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BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN
NUTRITIOUS AND INNOVATIVE MENUS
 ELEMENTARY SCHOOL



MONDAY | 28

TUESDAY | 29

WEDNESDAY | 30

THURSDAY | 31

FRIDAY | Sept 1

BREAKFAST

Colby Jack Egg Omelet w/ Buttermilk Biscuit V	Egg & Cheese Flatbread Sandwich V	Sausage & Cheese Breakfast Sandwich on an English Muffin	Whole Grain Pancakes w/Warm Syrup V	Egg & Potato Breakfast Burrito
Whole Grain Bagel w/Cream Cheese V	Strawberry Banana Bash Yogurt w/Graham Crackers V	Cinnamon French Toast Bites V	Blueberry Patch Yogurt Parfait w/ Graham Cracker V	Strawberry Guava Danish V
Orange Wedges Mixed Fruit Salad	Fresh Apples Fresh Tangerine	Orange Wedges Diced Peaches	Fresh Nectarine Fresh Blueberries	Applesauce Fresh Banana

Daily offerings include assorted cereal bowls with graham crackers or assorted muffins with cheese stick. 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 & Beef Marinara w/Cheesy Breadstick	Cheeseburger	Arroz Con Pollo	Philly Cheese Steak w/Peppers & Onions
Veggie Burger V	Grilled Cheese Sandwich V	Falafel Brown Rice Bowl V	Baked Teriyaki Tofu w/ Vegetable Lo Mein V	Cheese Pizza V
Tuna Salad Sandwich	Sunbutter & Jelly Sandwich VE	Chicken Salad Sandwich	Hearty Garden Salad w/Tortilla Chips V	Jalapeño Lime Chicken Wrap
Seasoned Potato Wedges Oven Sauteed Spinach	Roasted Tuscan Vegetables Parmesan Green Beans	Sweet Plantains Roasted Broccoli & Carrots	Sweet & Sour Vegetables Collard Greens	Roasted Broccoli & Bell Peppers Roasted Sweet Potato
Red Seedless Grapes Fresh Whole Apple	Fresh Pears Fresh Whole Apple	Fresh Blueberries Orange Wedges	Fresh Banana Applesauce	Fresh Cantaloupe Pineapple Tidbits

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MONDAY | 4

TUESDAY | 5

WEDNESDAY | 6

THURSDAY | 7


FRIDAY | 8

BREAKFAST

Potato Egg & Cheese Breakfast Bowl w/ Salsa V	Whole Grain French Toast Sticks w/ Syrup VE	Bagel Egg & Cheese Sandwich V	Pancake & Sausage Breakfast on a Stick	Cinnamon Roll V
Cinnamon French Toast Bites V	Tropical Mango Breakfast Round V	Purple Daze Smoothie w/Graham Crackers V	Maple Madness Mini Waffles V	Double Berry Parfait w/Graham Crackers V
Fresh Blueberries Fresh Tangerine	Baked Cinnamon Apples Mixed Fruit Salad	Diced Peaches Orange Wedges	Fresh Banana Fresh Pear	Fresh Strawberries Fresh Whole Apple

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LUNCH

Mo' Burger on Whole Grain Bun w/Cheese and 1000 Island Dressing	Glorious Macaroni & Cheese w/Garlic Knot V	Big City Bites Brazilian Steak Sandwich 	French Toast Sticks & Turkey Sausage w/Syrup	Chicken & Broccoli Alfredo Mac & Cheese w/Twisted Breadstick
Black Bean & Sweet Potato Quesadilla V	Veggie Lo Mein VE	Veggie Burger V	Veggie Tortellini with Cheesy Breadstick V	Mediterranean Flatbread V
Classic Hummus Box VE	Hearty Garden Salad w/Dinner Roll V	Chicken Caesar Wrap	Greek Salad w/Oven Fired Flat Bread V	Tuna Salad Sandwich
Seasoned Black Beans Sweet Plantains	Citrus Glazed Carrots Garden Side Salad	Parmesan Green Beans Tomato Cucumber Salad	Seasoned Potato Wedges Caesar Side Salad	Oven Sauteed Spinach Coleslaw
Orange Wedges Diced Pears	Fresh Whole Apple Fresh Tangerine	Green Seedless Grapes Mixed Fruit Salad	Orange Wedges Baked Cinnamon Apples	Fresh Banana Fresh Tangerine

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MONDAY | 11

TUESDAY | 12

WEDNESDAY | 13

THURSDAY | 14

FRIDAY | 15

BREAKFAST

Whole Grain Pancakes w/ Syrup V	Southern Style Sweet Potato Breakfast Bowl w/Scrambled Eggs & Gravy V	Biscuit with Old Fashioned Country Gravy V	Turkey Sausage Breakfast Pizza	Scrambled Eggs w/ Whole Grain Biscuit V
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 Whole Apple Diced Peaches	Melon Mix Pineapple Tidbits	Fresh Blueberries Fresh Banana	Pineapple Tidbits Fresh Whole Pear	Fresh Tangerine Diced Pears

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LUNCH

**Start of National Hispanic
Heritage Month**

Lasagna Roll Up w/ Twisted Breadstick V	Chicken Tinga Crunchy Tacos	Spaghetti & Turkey Marinara Sauce	Turkey Hot Dog	Salvadorian Chicken w/Brown Rice
Lentil Dal with Flatbread V	Veggie Burger V	Cauliflower, Chickpea, & Potato Curry w/ Brown Rice V	Veggie Pizza V	Bean & Queso Blanco Quesadilla V
Chicken Salad Sandwich	Spinach Salad w/ Oven Fired Flatbread V	Falafel & Vegetable Sub V	Buffalo Chicken Wrap	Sunbutter & Jelly Sandwich VE
Stewed Chickpeas & Zucchini Mixed Garden Veggies	Sweet Plantains Seasoned Black Beans	Roasted Broccoli & Carrots Ceasar Side Salad	Oven Sauteed Spinach Sweet Yellow Corn	Roasted Corn Mexican Roasted Sweet Potato
Red Seedless Grapes Orange Wedges	Fresh Banana Baked Cinnamon Apples	Orange Wedges Red Seedless Grapes	Fresh Blueberries Diced Peaches	Fresh Whole Apple Mixed Fruit Salad

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MONDAY | 18

TUESDAY | 19

WEDNESDAY | 20

THURSDAY | 21

FRIDAY | 22

BREAKFAST

Chocolate Chip French Toast Bites V	Turkey Sausage Breakfast Pizza	Cherry Frudel V	Egg & Potato Breakfast Burrito V	Hearty Oatmeal w/ <i>Crunchy Granola Topping & Warm Berries</i> VE
Apple Frudel V	Cinnamon French Toast Bites V	Maple Madness Mini Waffles V	Cinnamon Cream Cheese Filled Mini Bagels V	Honey Pear & Cranberry Parfait w/ <i>Graham Crackers</i> V
Fresh Banana Orange Wedges	Fresh Whole Pear Fresh Tangerine	Fresh Whole Apple Fresh Strawberries	Pineapple Tidbits Diced Peaches	Fresh Strawberries Fresh Cantaloupe

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LUNCH

Chicken Parm Pasta	Grecian Chicken & Citrus Brown Rice Bowl w/ <i>Roasted Chickpeas</i>	National Pepperoni Pizza Day Turkey Pepperoni Pizza	Butter Chicken w/ <i>Brown Rice</i>	Beef Taco w/ <i>Diced Tomato & Shredded Lettuce</i>
Glorious Macaroni & Cheese w/ <i>Garlic Knot</i> V	Vegan Rainbow Chili w/ <i>Dinner Roll</i> V	Veggie Tortellini w/ <i>Cheesy Breadstick</i> V	Asian Noodle & Broccoli Bowl V	Garden Veggie Wrap VE
Hearty Garden Salad w/ <i>Tortilla Chips</i> V	Egg Salad Sandwich V	Classic Hummus Box VE	Jerk Chicken Wrap	Chicken Salad Sandwich
Roasted Tuscan Vegetables Caesar Side Salad	Garlic Mashed Potatoes Sweet Peas	Basil Corn Salad Sweet Plantains	Roasted Broccoli & Carrots Garden Side Salad	Collard Greens Seasoned Black Beans
Fresh Nectarine Diced Pears	Fresh Blueberries Diced Peaches	Fresh Tangerine Mixed Fruit Salad	Fresh Whole Apple Green Seedless Grapes	Fresh Pears Applesauce

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MONDAY | 25

TUESDAY | 26

WEDNESDAY | 27

THURSDAY | 28

FRIDAY | 29

BREAKFAST

Cheesy Scrambled Eggs w/ Toast V	Biscuit with Old Fashioned Country Gravy V	Egg & Cheese Biscuit Sandwich V	French Toast Sticks w/ Syrup VE	Turkey Sausage Breakfast Pizza
Cinnamon Mini Bagels V	Berry Banana Smoothie w/ Graham Crackers V	Mini Blueberry Waffles V	Just Peachy Parfait w/Graham Crackers V	Ultra Berry Bread V
Fresh Whole Apple Diced Pears	Fresh Strawberries Mixed Fruit Salad	Fresh Nectarine Orange Wedges	Baked Cinnamon Apples Diced Pears	Fresh Banana Fresh Blueberries

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LUNCH

Hamburger	Chicken Parm Pasta w/Garlic Knot	Big City Bites Brazilian Steak Sandwich	Cheese Pizza V	Glorious Macaroni & Cheese w/Garlic Knot V
Bean & Cheese Nachos V	Baked Teriyaki Tofu w/ Vegetable Lo Mein	Grilled Cheese Sandwich V	Veggie Burger V	Vegetarian Paella with Edamame, Baked Tofu, & Dinner Roll V
Buffalo Chicken Wrap	Sunbutter and Jelly Sandwich VE	Classic Hummus Box VE	Hearty Garden Salad w/Tortilla Chips V	Sweet Thai Chili Chicken Wrap
Sweet Plantains Roasted Mexican Corn	Sauteed Kale w/Ginger Seasoned Green Beans	Garlic Mashed Potatoes Sauteed Spinach	Roasted Broccoli Seasoned Potato Wedges	Roasted Mushrooms Parmesan Green Beans
Fresh Tangerine Red Seedless Grapes	Fresh Banana Diced Peaches	Green Seedless Grapes Fresh Whole Apple	Fresh Blueberries Fresh Pears	Fresh Peach Mixed Fruit Salad

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