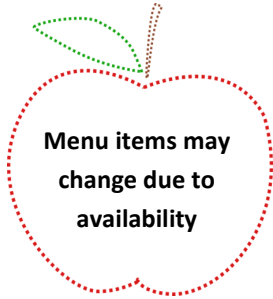


# SEPTEMBER



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## THURSDAY 1

Oatmeal & Choc. Chip Breakfast Bar

### LUNCH

Bean & Cheese Burrito w/ Salsa  
Fiesta Corn  
100% Fruit Slush

## FRIDAY 2



## MONDAY 5



## TUESDAY 6

Pop-Tart & Cheese Stick  
**LUNCH**  
Uncrustables  
Carrots & Ranch  
Sour Raisins  
*Turkey Sandwich available upon request*

## WEDNESDAY 7

Go-Gurt & Graham Crackers  
**LUNCH**  
Turkey-Ham & Cheese Sub  
Power Juice  
Doritos  
Fresh Fruit

## THURSDAY 8

Mini Blueberry Loaf  
**LUNCH**  
Beef Taco Stick w/ Salsa  
Bean & Cheese Cup  
Fresh Nectarine

## FRIDAY 9

French Toast Benefit Bar  
**LUNCH**  
Cheese Pizza  
Steamed Broccoli  
Pineapple

## MONDAY 12

Chocolate Chip Muffin Top  
**LUNCH**  
Cheese Quesadilla  
Mexicorn  
Salsa  
Fresh Pear

## TUESDAY 13

Blueberry Muffin  
**LUNCH**  
Orange Chicken & Rice Bowl  
Steamed Broccoli  
Mandarin Oranges  
Fortune Cookie

## WEDNESDAY 14

Oatmeal & Apple Round  
**LUNCH**  
Breaded Chicken Sandwich  
French Fries  
Blueberries

## THURSDAY 15

Super Donut  
**LUNCH**  
Turkey Hot Dog  
Vegetarian Baked Beans  
Fresh Orange Wedges

## FRIDAY 16

Cereal Bar & String Cheese  
**LUNCH**  
Cheeseburger  
Carrots & Cucumbers w/ Ranch  
100% Apple Juice

## MONDAY 19

Mini Glazed Breakfast Bites  
**LUNCH**  
Grilled Cheese Sandwich  
Green Beans  
Strawberries

## TUESDAY 20

Apple Loaf  
**LUNCH**  
Beefy Macaroni & Breadstick  
CA Blend Veggies  
Fresh Orange Wedges

## WEDNESDAY 21

Banana Bread  
**LUNCH**  
Chicken Tenders & Hawaiian Roll  
Tater Tots  
Strawberry-Apple Crisps

## THURSDAY 22

Apple Jacks & String Cheese  
**LUNCH**  
Beefy Nachos  
Seasoned Charro Beans  
100% Grape Juice

## FRIDAY 23

Soft Cinnamon Toast Crunch Bar  
**LUNCH**  
Pepperoni Pizza  
Roasted Parmesan Broccoli  
Fresh Grapes

## MONDAY 26

Banana Muffin  
**LUNCH**  
Chicken Nuggets & Hawaiian Roll  
Power Juice Box  
Diced Pears

## TUESDAY 27

Mini Cinnamon Rolls  
**LUNCH**  
Corn Dog  
Seasoned Spiral French Fries  
Sour Raspberry Raisins

## WEDNESDAY 28

Bagel w/ Cream Cheese  
**LUNCH**  
Macaroni & Cheese  
Garlic Broccoli  
Sliced Peaches

## THURSDAY 29

Buttermilk Donut Stick  
**LUNCH**  
Red Chicken Tamale  
Tex-Mex Beans  
Mango w/ Tajin

## FRIDAY 30

Cereal & Cheese Stick  
**LUNCH**  
French Bread Cheese Pizza  
Vegetable Salad  
Fresh Fruit Variety

K-8 Breakfast and Lunch Menu

Milk, Juice & Fruit Variety Served Daily with Meals.



This institution is an equal opportunity provider.

# Septiembre



Pague sus tarifas escolares, administre las cuentas de sus estudiantes y solicite comidas gratis oa precio reducido. Trabajando juntos, estamos fortaleciendo las escuelas.

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## JUEVES 1

Barra de Avena c. Chocolate  
**LUNCH**  
Burrito de Frijol con Queso /Salsa  
Elote  
Hielito de Fruta

## VIERNES 2



## LUNES 5



## MARTES 6

Pop-Tart Palito de Queso  
**LUNCH**  
Uncrustable de Many y Mermelada  
Zanahorias/ Ranch  
Pasas Agrias

## MIERCOLES 7

Yogur y Galletas  
**LUNCH**  
Sandwich de Hamon de Pavo/ Queso  
Jugo/Papitas  
Fruta Fresca

## JUEVES 8

Pan de Arandano  
**LUNCH**  
Taco en Palo de Carne/ Salsa  
Frijoles c. Queso  
Nectarina

## VIERNES 9

Barra de Pan Frances  
**LUNCH**  
Pizza de Queso  
Brocoli al Vapor  
Pina

## LUNES 12

Mollete  
**LUNCH**  
Quesadilla  
Elote Y Salsa  
Pera Fresca

## MARTES 13

Mollete de Arando  
**LUNCH**  
Pollo Ala Naranja c. Arroz  
Brocoli  
Mandarina

## MIERCOLES 14

Ronda de Harina de Manzana  
**LUNCH**  
Sandwich de Pollo Empanisado  
Papas Fritas  
Arandanos

## JUEVES 15

Super Dona  
**LUNCH**  
Hot Dog de Pavo  
Frijoles Vegetarianos  
Gajos de Naranja

## VIERNES 16

Barra de Cereal Palito de Queso  
**LUNCH**  
Hamburguesa/ Queso  
Zanahorias y Pepino c. Ranch  
Jugo de Manzana

## LUNES 19

Mini Bocadas de Desayuno  
**LUNCH**  
Sandwich de Queso ala Parilla/Ejotes  
Fresas

## MARTES 20

Panecillo de Manzana  
**LUNCH**  
Maccaron c. Carne/Palito de Pan Verduras  
Gajos de Naranja

## MIERCOLES 21

Pan de Platano  
**LUNCH**  
Tiras de Pollo Empanisado/ Pan Hawaiano  
Papas Crujients  
Manzana Frita

## JUEVES 22

Cereal Apple Jacks y Palito de Queso  
**LUNCH**  
Nachos c. Carne  
Frijoles Charro  
Jugo de Uva

## VIERNES 23

Barra de Desayuno  
**LUNCH**  
Pizza de Pepperoni  
Brocoli  
Uvas Frescas

## LUNES 26

Mollete de Platano  
**LUNCH**  
Nuggets de Pollo y Pan Hawaiano  
Jugo  
Peras Picadas

## MARTES 27

Rollos de Canela Mini  
**LUNCH**  
Corn Dog de Pollo / Papas Fritas  
Pasas Agrias

## MIERCOLES 28

Bagel y Queso Crema  
**LUNCH**  
Macarron con Queso  
Brocoli  
Taza de Durazno

## JUEVES 29

Panecillo en Palito  
**LUNCH**  
Tamales de Pollo  
Frijoles Charro  
Mango c/ Tajin

## VIERNES 30

Cereal y Palito de Queso  
**LUNCH**  
Pizza de Pan Frances  
Ensalada de Verdura  
Fruta Fresca

Menu de Desayuno y Almuerzo K-8

