



September 2023 Breakfast Menu



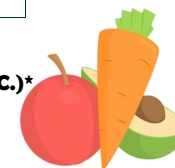
	Mon	Tue	Wed	Thu	Fri
Week 1					
Week 2				7 Whole Wheat Pancakes with Syrup Raspberries 1% Low Fat Milk	8 Baked Turkey Bacon Hash Browns Honeydew 1% Low Fat Milk
Week 3	11 Fresh Croissant Applesauce 1% Low Fat Milk	12 Bran Muffin Bananas 1% Low Fat Milk	13 Honey Wheat Bagel with Cream Cheese Apples 1% Low Fat Milk	14 Whole Wheat Corn Muffin Oranges 1% Low Fat Milk	15 Baked Turkey Bacon Whole Wheat Toast Watermelon 1% Low Fat Milk
Week 4	18 Cereal: All Bran Sliced Peaches 1% Low Fat Milk	19 Waffles with Syrup Bananas 1% Low Fat Milk	20 Whole Wheat Pancakes with Syrup Kiwi 1% Low Fat Milk	21 Bran Muffin Strawberries 1% Low Fat Milk	22 Baked Turkey Bacon Hash Browns Honeydew 1% Low Fat Milk
Week 5	25 Whole Wheat Bagel with Cream Cheese Apricot Halves 1% Low Fat Milk	26 Corn Muffin Bananas 1% Low Fat Milk	27 Whole Wheat Pancakes with Syrup Oranges 1% Low Fat Milk	28 Fresh Whole Wheat Corn Muffin Strawberries 1% Low Fat Milk	29 Baked Turkey Bacon Whole Wheat Toast Mixed Fruit Cup 1% Low Fat Milk



MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY OF PRODUCTS* *ANY MILK SUBSTITUTIONS REQUIRE A DOCTOR'S NOTE (I.E. ALMOND, OAT, ETC.)

100% FRESH FRUITS & VEGETABLES: BANANAS * PINEAPPLE * APPLES * HONEYDEW * TANGERINES * BROCOLLI * CARROTS * ETC.

VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY





September 2023 Vegetarian Breakfast Menu



	Mon	Tue	Wed	Thu	Fri
Week 1					
Week 2				7 Whole Wheat Pancakes with Syrup Raspberries 1% Low Fat Milk	8 Morningstar Farms® Veggie Breakfast Sausage Hash Browns Honeydew 1% Low Fat Milk
Week 3	11 Fresh Croissant Applesauce 1% Low Fat Milk	12 Bran Muffin Bananas 1% Low Fat Milk	13 Honey Wheat Bagel with Cream Cheese Apples 1% Low Fat Milk	14 Whole Wheat Corn Muffin Oranges 1% Low Fat Milk	15 Morningstar Farms® Veggie Breakfast Sausage Whole Wheat Toast Watermelon 1% Low Fat Milk
Week 4	18 Cereal: All Bran Sliced Peaches 1% Low Fat Milk	19 Waffles with Syrup Bananas 1% Low Fat Milk	20 Whole Wheat Pancakes with Syrup Kiwi 1% Low Fat Milk	21 Bran Muffin Strawberries 1% Low Fat Milk	22 Morningstar Farms® Veggie Breakfast Sausage Hash Browns Honeydew 1% Low Fat Milk
Week 5	25 Whole Wheat Bagel with Cream Cheese Apricot Halves 1% Low Fat Milk	26 Corn Muffin Bananas 1% Low Fat Milk	27 Whole Wheat Pancakes with Syrup Oranges 1% Low Fat Milk	28 Fresh Whole Wheat Corn Muffin Strawberries 1% Low Fat Milk	29 Morningstar Farms® Veggie Breakfast Sausage Whole Wheat Toast Mixed Fruit Cup 1% Low Fat Milk



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100% FRESH FRUITS & VEGETABLES: BANANAS * PINEAPPLE * APPLES * HONEYDEW * TANGERINES * BROCOLLI * CARROTS * ETC.





September 2023 Lunch Menu



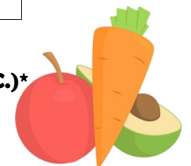
	Mon	Tue	Wed	Thu	Fri
Week 1					
Week 2				7 Yellow Rice Chicken Breast Mixed Vegetables Pineapple 1% Low Fat Milk	8 Jamaican Patties Corn/Watermelon Whole Wheat Roll 1% Low Fat Milk
Week 3	11 Chicken Patties w/ Cheese Whole Wheat Bun Carrots Mixed Fruit Cups 1% Low Fat Milk	12 Chicken Tenders French Fries String Beans & Pears 1% Low Fat Milk	13 Rice and Beans w/ Baked Plantains Mixed Salad 1% Low Fat Milk	14 Baked Mozzarella Sticks Whole Wheat Italian Bread Carrots & Pineapple 1% Low Fat Milk	15 Turkey Lasagna Cauliflower & Apple Whole Wheat Roll 1% Low Fat Milk
Week 4	18 Turkey Spaghetti Spinach & Pears 1% Low Fat Milk	19 Baked Turkey with Gravy Mashed Potatoes Mixed Salad/Cornbread 1% Low Fat Milk	20 Baked Chicken Baked Potato Wedges Apples Whole Wheat Roll 1% Low Fat Milk	21 Chicken Patties w/ Cheese Whole Wheat Bun Mixed Vegetables Pineapples 1% Low Fat Milk	22 Fresh Cheese Pizza Corn Mixed Fruit Cup 1% Low Fat Milk
Week 5	25 Baked Penne Pasta Cucumber Salad Apples 1% Low Fat Milk	26 Baked Chicken & Baked Plantains Rice & Peas, Pineapples 1% Low Fat Milk	27 Turkey Burger Whole Wheat Bun Carrots & Mixed Fruit Cup 1% Low Fat Milk	28 Crispy Baked Fish w/Hawaiian Wheat Roll French Fries & Strawberries 1% Low Fat Milk	29 Jamaican Patties Corn/Pears Whole Wheat Roll 1% Low Fat Milk



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100% FRESH FRUITS & VEGETABLES: BANANAS * PINEAPPLE * APPLES * HONEYDEW * TANGERINES * BROCCOLI * CARROTS * ETC.

VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY





September 2023 Vegetarian Lunch Menu



	Mon	Tue	Wed	Thu	Fri
Week 1					
Week 2				7 Yellow Rice Morningstar Farms® Chik'n Nuggets Mixed Vegetables Pineapple 1% Low Fat Milk	8 Morningstar Farms® Garden Veggie Patties Corn/Watermelon Whole Wheat Roll 1% Low Fat Milk
Week 3	11 Gardenburger® Hamburger w/ Cheese & Whole Wheat Bun Carrots Mixed Fruit Cup 1% Low Fat Milk	12 Morningstar Farms® Chik'n Nuggets French Fries String Beans & Pears 1% Low Fat Milk	13 Rice and Beans w/ Baked Plantains Mixed Salad 1% Low Fat Milk	14 Baked Mozzarella Sticks Whole Wheat Italian Bread Carrots & Pineapple 1% Low Fat Milk	15 Tofu Lasagna Cauliflower & Apple Whole Wheat Roll 1% Low Fat Milk
Week 4	18 Tofu Spaghetti Spinach & Pears 1% Low Fat Milk	19 Morningstar Farms® Chik'n Nuggets w/ Gravy Mashed Potatoes Mixed Salad/Cornbread 1% Low Fat Milk	20 BBQ Morningstar Farms® Chik'n Nuggets Baked Potato Wedges Apples Whole Wheat Roll 1% Low Fat Milk	21 Gardenburger® Hamburger w/ Cheese & Whole Wheat Bun Mixed Vegetables Pineapples 1% Low Fat Milk	22 Fresh Cheese Pizza Corn Mixed Fruit Cup 1% Low Fat Milk
Week 5	25 Baked Penne Pasta Cucumber Salad Apples 1% Low Fat Milk	26 BBQ Morningstar Farms® Chik'n Nuggets & Baked Plantains Rice & Peas, Pineapples 1% Low Fat Milk	27 Gardenburger® Hamburger on a Whole Wheat Bun Carrots & Mixed Fruit Cup 1% Low Fat Milk	28 Morningstar Farms® Chik'n Nuggets w/Hawaiian Wheat Roll French Fries & Strawberries 1% Low Fat Milk	29 Morningstar Farms® Garden Veggie Patties Corn/Pears Whole Wheat Roll 1% Low Fat Milk



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September 2023 Snack Menu



	Mon	Tue	Wed	Thu	Fri
Week 1					
Week 2				7 Whole Grain Cheez-Its Mixed Fruit Cup	8 Whole Grain Waffle Grahams Applesauce
Week 3	11 Whole Grain Animal Crackers 100% Apple Juice Apricot Halves*	12 W/G Pretzels & Cheese Cubes Oranges	13 Graham Crackers Bananas	14 Whole Grain Cheez-Its Mixed Fruit Cup	15 Whole Grain Waffle Grahams Sliced Peaches
Week 4	18 Whole Grain Animal Crackers 100% Apple Juice Mixed Fruit Cup*	19 Vanilla Grahams Apple Juice	20 Whole Grain Waffle Grahams Applesauce	21 Whole Grain Cheez-Its Mixed Fruit Cup	22 Whole Grain Waffle Grahams 100% Apple Juice
Week 5	25 Whole Grain Animal Crackers 100% Apple Juice Mixed Fruit Cup*	26 Saltine Crackers Cheese Cubes 100% Grape Juice	27 Graham Crackers 100% Orange Juice	28 Whole Grain Cheez-Its Mixed Fruit Cup	29 Whole Grain Waffle Grahams 100% Apple Juice



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****Note: When 100% Juice is served, students six years old and above receive the juice and fruit listed.***

