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BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN
NUTRITIOUS AND INNOVATIVE MENUS
 EARLY CHILDHOOD EDUCATION



MONDAY | 28

TUESDAY | 29

WEDNESDAY | 30

THURSDAY | 31

FRIDAY | Sept 1

BREAKFAST

Whole Grain Bagel w/ Cream Cheese V	Strawberry Banana Bash Yogurt w/ Graham Crackers V	Cinnamon French Toast Bites V	Blueberry Patch Parfait w/ Graham Crackers V	Strawberry Guava Danish V
Orange Wedges	Fresh Apple Slices	Diced Pears	Frozen Blueberries	Applesauce

Daily offerings include assorted cereal bowls served with graham cracker. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. **V** denotes vegetarian choices (including milk and eggs) and **VE** denotes vegan choices. Locally Sourced items noted in green. This menu is subject to change and based upon product availability.

LUNCH

Grilled Chicken Sandwich	Spaghetti & Marinara w/ Turkey Meatballs	Cheeseburger	Arroz Con Pollo	Philly Cheese Steak Sandwich
Veggie Burger V	Sunbutter & Jelly Sandwich VE	Falafel Rice Bowl V	Teriyaki Tofu & Vegetable Lo Mein V	Cheese Pizza V
Seasoned Potato Wedges	Parmesan Green Beans	Roasted Broccoli & Carrots	Sweet & Sour Vegetables	Baked Sweet Potato Wedges
Fresh Apple Slices	Diced Pears	Fresh Blueberries	Fresh Banana	Diced Peaches

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MONDAY | 4

TUESDAY | 5

WEDNESDAY | 6

THURSDAY | 7


FRIDAY | 8

BREAKFAST

Cinnamon French Toast Bites V	Tropical Mago Breakfast Round V	Purple Daze Smoothie w/ <i>Graham Crackers</i> V	Maple Madness Mini Waffles V	Double Berry Parfait w/ <i>Graham Crackers</i> V
Fresh Blueberries	Mixed Fruit Salad	Diced Peaches	Fresh Banana	Fresh Strawberries

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LUNCH

Mo' Burger on <i>Whole Grain Bun</i> w/ <i>Cheese and 1000 Island Dressing</i>	Glorious Macaroni & Cheese V	Big City Bites Brazilian Steak Sandwich 	French Toast Sticks & Turkey Sausage Patty w/ <i>Syrup</i>	Chicken Broccoli Alfredo Mac & Cheese
Black Bean & Sweet Potato Quesadilla V w/ <i>Salsa</i>	Veggie Lo Mein V	Veggie Burger V	Veggie Tortellini V	Mediterranean Flatbread V
Seasoned Black Beans	Citrus Glazed Carrots	Parmesan Green Beans	Seasoned Potato Wedges	Oven Sautéed Spinach
Orange Wedges	Fresh Apple Slices	Diced Pears	Orange Wedges	Fresh Banana

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MONDAY | 11

TUESDAY | 12

WEDNESDAY | 13

THURSDAY | 14

FRIDAY | 15

BREAKFAST

Cherry Frudel V	Strawberry Guava Danish V	Oatmeal Raisin Round V	Whole Grain Bagel w/ Cream Cheese V	Strawberry Banana Bash Yogurt w/Graham Crackers V
Fresh Apple Slices	Mixed Melon	Fresh Banana	Pineapple Tidbits	Fresh Tangerines

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LUNCH

Start of National Hispanic Heritage Month

Lasagna Roll Up V	Chicken Tinga Soft Tacos	Spaghetti & Turkey Marinara Sauce	Grilled Chicken Sandwich	Salvadorian Chicken w/Brown Rice
Lentil Dal w/ Flatbread V	Veggie Burger V	Cauliflower, Chickpea & Potato Curry w/Brown Rice V	Veggie Pizza V	Bean & Queso Blanco Quesadilla V
Stewed Chickpeas and Zucchini	Sweet Plantains	Roasted Broccoli & Carrots	Sweet Yellow Corn	Mexican Roasted Sweet Potatoes
Diced Peaches	Fresh Banana	Orange Wedges	Fresh Blueberries	Fresh Apple Slices

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MONDAY | 18

TUESDAY | 19

WEDNESDAY | 20

THURSDAY | 21

FRIDAY | 22

BREAKFAST

Cinnamon French Toast Bites V	Cherry Frudel V	Maple Madness Mini Waffles V	Cinnamon Mini Bagels V	Honey Cranberry & Pear Parfait V
Fresh Banana	Diced Peaches	Fresh Apple Slices	Pineapple Tidbits	Diced Pears

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LUNCH

Chicken Parm Pasta	Grecian Chicken & Citrus Brown Rice Bowl w/ Roasted Chickpeas	National Pepperoni Pizza Day Turkey Pepperoni Pizza	Butter Chicken w/ Brown Rice	Fajita Chicken & Spanish Rice
Glorious Macaroni & Cheese V	Vegan Rainbow Chili w/ Dinner Roll V	Veggie Tortellini V	Asian Noodle & Broccoli Bowl V	Garden Veggie Wrap V
Roasted Tuscan Vegetables	Sweet Peas	Basil Corn Salad	Roasted Broccoli & Carrots	Collard Greens
Diced Peaches	Fresh Blueberries	Mandarin Oranges	Fresh Apple Slices	Applesauce

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MONDAY | 25

TUESDAY | 26

WEDNESDAY | 27

THURSDAY | 28

FRIDAY | 29

BREAKFAST

Cinnamon Mini Bagels V	Berry Banana Smoothie w/ <i>Graham Crackers</i> V	Mini Blueberry Waffles V	Just Peachy Parfait w/ <i>Graham Crackers</i> V	Apple Frudel V
Fresh Apple Slices	Fresh Strawberries	Orange Wedges	Diced Pears	Frozen Blueberries

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LUNCH

Hamburger	Chicken Parm Pasta	Big City Bites Brazilian Steak Sandwich	Cheese Pizza V	Glorious Macaroni & Cheese V
Bean & Cheese Nachos V	Teriyaki Tofu with Vegetable Lo Mein V	Falafel Rice Bowl V	Veggie Burger V	Paella with Edamame & Tofu V
Sweet Plantains	Sauteed Kale with Ginger	Garlic Mashed Potatoes	Roasted Broccoli	Parmesan Green Beans
Mandarin Oranges	Fresh Banana	Applesauce	Fresh Blueberries	Diced Peaches

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