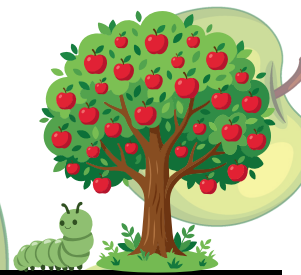




SEPTEMBER MENU

COLLEGIATE ACADEMY OF HEBISD



BREAKFAST: Student \$2.35 | Adult: a la carte **LUNCH:** Student \$3.85 | Reduced \$0.40 | Adult \$6.00

BREAKFAST: Toast or Pop Tart & Cereal offered daily. Includes choice of milk.

LUNCH: Includes entree, vegetable, fruit & choice of milk.

Labor Day



8 Breakfast
Mini Cinnis
Or
Pop Tart & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Crispy Chicken
Sandwich
Hot and Spicy
Chicken Sandwich
Or
Mac & Cheese w/
Fish Nuggets
Wheat Roll
Smile Potatoes
Baked Beans
Fresh Vegetable of
the Day
Mandarin Oranges
Fruit Juice

9 Breakfast
Glazed Donut, String
Cheese
Or
Pop Tart & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Chicken Tenders
Chicken F. Steak
Wheat Roll
Or
Turkey/ Ham & Swiss
Sub Sandwich
Mashed Potatoes w/
Cream Gravy
Fresh Vegetable of the
Day
Mixed Fruit Cup
Fruit Juice

10 Breakfast
Assorted Waffles
Or
Pop Tart & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Spaghetti w/ Meat
Sauce
Or
Mandarin Yogurt
Parfait w/ Muffin
French Fries
Whole Kernel Corn
Fresh Vegetable of the
Day
Applesauce Cup
Fruit Juice

11 Breakfast
Breakfast Burrito
Or
Pop Tart & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Cheese Pizza
Pepperoni Pizza
Or
Crispy
Chicken Wrap
Peas and Carrots
Fresh Vegetable of the
Day
Fruit Cup
Fruit Juice

14 Breakfast
Mini Pancakes
Or
Pop Tart & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Beef & Cheese
Nachos
Or
Blueberry Yogurt
Parfait w/ Muffin
Refried Beans
French Fries
Fresh Vegetable
of the Day
Fruit Cup
Fruit Juice

15 Breakfast
Waffle/Sausage
Sandwich
Or
Pop Tart & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Double Cheeseburger
Double Burger
Or
Fruit & Cheese Plate
Smile Potatoes
Fresh Vegetable
of the Day
Fresh Watermelon
Fruit Juice

16 Breakfast
Breakfast Swirl Roll
Or
Pop Tart & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Chicken Nuggets
Wheat Roll
Or
Ham & Swiss
Sub Sandwich
Or
Mashed Potatoes
w/ Cream Gravy
Fresh Vegetable
of the Day
Pineapple Tidbits
Fruit Juice

17 Breakfast
Pull Apart Donut
Or
Pop Tart & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Beef Lasagna
Garlic Knot
Or
Crispy Chicken
Wrap
Green Beans
Romaine Salad Mix
Fruit Cup
Fruit Juice

18 Breakfast
*2 Sausage Rolls
Or
Pop Tart & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Cheese Pizza
Pepperoni Pizza
Or
Turkey & Cheese
Croissant
Tater Tots
Carrots
Fresh Vegetable
of the Day
Applesauce
Fruit Juice

***Contains Pork • Fresh Fruit offered daily • Menu Subject to change due to product availability**



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.



SEPTEMBER MENU

COLLEGIATE ACADEMY OF HEBISD

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BREAKFAST: Toast or Pop Tart & Cereal offered daily. Includes choice of milk.

LUNCH: Includes entree, vegetable, fruit & choice of milk.

21 Breakfast Chocolate Filled Croissant Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Chicken Alfredo Wheat Roll Or Strawberry Yogurt Parfait w/ Muffin Whole Kernel Corn Fresh Vegetable of the Day Fruit Cup Fruit Juice	22 Breakfast Donut Cake Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Crispy Chicken Sandwich Hot and Spicy Chicken Sandwich Or Buffalo Chicken Wrap Or Smile Potatoes Green Beans Fresh Vegetable of the Day Pineapple Tidbits Fruit Juice	23 Breakfast French Toast Assorted Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Chicken Tenders Steak Fingers Wheat Roll Or Grilled Cheese Sandwich Mashed Potatoes w/ Cream Gravy Fresh Vegetable of the Day Sliced Apples Fruit juice	24 Breakfast Breakfast Burrito Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Burrito Bites w/ Cheese Sauce Dip Or Mandarin Yogurt Parfait w/ Muffin Ranch Beans Fresh Vegetable of the Day Applesauce Cup Fruit Juice	25 Breakfast Fruit Frudel Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Chili Frito Pie Or Crispy Chicken Wrap Carrots Fresh Vegetable of the Day Fruit Cup Fruit Juice
28 Breakfast Muffins Assorted Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Beef and Cheese Nachos Or Blueberry Yogurt Parfait w/ Muffin Vegetables Fresh Vegetable of the Day Fruit Cup Fruit Juice	29 Breakfast Pancakes Mini Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Hamburger Cheeseburger Or Buffalo Chicken Wrap Tater Tots Green Beans Fresh Vegetable of the Day Pineapple Tidbits Fruit Juice	30 Breakfast Cinnamon Roll String Cheese Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Chicken Nuggets Wheat Roll Or Cold Cut Sub Sandwich Mashed Potatoes w/ Cream Gravy Fresh Vegetable of the Day Mandarin Oranges Fruit Juice	1 Breakfast Breakfast Stuffed Sandwich Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Cheese Calzone *Pepperoni Calzone Or Mandarin Yogurt Parfait w/ Muffin Tossed Salad Fresh Vegetable of the Day Fruit Cup Fruit Juice	2 Breakfast Bagel with Cream Cheese Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Cheese Pizza Pepperoni Pizza Or Ham & Cheese Croissant Smile Potatoes Fresh Vegetable of the Day Fruit Cup Fruit Juice

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