



# SEPTEMBER 2020 - Menus 09/14-09/18

**MENUS ARE SUBJECT TO CHANGE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>				
9-14 Fiesta Bean & Cheese - <b>V</b> Fresh Fruit Got Milk	9-15 Turkey Ham & Cheese on Hawaiian Bun Fresh Plum Got Milk	9-16 Cinnamon French Toast - <b>V</b> Fresh Apple Slices Got Milk	9-17 Beef Sausage Pancake Sandwich Fresh Nectarine Got Milk	9-18 Deluxe Cereal Bowl - <b>V</b> Fresh Apple Slices Got Milk
<b>L U N C H</b>				
9-14 Chicken Nuggets & Corn Blueberry Muffin Fresh Plum Petite Baby Carrots Mini Potato Tots Got Milk	9-15 Yellow Submarine Sandwich Lettuce and Tomato Frozen Mix Berry Pop Got Milk	9-16 Whole Grain Cheese Pizza Wedge - <b>V</b> Fresh Pear Garden Salad Delight Ranch Dressing Sweet Corn Got Milk	9-17 Yogurt Parfait & Granola - <b>V</b> Applesauce Cup Petite Baby Carrots Got Milk	9-18 Turkey & Cheese Burrito Frozen Juice Slush Crunchy Cucumber Sticks Ranch Dressing Got Milk
<b>S U P P E R</b>				
9-14 Chocolate No Nut Butter Kit (Content: Chocolate NN Butter, Sunflower Seeds, Wheat Crackers, Vegetable Juice, Applesauce Cup) Got Milk	9-15 Sun Butter Kit (Content: Sunbutter, Honey Graham Crackers, Vegetable Juice, Raisins) Got Milk	9-16 Cheese Stick Kit (Content: Cheese Stick, Cinnamon Spice Mini Crackers, Vegetable Juice, Raisins) Got Milk	9-17 Soy Butter Kit (Content: Soy Butter, Honey Roasted Sunflower Seeds, Wheat Crackers, Vegetable Juice, Raisins) Got Milk	9-18 Chocolate No Nut Butter Kit (Content: Chocolate NN Butter, Sunflower Seeds, Wheat Crackers, Vegetable Juice, Applesauce Cup) Got Milk

Posted Rev 09/11/20

**All of the Grain/Bread items served are Whole Grain Rich.**

Per USDA, students **MUST** take at least 3 components as part of their lunch.

Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat

**Fresh Fruit** – Fresh Fruit – Apple, Orange, Banana, Apple Slices **V**: Vegetarian Meals

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