

September

UNITIZED BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> plain whole wheat bagel with cream cheese breakfast cinnamon crumble <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> banana muffin cold english muffin with turkey and cheese <p style="text-align: right;">2</p>
HOLIDAY	<ul style="list-style-type: none"> yogurt with skeeter cinnamon grahams jumpstart breakfast: mini dipper doodle with string cheese <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> breakfast cinnamon crumble honey buttons cereal zac attack strawberry bar <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> lemon muffin plain whole wheat bagel with cream cheese <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> dipper doodle bar (DF) blueberry muffin <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> kashi berry with zac attack skeeter honey grahams with cinnamon rumbles (DF) <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> banana muffin plain whole wheat bagel with cream cheese <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> french toast muffin zac omega bar strawberry (DF) <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> yogurt with granola breakfast cinnamon crumble <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> blueberry burst whole grain bagel with cream cheese jumpstart breakfast: mini dipper doodle string cheese <p style="text-align: right;">16</p>
<ul style="list-style-type: none"> flurries cereal with mini dipper doodle (DF) zac omega bar apple (DF) <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> cold bagel sandwich with cheese lemon muffin <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> dipper doodle bar (DF) yogurt with dick and janes smart crackers <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> string cheese with skeeter cinnamon grahams breakfast cinnamon crumble <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> blueberry muffin plain whole wheat bagel with cream cheese <p style="text-align: right;">23</p>
<ul style="list-style-type: none"> kashi with zac starberry dipper doodle bar (DF) <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> blueberry burst whole grain bagel with cream cheese Yogurt with granola <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> french toast muffin zac omega bar strawberry (DF) <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> mini dipper doodle with hard boiled egg (DF) breakfast cinnamon crumble <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> banana muffin cold english muffin with turkey and cheese <p style="text-align: right;">30</p>

what's new?

Here's some food for thought. Studies show that eating a wholesome breakfast is linked to higher test scores and academic performance for students. Whole grains, protein, and healthy fats help keep students full and engaged all morning long.

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request

This institution is an equal opportunity provider.



September

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> hot breakfast burrito with blueberry burst whole grain bagel and cream cheese breakfast cinnamon crumble 	<ul style="list-style-type: none"> banana muffin rf cocoa bops cereal (DF)
			1	2
HOLIDAY	<ul style="list-style-type: none"> yogurt with skeeter cinnamon grahams jumpstart breakfast: mini dipper doodle string cheese 	<ul style="list-style-type: none"> hot omelet with cheese flurries cereal (DF) blueberry muffin 	<ul style="list-style-type: none"> hot pancakes with syrup lemon muffin plain whole wheat bagel and cream cheese 	<ul style="list-style-type: none"> apple cinna-grins cereal (DF) zac omega bar blackberry (DF)
5	6	7	8	9
<ul style="list-style-type: none"> cocoa bops cereal (DF) skeeter honey grahams with cinnamon rumbles(DF) 	<ul style="list-style-type: none"> hot english muffin with turkey, egg and cheese banana muffin zac omega bar strawberry(DF) 	<ul style="list-style-type: none"> hot waffles with syrup french toast muffin rf honey buttons cereal (DF) 	<ul style="list-style-type: none"> hot egg and sausage quesadilla yogurt with granola breakfast cinnamon crumble 	<ul style="list-style-type: none"> blueberry burst whole grain bagel with cream cheese jumpstart breakfast: mini dipper doodle string cheese
12	13	14	15	16
<ul style="list-style-type: none"> flurries cereal (DF) zac omega bar apple (DF) 	<ul style="list-style-type: none"> hot omelet with cheese apple cinnamon grins cereal (DF) lemon muffin 	<ul style="list-style-type: none"> hot pancakes with syrup dipper doodle bar (DF) yogurt with dick and janes smart crackers 	<ul style="list-style-type: none"> hot english muffin with egg and cheese string cheese/skeeter cinnamon grahams breakfast cinnamon crumble 	<ul style="list-style-type: none"> plain whole wheat bagel with cream cheese blueberry muffin
19	20	21	22	23
<ul style="list-style-type: none"> honey buttons cereal (DF) dipper doodle bar (DF) 	<ul style="list-style-type: none"> hot waffles with syrup blueberry burst whole grain bagel with cream cheese yogurt/granola 	<ul style="list-style-type: none"> hot breakfast burrito french toast muffin cocoa bops cereal (DF) 	<ul style="list-style-type: none"> hot bagel sandwich with cheese mini dipper doodle hard boiled egg/ fruit (DF) breakfast cinnamon crumble 	<ul style="list-style-type: none"> banana muffin cold english muffin with turkey and cheese
26	27	28	29	30

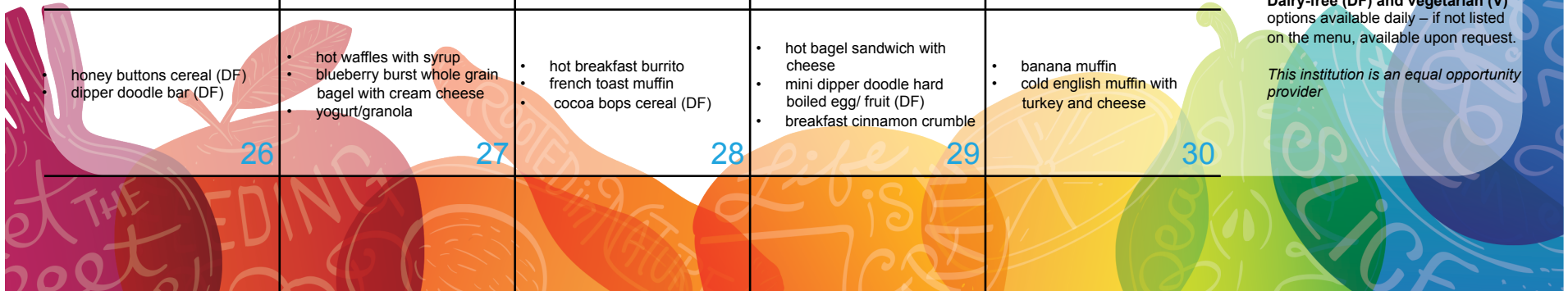
what's new?

Here's some food for thought. Studies show that **eating a wholesome breakfast is linked to higher test scores and academic performance** for students. Whole grains, protein, and healthy fats help keep students full and engaged all morning long.

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider



September

LUNCH PK

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> • all natural hamburger (DF) • sloppy joe (DF) • egg salad sandwich(VG) (DF) ◦ blanched broccoli florets with ranch 	<ul style="list-style-type: none"> • kickin chicken parm pasta • orange chicken rice bowl (DF) • sunbutter and jelly sandwich (VG) ◦ seasoned corn
HOLIDAY	<ul style="list-style-type: none"> • hot turkey & cheddar flatbread melt • chicken potstickers (DF) • southwest veggie wrap (VG) ◦ chilled, seasoned green beans 	<ul style="list-style-type: none"> • firecracker chicken with spicy sesame noodles • sausage pizza • cheese sandwich (VG) ◦ broccoli florets with pinto beans 	<ul style="list-style-type: none"> • bbq chicken sandwich • all natural cheeseburger sunbutter and jelly sandwich (VG) • chopped lettuce and sliced tomatoes with ranch 	<ul style="list-style-type: none"> • bbq chicken pasta with mozzarella • cheese ravioli with marinara sauce (VG) • chillin' chinese chicken noodles ◦ seasoned corn
<ul style="list-style-type: none"> • kickin chicken melt sandwich • bean and cheese burrito (VG) • turkey and cheese sandwich ◦ seasoned corn 	<ul style="list-style-type: none"> • egg and cheese panada pie (VG) • hawaiian meatballs • chicken salad sandwich on a whole grain bun (DF) ◦ blanched broccoli florets with seasoned black beans 	<ul style="list-style-type: none"> • chicken enchiladas • chicken bites (DF) • hummus and whole grain flatbread (VG) ◦ braised greens 	<ul style="list-style-type: none"> • sloppy joe (DF) • buffalo chicken sandwich on a whole grain bun • egg salad sandwich on a whole grain bun (VG) (DF) • sliced cucumber with ranch 	<ul style="list-style-type: none"> • bbq chicken with cheesy rice • chicken taco trio • southwest veggie wrap (VG) ◦ sweet potatoes
<ul style="list-style-type: none"> • ""pepperoni"" calzoni pizza (VG) • jumbo caribbean meatball with rice (DF) • honey mustard chicken wrap ◦ chilled, seasoned green beans 	<ul style="list-style-type: none"> • cheese ravioli with marinara sauce (VG) • chicken fajita burrito • chillin' chinese chicken noodles ◦ diced carrots with pinto beans 	<ul style="list-style-type: none"> • lone star grilled chicken breast sandwich • sweet garlic noodles with chicken thigh • egg salad sandwich (VG) (DF) ◦ sweet potatoes 	<ul style="list-style-type: none"> • all natural cheeseburger • bbq chicken sandwich • hummus and whole grain flatbread (VG) ◦ chopped lettuce and sliced tomatoes with ranch 	<ul style="list-style-type: none"> • bbq meatballs with cheesy rice • chicken pasta alfredo • cheese sandwich (VG) ◦ seasoned corn
<ul style="list-style-type: none"> • chicken taco trio • breakfast for lunch: pancakes w/ omelet (VG) • chicken salad sandwich (DF) • chicken caesar wrap ◦ chilled, seasoned green beans 	<ul style="list-style-type: none"> • chicken enchiladas • cheese pizza panada pie • turkey and cheese sandwich • bbq chicken wrap ◦ pinto beans with baby carrots 	<ul style="list-style-type: none"> • crispy chicken sandwich (DF) • cheese lasagna (VG) • sesame chicken wrap (DF) • garden ranch salad with chicken breast ◦ sweet potatoes 	<ul style="list-style-type: none"> • all natural hot dog (DF) • sloppy joe (DF) • egg salad sandwich (VG) (DF) • chicken pizza party salad ◦ blanched broccoli florets with ranch 	<ul style="list-style-type: none"> • kickin chicken parm pasta • orange chicken rice bowl (DF) • sunbutter and jelly sandwich(VG) • ham and cheese sandwich ◦ seasoned corn

what's new?

Mmm panada! Our new breakfast inspired empanada is filled with fluffy eggs and melted mozzarella cheese. Look for the Egg & Cheese Panada Pie on Sept. 13.

Spice up lunch with our new Kickin' Chicken Parm Pasta. Lightly-breaded chicken tossed with spicy buffalo sauce and plated over corkscrew pasta with tomato marinara and melted mozzarella. Look for it on the menu on Sept 2 and 30!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

◦ Vegetable of the day

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September

LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> • all natural hot dog (DF) • sloppy joe (DF) • egg salad sandwich (VG) (DF) • chicken pizza party salad ◦ blanched broccoli florets <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • kickin chicken parm pasta • orange chicken rice bowl (DF) • sunbutter and jelly sandwich (VG) • ham and cheese sandwich ◦ seasoned corn <p style="text-align: right;">2</p>
HOLIDAY	<ul style="list-style-type: none"> • firecracker chicken with spicy sesame noodles • sausage pizza • honey mustard chicken wrap • cheese sandwich (VG) ◦ edamame with blanched broccoli florets <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • breakfast for lunch: pancakes w/ sausage • hot meatball sub • turkey and cheese sandwich • hummus and whole grain flatbread (VG) ◦ sweet potatoes <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> • bbq chicken sandwich • all natural cheeseburger • chicken salad sandwich(DF) • veggie taco salad (VG) ◦ chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • bbq chicken pasta with mozzarella and corn • cheese ravioli with marinara sauce (VG) • chicken caesar wrap • chillin' chinese chicken noodles ◦ seasoned corn <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> • kickin chicken melt sandwich • bean and cheese burrito (VG) • bbq chicken wrap • turkey and cheese sandwich ◦ seasoned corn <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • egg and cheese panada pie (VG) • baked mac & cheese with chicken sausage combo • chicken salad sandwich (DF) • ham and cheese sandwich ◦ seasoned black beans with blanched broccoli florets <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> • chicken enchiladas • chicken bites (DF) • veggie taco salad (VG) • chicken caesar wrap ◦ braised greens <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • all natural hot dog (DF) • buffalo chicken sandwich • sesame chicken salad • egg salad sandwich (VG) ◦ celery sticks with ranch <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • bbq chicken with cheesy rice • chicken taco trio • garden ranch salad with chicken breast • southwest veggie wrap (VG) ◦ sweet potatoes <p style="text-align: right;">16</p>
<ul style="list-style-type: none"> • "pepperoni" calzoni pizza (meatless) (VG) 1 • jumbo caribbean meatball with rice (DF) • honey mustard chicken wrap • chicken salad sandwich (DF) ◦ chilled, seasoned green beans <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • cheese ravioli with marinara sauce (VG) • chicken fajita burrito • chillin' chinese chicken noodles • veggie chef's salad (VG) ◦ three bean salad with baby carrots <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> • lone star grilled chicken breast sandwich • sweet garlic noodles with chicken thigh • egg salad sandwich (VG) (DF) • turkey and cheese sandwich ◦ sweet potatoes <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • all natural cheeseburger • bbq chicken sandwich • chicken caesar salad • hummus flatbread (VG) ◦ chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • bbq meatballs with cheesy rice • chicken pasta alfredo • cheese sandwich (VG) • sesame chicken wrap (DF) ◦ seasoned corn <p style="text-align: right;">23</p>
<ul style="list-style-type: none"> • chicken taco trio • breakfast for lunch: pancakes w/ omelet (VG) • chicken salad sandwich on a whole grain bun (DF) • chicken caesar wrap ◦ chilled, seasoned green beans <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • chicken enchiladas • cheese pizza panada pie (VG) • turkey and cheese sandwich • bbq chicken wrap ◦ pinto beans with baby carrots <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> • crispy chicken sandwich (DF) • cheese lasagna (VG) • sesame chicken wrap (DF) • garden ranch salad with chicken breast ◦ sweet potatoes <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> • all natural hot dog (DF) • sloppy joe (DF) • egg salad sandwich (VG) (DF) • chicken pizza party salad ◦ blanched broccoli florets with ranch <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • kickin chicken parm pasta • orange chicken rice bowl (DF) • sunbutter and jelly sandwich (VG) • ham and cheese sandwich ◦ seasoned corn <p style="text-align: right;">30</p>

what's new?

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Spice up lunch with our new Kickin' Chicken Parm Pasta. Lightly-breaded chicken tossed with spicy buffalo sauce and plated over corkscrew pasta with tomato marinara and melted mozzarella. Look for it on the menu on Sept 2 and 30!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

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◦ Vegetable of the day

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September

SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> • mini dipperdoodle • string cheese 	<ul style="list-style-type: none"> • honey nutz (soy nuts) • zac attack bar apple
			1	2
HOLIDAY	<ul style="list-style-type: none"> • sunflower seeds • granola with string cheese 	<ul style="list-style-type: none"> • goldfish cheese crackers • multigrain rumbles - ranch • skeeter honey grahams 	<ul style="list-style-type: none"> • blazin hots seeds • mini dipperdoodle 	<ul style="list-style-type: none"> • dick and janes smart crackers • revolution foods honey wheat crackers • goldfish pretzels
5	6	7	8	9
<ul style="list-style-type: none"> • honey roasted corn nuts • mini dipper doodle 	<ul style="list-style-type: none"> • goldfish cheese crackers • dick and janes smart crackers 	<ul style="list-style-type: none"> • honey nutz (soy nuts) • granola with string cheese 	<ul style="list-style-type: none"> • skeeter cinnamon grahams • revolution foods honey wheat crackers • multigrain rumbles - salsa fresca 	<ul style="list-style-type: none"> • zac attack bar apple • string cheese
12	13	14	15	16
<ul style="list-style-type: none"> • blazin hots seeds • mini dipperdoodle 	<ul style="list-style-type: none"> • sunflower seeds • zac attack bar apple 	<ul style="list-style-type: none"> • skeeter honey grahams • goldfish pretzels • goldfish pretzels with string cheese 	<ul style="list-style-type: none"> • honey roasted corn nuts • yogurt 	<ul style="list-style-type: none"> • multigrain rumbles ranch • dick and janes smart crackers • honey wheat crackers
19	20	21	22	23
<ul style="list-style-type: none"> • goldfish cheese crackers with string cheese • multigrain rumbles salsa fresca 	<ul style="list-style-type: none"> • blazin hots seeds • string cheese 	<ul style="list-style-type: none"> • skeeter cinnamon grahams • honey wheat crackers • multigrain rumbles - cinnamon 	<ul style="list-style-type: none"> • zac attack bar apple • yogurt 	<ul style="list-style-type: none"> • honeynutz (soy nuts) • mini dipper doodle
26	27	28	29	30

what's new?

Here's to a snack we can all get behind. Our clean label standard means that your food will never contain artificial colors, flavors, or sweeteners

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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September

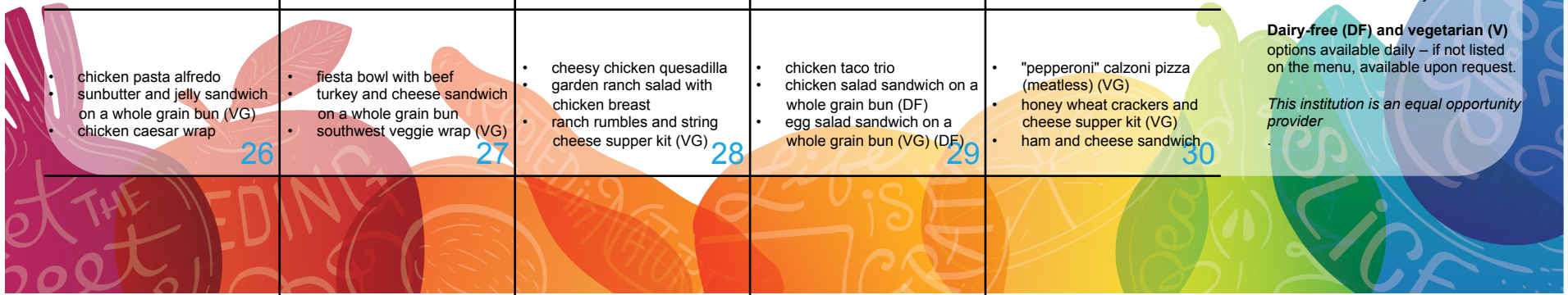
SUPPER

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> "pepperoni" calzoni pizza (meatless) (VG) chicken salad sandwich sunbutter and jelly sandwich (VG) <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> cheesy chicken quesadilla honey wheat crackers and cheese supper kit (VG) ham and cheese sandwich <p style="text-align: right;">2</p>
<p style="text-align: center;">HOLIDAY</p> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> cheese pizza (VG) garden ranch salad with chicken breast chicken and mozzarella wrap with honey mustard <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> chicken fajita burrito southwest veggie wrap (VG) turkey and cheese sandwich <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> bbq chicken with cheesy rice chicken caesar wrap veggie taco salad (VG) <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> all natural hot dog (DF) cheese sandwich (VG) chillin' chinese chicken noodles (DF) <p style="text-align: right;">9</p>
<ul style="list-style-type: none"> sausage pizza egg salad sandwich(VG) (DF) bbq chicken wrap <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> chicken taco trio smart crackers and yogurt(VG) chicken salad sandwich (DF) <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> sloppy joe (DF) veggie taco salad (VG) turkey and cheese sandwich <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> chicken teriyaki with brown rice (DF) sesame chicken salad sunbutter and jelly sandwich (VG) <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> bbq chicken sandwich garden ranch salad with chicken breast cheese sandwich (VG) <p style="text-align: right;">16</p>
<ul style="list-style-type: none"> chicken teriyaki with brown rice (DF) honey wheat crackers and cheese supper kit (VG) chicken and mozzarella wrap with honey mustard <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> cheese ravioli with marinara sauce (VG) garden ranch salad with chicken breast chillin' chinese chicken noodles (DF) <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> chicken potstickers (DF) bbq chicken wrap egg salad sandwich on a whole grain bun (VG) (DF) <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> firecracker chicken with spicy sesame noodles smart crackers and yogurt supper kit (VG) chicken caesar salad <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> all natural cheeseburger turkey and cheese sandwich cheese sandwich on a whole grain bun (VG) <p style="text-align: right;">23</p>
<ul style="list-style-type: none"> chicken pasta alfredo sunbutter and jelly sandwich on a whole grain bun (VG) chicken caesar wrap <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> fiesta bowl with beef turkey and cheese sandwich on a whole grain bun southwest veggie wrap (VG) <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> cheesy chicken quesadilla garden ranch salad with chicken breast ranch rumbles and string cheese supper kit (VG) <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> chicken taco trio chicken salad sandwich on a whole grain bun (DF) egg salad sandwich on a whole grain bun (VG) (DF) <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> "pepperoni" calzoni pizza (meatless) (VG) honey wheat crackers and cheese supper kit (VG) ham and cheese sandwich <p style="text-align: right;">30</p>

Supper: choice of 1% or fat free milk. fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

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September

SALAD BAR

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> • all natural hot dog (DF) • sloppy joe (DF) • egg salad sandwich (VG) (DF) • chicken pizza party salad o salad bar o carrots, lettuce, broccoli, cucumber, croutons <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • kickin chicken parm pasta • orange chicken rice bowl (DF) • sunbutter and jelly sandwich (VG) • ham and cheese sandwich o seasoned corn <p style="text-align: right;">2</p>
HOLIDAY	<ul style="list-style-type: none"> • firecracker chicken with spicy sesame noodles • sausage pizza • honey mustard chicken wrap • cheese sandwich (VG) o salad bar o carrots, lettuce, broccoli kidney beans, cherry tomatoes <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • breakfast for lunch: pancakes w/ sausage • hot meatball sub • turkey and cheese sandwich • hummus and whole grain flatbread (VG) o sweet potatoes <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • bbq chicken sandwich • all natural cheeseburger • chicken salad sandwich(DF) • veggie taco salad (VG) o salad bar o carrots, lettuce, broccoli, cucumber, croutons <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • bbq chicken pasta with mozzarella and corn • cheese ravioli with marinara sauce (VG) • chicken caesar wrap • chillin' chinese chicken noodles o seasoned corn <p style="text-align: right;">9</p>
<ul style="list-style-type: none"> • kickin chicken melt sandwich • bean and cheese burrito (VG) • bbq chicken wrap • turkey and cheese sandwich o seasoned corn <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • egg and cheese panada pie (VG) • baked mac & cheese with chicken • sausage combo • chicken salad sandwich (DF) • ham and cheese sandwich o salad bar o carrots, lettuce, broccoli kidney beans, cherry tomatoes <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> • chicken enchiladas • chicken bites (DF) • veggie taco salad (VG) • chicken caesar wrap o braised greens <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • all natural hot dog (DF) • buffalo chicken sandwich • sesame chicken salad • egg salad sandwich (VG) o salad bar o carrots, lettuce, celery, cucumber, croutons <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • bbq chicken with cheesy rice • chicken taco trio • garden ranch salad with chicken breast • southwest veggie wrap (VG) o sweet potatoes <p style="text-align: right;">16</p>
<ul style="list-style-type: none"> • "pepperoni" calzoni pizza (meatless) (VG) 1 • jumbo caribbean meatball with rice (DF) • honey mustard chicken wrap • chicken salad sandwich (DF) o chilled, seasoned green beans <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • cheese ravioli with marinara sauce (VG) • chicken fajita burrito • chillin' chinese chicken noodles • veggie chef's salad (VG) o salad bar o carrots, lettuce, broccoli kidney beans, cherry tomatoes <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> • lone star grilled chicken breast sandwich • sweet garlic noodles with chicken thigh • egg salad sandwich (VG) (DF) • turkey and cheese sandwich o sweet potatoes <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • all natural cheeseburger • bbq chicken sandwich • chicken caesar salad • hummus flatbread (VG) o salad bar o carrots, lettuce, broccoli, cucumber, croutons <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • bbq meatballs with cheesy rice • chicken pasta alfredo • cheese sandwich (VG) • sesame chicken wrap (DF) o seasoned corn <p style="text-align: right;">23</p>
<ul style="list-style-type: none"> • chicken taco trio • breakfast for lunch: pancakes w/ omelet (VG) • chicken salad sandwich on a whole grain bun (DF) • chicken caesar wrap o chilled, seasoned green beans <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • chicken enchiladas • cheese pizza panada pie (VG) • turkey and cheese sandwich • bbq chicken wrap o salad bar o carrots, lettuce, broccoli kidney beans, cherry tomatoes <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> • crispy chicken sandwich (DF) • cheese lasagna (VG) • sesame chicken wrap (DF) • garden ranch salad with chicken breast o sweet potatoes <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> • all natural hot dog (DF) • sloppy joe (DF) • egg salad sandwich (VG) (DF) • chicken pizza party salad o salad bar o carrots, lettuce, broccoli, cucumber, croutons <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • kickin chicken parm pasta • orange chicken rice bowl (DF) • sunbutter and jelly sandwich (VG) • ham and cheese sandwich o seasoned corn <p style="text-align: right;">30</p>

what's new?

Mmm panada! Our new breakfast inspired empanada is filled with fluffy eggs and melted mozzarella cheese. Look for the Egg & Cheese Panada Pie on DATE.

Spice up lunch with our new Kickin' Chicken Parm Pasta. Lightly-breaded chicken tossed with spicy buffalo sauce and plated over corkscrew pasta with tomato marinara and melted mozzarella. Look for it on the menu on DATE!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

- o Vegetable of the day

This institution is an equal opportunity provider

September

GRAB & GO SUPPER

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> cheese please! pizza chef kit cheddar goldfish /sun seeds/string cheese/ carrots kit <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> cheese please! pizza chef kit cheddar goldfish /sun seeds/string cheese/ carrots kit <p style="text-align: right;">2</p>
<ul style="list-style-type: none"> chicken ranch slider/ chopped lettuce cheddar goldfish/hard boiled egg/string cheese/carrots kit <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> chicken picnic pasta salad smart crackers/soy nuts/string cheese/ raisins kit <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> fiesta chicken slider/ celery goldfish pretzels/string cheese/sun seeds/ carrots kit <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> waffle with syrup and chicken sausage/string cheese/carrots skeeter cinnamon grahams/sunbutter/ string cheese/celery kit <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> teriyaki glazed chicken rf honey wheat crackers/sunbutter/ string cheese/celery kit <p style="text-align: right;">9</p>
<ul style="list-style-type: none"> cheese pizza panada pie/carrots (vg) cheddar goldfish /sun seeds/string cheese/ carrots kit <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> turkey slider/honey nutz/carrots rf honey wheat crackers/sunbutter/ string cheese/celery kit <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> bbq chicken slider/ chopped lettuce (df) smart crackers/sun seeds/string cheese/ carrots kit <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> cheese please! pizza chef kit goldfish pretzels/ sunbutter/string cheese/ celery <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> chicken salad slider/ broccoli skeeter cinnamon grahams/hard boiled egg/string cheese/ carrots kit <p style="text-align: right;">16</p>
<ul style="list-style-type: none"> chicken ranch slider/ chopped lettuce smart crackers/soy nuts/string cheese/ raisins kit <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> chicken picnic pasta salad goldfish pretzels/string cheese/sun seeds/ carrots kit <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> teriyaki glazed chicken skeeter cinnamon grahams/sunbutter/ string cheese/celery kit <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> chicken salad slider/ broccoli cheddar goldfish/hard boiled egg/string cheese/carrots kit <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> bbq chicken slider/ chopped lettuce (df) salsa rumbles/string cheese/honey nutz/ carrots kit <p style="text-align: right;">23</p>
<ul style="list-style-type: none"> * waffle with syrup and chicken sausage/string cheese/carrots goldfish pretzels/string cheese/sun seeds/ carrots kit <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> turkey slider/honey nutz/carrots smart crackers/sun seeds/string cheese/ carrots kit <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> chicken salad slider/ broccoli skeeter cinnamon grahams/hard boiled egg/string cheese/ carrots kit <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> cheese please! pizza chef kit goldfish pretzels/ sunbutter/string cheese/ celery/fruit <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> sweet garlic noodles rf honey wheat crackers/sunbutter/ string cheese/celery kit <p style="text-align: right;">30</p>

what's new?

Noodle on these noodles. We've tossed whole grain elbow pasta with cheddar cheese, diced chicken, tomatoes, and coleslaw dressing for our take on pasta salad. **Look for the Picnic Pasta Salad with Chicken on Sept. 6 and 20.**

Winner winner! We've sauced a white meat chicken breast with sweet and savory teriyaki to create our **Teriyaki Glazed Chicken Slider**. Don't forget to add the lettuce on the side for crunch and color! Look for it on the menu on **September 9.**

Supper: choice of 1% or fat free milk. fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

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