

Achievement Prep September Breakfast (Fresh Fruit Daily)



Monday	Tuesday	Wednesday	Thursday	Friday
<p>No School Labor Day</p> <p>1</p>	<ul style="list-style-type: none"> Honey Buttons Cereal <p>2</p>	<ul style="list-style-type: none"> Yogurt and Granola <p>3</p>	<ul style="list-style-type: none"> Apple Bake Muffin <p>4</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel with Cream Cheese <p>5</p>
<ul style="list-style-type: none"> Cocoa Bops Cereal <p>8</p>	<ul style="list-style-type: none"> Banana Muffin <p>9</p>	<ul style="list-style-type: none"> Pancakes with Syrup <p>10</p>	<ul style="list-style-type: none"> Egg and Cheese Breakfast Muffin <p>11</p>	<ul style="list-style-type: none"> Apple Cinna-Grins Cereal <p>12</p>
<ul style="list-style-type: none"> Honey Buttons Cereal <p>15</p>	<ul style="list-style-type: none"> Pancakes with Syrup <p>16</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel With Cream Cheese <p>17</p>	<p>Waffle Sticks</p> <p>18</p>	<ul style="list-style-type: none"> Banana Muffin <p>19</p>
<ul style="list-style-type: none"> Kashi Honey Sunshine Cereal with mini diipper doodle bar <p>22</p>	<ul style="list-style-type: none"> Apple Cinna-Grins Cereal And Hard Boiled Eggs <p>23</p>	<ul style="list-style-type: none"> RF Cocoa Bops Cereal <p>24</p>	<ul style="list-style-type: none"> Apple Muffin <p>25</p>	<ul style="list-style-type: none"> Honey Buttons Cereal <p>26</p>
<ul style="list-style-type: none"> Flurries Cereal <p>29</p>	<ul style="list-style-type: none"> Banana Muffin <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.

Achievement Prep – Sept. Lunch (Fresh Fruit Daily)



Monday	Tuesday	Wednesday	Thursday	Friday
<p>No School Labor Day</p> <p>1</p>	<ul style="list-style-type: none"> Spaghetti Marinara (VG) Vegetable: Cherry Tomatoes and Pinto Beans <p>2</p>	<ul style="list-style-type: none"> Bag Cold Cut Lunch (Inside Class Room) <p>3</p>	<ul style="list-style-type: none"> All Natural Cheeseburger Vegetable: Shredded Lettuce and Sliced Tomatoes with Ranch <p>4</p>	<ul style="list-style-type: none"> BBQ Meatballs with Cheesy Rice Vegetable: Local Corn <p>5</p>
<ul style="list-style-type: none"> Cheese Pizza (VG) Vegetable: Local Corn <p>8</p>	<ul style="list-style-type: none"> Spaghetti and Meatballs (DF) Vegetable: Steamed Carrots <p>9</p>	<ul style="list-style-type: none"> Bag Cold Cut Lunch (Inside Classroom) <p>10</p>	<ul style="list-style-type: none"> Chicken Bites (DF) Vegetable: Broccoli and Edamame with Ranch <p>11</p>	<ul style="list-style-type: none"> All Natural Hot Dog (DF) Vegetable: Braised Greens <p>12</p>
<ul style="list-style-type: none"> Macaroni and Cheese with Mini Dogs Vegetable: Local Sweet Potatoes <p>15</p>	<ul style="list-style-type: none"> Cheesy Chicken Quesadilla Vegetable: Broccoli <p>16</p>	<ul style="list-style-type: none"> Bag Cold Cut Lunch (Inside Classroom) <p>17</p>	<ul style="list-style-type: none"> Chicken Salad Sandwich (DF) Vegetable: Seasoned Black Beans and Cherry Tomatoes <p>18</p>	<ul style="list-style-type: none"> All Natural Hot Dog (DF) Vegetable: Local Green Beans with Ranch <p>19</p>
<ul style="list-style-type: none"> BBQ Chicken Sandwich Vegetable: Local Corn <p>22</p>	<ul style="list-style-type: none"> Cheese Lasagna (VG) Vegetable: Baby Carrots and Pinto Beans <p>23</p>	<ul style="list-style-type: none"> Bag Cold Cut Lunch (Inside Classroom) <p>24</p>	<ul style="list-style-type: none"> Pasta with Zesty Beef Vegetable: Shredded Lettuce and Sliced Tomatoes with Ranch <p>25</p>	<ul style="list-style-type: none"> Chicken Teriyaki (DF) Vegetable: Local Sweet Potatoes <p>26</p>
<ul style="list-style-type: none"> Macaroni and Cheese with Mini Dogs Vegetable: Local Corn <p>29</p>	<ul style="list-style-type: none"> Chicken Bites (DF) Vegetable: Shredded Lettuce and Sliced Tomatoes with Ranch <p>30</p>			

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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Achievement Prep Snacks



	Tuesday	Wednesday	Thursday	Friday
No School Labor Day 1	<ul style="list-style-type: none"> Dick and Janes Smart Crackers with Sunbutter 2	<ul style="list-style-type: none"> Mini Dipperdoodle 3	<ul style="list-style-type: none"> Wholegrain Goldfish Cheese Crackers 4	<ul style="list-style-type: none"> String Cheese 5
<ul style="list-style-type: none"> Goldfish Pretzels with Juice 8	<ul style="list-style-type: none"> Blazin Hot Sunflower Seeds 9	<ul style="list-style-type: none"> Revolution Foods Whole Grain Crackers with Sunbutter 10	<ul style="list-style-type: none"> String Cheese 11	<ul style="list-style-type: none"> Zac Bar Apple 12
<ul style="list-style-type: none"> Mini Dipperdoodle 15	<ul style="list-style-type: none"> Dick and Janes Smart Crackers 16	<ul style="list-style-type: none"> Sunflower Seeds with Carrots and Ranch Dipper 17	<ul style="list-style-type: none"> Wholegrain Goldfish Cheese Crackers with String Cheese 18	<ul style="list-style-type: none"> Yogurt 19
<ul style="list-style-type: none"> Goldfish Pretzels 22	<ul style="list-style-type: none"> String Cheese 23	<ul style="list-style-type: none"> Whole Grain Crackers with Juice 24	<ul style="list-style-type: none"> Yogurt 25	<ul style="list-style-type: none"> Zac Attack Bar Apple 26
<ul style="list-style-type: none"> Blazin Hot Sunflower Seeds 29	<ul style="list-style-type: none"> Dick and Janes Smart Crackers with Sunbutter 30			



All snacks served with fresh fruit unless otherwise noted
 All grains served are whole grain-rich
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