



# SEPTEMBER 2020 - Menus 09/21-09/25

**MENUS ARE SUBJECT TO CHANGE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>				
9-21 Buttery Maple Waffle - <b>V</b> Fresh Grapes Got Milk	9-22 Beef Sausage Pancake Sandwich Fresh Plum Got Milk	9-23 French Toast Trio - <b>V</b> Fresh Apple Slices Got Milk	9-24 Café LA Coffee Cake - <b>V</b> Fresh Nectarine Got Milk	9-25 Banana Bread - <b>V</b> Fresh Apple Slices Got Milk
<b>L U N C H</b>				
9-21 Garlicky Cheese Bread Applesauce Cup Roasted Potato Wedges Got Milk	9-22 Deli Turkey & Cheese Lettuce and Tomato Fresh Pear Celery Sticks Got Milk	9-23 Fish Nuggets & Corn Tortilla Chips Frozen Strawberry Cup Garden Salad Delight Got Milk	9-24 Chicken Caesar Salad Whole Grain Crackers Fresh Fruit Petite Baby Carrots Got Milk	9-25 <b>New!</b> Cheese Quesadilla - <b>V</b> Sour Watermelon Cup Salsa Cup Crunchy Cucumber Sticks Ranch Dressing Got Milk
<b>S U P P E R</b>				
9-21 Chicken Tenders & Corn Frozen Kiwi Strawberry Cup Got Milk	9-22 Cheeseburger Sliders Frozen Mixed Berry Pop Petite Baby Carrots Got Milk	9-23 Chocolate No Nut Butter Kit (Content: Chocolate NN Butter, Sunflower Seeds, Wheat Crackers, Vegetable Juice, Applesauce Cup) Got Milk	9-24 Pizzaboli Applesauce Cup Frozen Vegetable Slush Got Milk	9-25 Chicken Drumstick & Corn Whole Grain Crackers Very Berry Juice Got Milk

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**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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