

# September Hot Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>No School Labor Day</b></p> <p>1</p>	<ul style="list-style-type: none"> <li>Zac Omega Bar Berry</li> </ul> <p>2</p>	<ul style="list-style-type: none"> <li>Waffles with Syrup</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>Apple Muffin</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel with Cream Cheese</li> </ul> <p>5</p>
<ul style="list-style-type: none"> <li>Hip Pops Apple Smash Crackers and String Cheese</li> </ul> <p>8</p>	<ul style="list-style-type: none"> <li>Omelet with Cheese</li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>Pancakes with Syrup</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>English Muffin with Egg and Cheese</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>Apple Cinna-Grins Cereal</li> </ul> <p>12</p>
<ul style="list-style-type: none"> <li>RF Honey Buttons Cereal</li> </ul> <p>15</p>	<ul style="list-style-type: none"> <li>Yogurt and Granola</li> </ul> <p>16</p>	<ul style="list-style-type: none"> <li>Breakfast Burrito</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>Waffles with Syrup</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>Banana Muffin</li> </ul> <p>19</p>
<ul style="list-style-type: none"> <li>Kashi Honey Sunshine Cereal and Mini Dipperdoodle</li> </ul> <p>22</p>	<ul style="list-style-type: none"> <li>English Muffin with Turkey, Egg and Cheese</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>RF Cocoa Bops Cereal</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>Apple Muffin</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>RF Honey Buttons Cereal</li> </ul> <p>26</p>
<ul style="list-style-type: none"> <li>Zac Omega Bar Strawberry</li> </ul> <p>29</p>	<ul style="list-style-type: none"> <li>Dipper Doodle Bar</li> </ul> <p>30</p>			



Breakfast: choice of 1% or fat-free milk, all breakfast served with fresh fruit or 100% juice  
 All grains served are whole grain-rich  
 This institution is an equal opportunity provider.

# September Lunch – K-12

## Salad Bar



Monday

Tuesday

Wednesday

Thursday

Friday

**No School  
Labor Day**

1

- Hot Meatball Sub
- Salad Bar with Carrots, Romaine, Broccoli, Kidney Beans and Cherry Tomatoes

2

- Brown Bag Day

3

- All Natural Cheeseburger
- Salad Bar with Carrots, Romaine, Broccoli, and Cucumbers

4

- BBQ Meatballs with Cheesy Rice
- Vegetable: Local Corn

5

- Sloppy Joe (DF)
- Vegetable: Local Corn

8

- Spaghetti and Meatballs (DF)
- Salad Bar with Carrots, Romaine, Corn, and Cherry Tomatoes

9

- Brown Bag Day

10

- Pasta with Zesty Beef
- Salad Bar with Carrots, Romaine, Broccoli, Kidney Beans and Cherry Tomatoes

11

- All Natural Hot Dog (DF)
- Vegetable: Braised Greens

12

- Macaroni and Cheese with Mini Dogs
- Vegetable: Local Sweet Potatoes

15

- Cheesy Chicken Quesadilla
- Salad Bar with Carrots, Romaine, Broccoli, and Cucumbers

16

- Brown Bag Day

17

- Blackened Tilapia with Dirty Rice
- Salad Bar with Carrots, Romaine, Broccoli, Kidney Beans and Cherry Tomatoes

18

- Grilled Chicken Sandwich (DF)
- Vegetable: Local Green Beans with Ranch

19

- Sloppy Joe (DF)
- Vegetable: Local Corn

22

- Chicken Marinara Bake
- Salad Bar with Carrots, Romaine, Broccoli, Kidney Beans and Cherry Tomatoes

23

- Brown Bag Day

24

- Pasta with Zesty Beef
- Salad Bar with Carrots, Romaine, Broccoli, and Cucumbers

25

- Sausage Pizza
- Vegetable: Local Sweet Potatoes

26

- Chicken Taco Trio
- Vegetable: Local Corn

29

- Chicken Bites (DF)
- Salad Bar with Carrots, Romaine, Broccoli, and Cucumbers

30



Lunch: choice of 1% or fat-free milk, fresh fruit available daily.  
 All grains served are whole grain-rich  
 Dairy-free (DF) and vegetarian (VG) menu items available daily – if not listed on the menu, then available upon request.  
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real food for all™