

# September

# BREAKFAST

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG) 1</p> <p>Cinnamon Grahams with String Cheese and Fresh Fruit (VG)</p> <p>Buttermilk Pancakes with Syrup Packet and Fresh Fruit (VG)</p>	<p>Yogurt with Educational Snacks and Fresh Fruit (VG) 2</p> <p>Vanilla Concha Bread with Fresh Fruit (VG)</p>
<p>Whole Grain Cinnamon Chex with Educational Snacks and Fresh Fruit (VG) 5</p> <p>Cinnamon Crumble with Fresh Fruit (VG)</p>	<p>Whole Grain Cheerios with Educational Snacks and Fresh Fruit (VG) 6</p> <p>Blueberry Burst Muffin with Fresh Fruit (VG)</p> <p>Waffle with Syrup Packet and Fresh Fruit (VG)</p>	<p>Yogurt with Cinnamon Grahams and Fresh Fruit (VG) 7</p> <p>Lemon Muffin with Fresh Fruit (VG)</p> <p>Buttermilk Pancakes with Syrup Packet and Fresh Fruit (VG)</p>	<p>Whole Grain BlueBerry Chex with Fresh Fruit (VG) (DF) 8</p> <p>Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG)</p> <p>Egg Scramble Southwest (VG)</p>	<p>Zee Zees Cinnamon Crisp Bar with Fresh Fruit (VG) (DF) 9</p> <p>Banana Muffin with Fresh Fruit (VG)</p>
<p>Whole Grain Cheerios with Educational Snacks and Fresh Fruit (VG) 12</p> <p>Zee Zees Berry Apple Crisp Bar with Fresh Fruit (VG) (DF)</p>	<p>Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG) 13</p> <p>French Toast Muffin with Fresh Fruit (VG)</p> <p>French Toast Sticks with Syrup Packet and Fresh Fruit (VG)</p>	<p>Yogurt with Educational Snacks and Fresh Fruit (VG) 14</p> <p>Cinnamon Grahams with String Cheese and Fresh Fruit (VG)</p> <p>Sausage &amp; Cheddar Biscuit with Fresh Fruit</p>	<p>Lemon Muffin with Fresh Fruit (VG) 15</p> <p>Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG)</p> <p>Classic Egg and Cheese Brekwich with Ketchup Packet and Fresh Fruit (VG)</p>	<p>Cinnamon Crumble with Fresh Fruit (VG) 16</p> <p>Blueberry Burst Muffin with Fresh Fruit (VG)</p>
<p>Whole Grain Cinnamon Chex with Educational Snacks and Fresh Fruit (VG) 19</p> <p>Cinnamon Crumble with Fresh Fruit (VG)</p>	<p>Whole Grain Cheerios with Educational Snacks and Fresh Fruit (VG) 20</p> <p>Banana Muffin with Fresh Fruit (VG)</p> <p>Waffle with Syrup Packet and Fresh Fruit (VG)</p>	<p>Yogurt with Cinnamon Grahams and Fresh Fruit (VG) 21</p> <p>Autumn Spice Muffin with Fresh Fruit (VG)</p> <p>Strawberry Pancake Bowl (VG)</p>	<p>Whole Grain BlueBerry Chex with Fresh Fruit (VG) (DF) 22</p> <p>Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG)</p> <p>Classic Chicken Sausage &amp; Cheddar Brekwich with Syrup Packet and Fresh Fruit</p>	<p>Zee Zees Berry Apple Crisp Bar with Fresh Fruit (VG) (DF) 23</p> <p>Lemon Muffin with Fresh Fruit (VG)</p>
<p>Whole Grain Cheerios with String Cheese and Fresh Fruit (VG) 26</p> <p>Zee Zees Berry Apple Crisp Bar with Fresh Fruit (VG) (DF)</p>	<p>Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG) 27</p> <p>Blueberry Burst Muffin with Fresh Fruit (VG)</p> <p>French Toast Sticks with Syrup Packet and Fresh Fruit (VG)</p>	<p>Yogurt with Educational Snacks and Fresh Fruit (VG) 28</p> <p>Cinnamon Grahams with String Cheese and Fresh Fruit (VG)</p> <p>Sausage &amp; Cheddar Biscuit with Fresh Fruit</p>	<p>Lemon Muffin with Fresh Fruit (VG) 29</p> <p>Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG)</p> <p>Classic Egg and Cheese Brekwich with Ketchup Packet and Fresh Fruit (VG)</p>	<p>Banana Muffin with Fresh Fruit (VG) 30</p> <p>Cinnamon Crumble with Fresh Fruit (VG)</p>

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[surveymonkey.com/r/meals-survey](https://www.surveymonkey.com/r/meals-survey)



**revolution** foods.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

**Dairy-Free (DF)**

**Vegetarian (V)**

This institution is an equal opportunity provider. All grains offered are whole-grain rich.

# September

# LUNCH

NSLP Hot & Cold K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Veggie Chef Salad (VG) 1 Green Chile Cheese & Chicken Quesadilla Red Beans and Rice (DF) Chopped Romaine Lettuce and Tomato Slices	Chicken Salad Sub Sandwich 2 (DF) Cheese Pizza (VG) Chicken Teriyaki (DF) Seasoned Green Beans
<del>                             SunButter, Jelly, Sliced Bread with String Cheese (VG)                              Flame-Broiled Beef Cheeseburger                              Chicken Bites with Savory Pizza Crackers (DF)                              Steamed Corn                         </del>	Plain Bagel with Cream Cheese Packet, String Cheese and Yogurt (VG) Cheese Pizza (VG) All Beef Hot Dog (DF) Baby Carrots	Cheddar Cheese Sub Sandwich with Yogurt (VG) Oven Roasted Chicken Sandwich (DF) Creamy Pasta Alfredo with Yogurt (VG) Cilantro Lime Pinto Beans	Southwest Veggie Wrap (VG) Veggie Chef Salad (VG) BBQ Beef Rib Sandwich (DF) Cheese Enchilada with Seasoned Rice and Black Beans (VG) Chopped Romaine Lettuce and Tomato Slices	Tuna Sandwich Kit (DF) Cheese Pizza (VG) Beef & Bean Burrito (DF) Coleslaw
Pizza Please! Pizza Chef Kit (VG) Crispy Chicken Sandwich (DF) Bean & Cheese Burrito (VG) Baby Carrots	Cheddar Cheese Sub Sandwich with Yogurt (VG) All Beef Hot Dog (DF) Chicken Bites with Savory Pizza Crackers (DF) Seasoned Carrots, Corn and Peas	Sub Sandwich with Turkey (DF) Breakfast for Lunch: Pancakes & Cheesy Omelet with Syrup Packet (VG) Flame-Broiled Beef Cheeseburger Seasoned Green Beans	SunButter, Jelly, Sliced Bread with String Cheese (VG) Beef & Bean Burrito (DF) Pepperoni Pizza Broccoli Florets	Classic Turkey & Cheddar Sandwich Cheese Enchilada with Seasoned Rice and Black Beans (VG) Chicken Tamale with Seasoned Rice (DF) Falafel Nugget
SunButter, Jelly, Sliced Bread with String Cheese (VG) All Beef Hot Dog (DF) Bean & Cheese Burrito (VG) Green Peas	Plain Bagel with Cream Cheese Packet, String Cheese and Yogurt (VG) Flame-Broiled Beef Burger with Honey Wheat Crackers Creamy Pasta Alfredo with Yogurt (VG) Baby Carrots	Sub Sandwich with Turkey (DF) Cheese Enchilada with Seasoned Rice and Black Beans (VG) Pepperoni Pizza Chili Citrus Black Beans and Corn	Southwest Veggie Wrap (VG) Veggie Chef Salad (VG) BBQ Beef Rib Sandwich (DF) Pizza Panada Pie (VG) Fresh Green Leaf Lettuce and Tomato Slices	Sub Sandwich with Turkey (DF) Chicken Bites with Savory Pizza Crackers (DF) Chili Citrus Drumstick with Seasoned Rice and Pinto Beans (DF) Cheese Pizza (VG) Coleslaw
Pizza Please! Pizza Chef Kit (VG) Flame-Broiled Beef Burger (DF) Bean & Cheese Burrito (VG) Baby Carrots	SunButter, Jelly, Sliced Bread with String Cheese (VG) Beef & Bean Burrito (DF) Crispy Chicken Sandwich (DF) Seasoned Carrots, Corn and Peas	Plain Bagel with Cream Cheese Packet, String Cheese and Yogurt (VG) Chicken Bites with Savory Pizza Crackers (DF) Cheese Pizza (VG) Lemon Pepper Green Beans	Sub Sandwich with Turkey (DF) Pepperoni Pizza Breakfast for Lunch: Pancakes & Cheesy Omelet with Syrup Packet (VG) Broccoli Florets	Classic Turkey & Cheddar Sandwich Red Beans and Rice (DF) Cheese Enchilada with Seasoned Rice and Black Beans (VG) Pinto Beans

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Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

**Vegetable of the Day**

**Dairy-Free (DF) Vegetarian (V)** options available daily – if not listed on the menu, available on request

# September

# SNACK

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Cheddar Crisp Crackers w ith Fresh Fruit (VG) <sup>1</sup>	Honey Wheat Crackers w ith Fresh Fruit (VG) (DF) <sup>2</sup>
<del>                     Educational Snacks w ith SunButter (VG) <sup>5</sup> </del>	Savory Pizza Crackers w ith String Cheese (VG) <sup>6</sup>	Cinnamon Grahams w ith Fresh Fruit (VG) <sup>7</sup>	Whole Grain Goldfish Cheddar Crackers w ith Fresh Fruit (VG) <sup>8</sup>	Honey Wheat Crackers w ith String Cheese (VG) <sup>9</sup>
Honey Grahams w ith Fresh Fruit (VG) <sup>12</sup>	Whole Grain Goldfish Cheddar Crackers w ith String Cheese (VG) <sup>13</sup>	Cinnamon Grahams w ith Fresh Fruit (VG) <sup>14</sup>	Educational Snacks w ith String Cheese (VG) <sup>15</sup>	Veggie Crackers w ith Fresh Fruit (VG) <sup>16</sup>
Whole Grain Goldfish Cheddar Crackers w ith String Cheese (VG) <sup>19</sup>	Honey Wheat Crackers w ith String Cheese (VG) <sup>20</sup>	Cheddar Crisp Crackers w ith Fresh Fruit (VG) <sup>21</sup>	Savory Pizza Crackers w ith String Cheese (VG) <sup>22</sup>	Educational Snacks w ith SunButter (VG) <sup>23</sup>
Veggie Crackers w ith Fresh Fruit (VG) <sup>26</sup>	Whole Grain Goldfish Cheddar Crackers w ith String Cheese (VG) <sup>27</sup>	Honey Wheat Crackers w ith Fresh Fruit (VG) (DF) <sup>28</sup>	Educational Snacks w ith Fresh Fruit (VG) <sup>29</sup>	Honey Grahams w ith Fresh Fruit (VG) <sup>30</sup>

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Fresh fruit available daily except when fruit juice, string juice or Sunbutter are served.

**Dairy-Free (DF)**

**Vegetarian (V)**

**Student Favorite** ★