



Monday 8/28

Lunch

Meat/Meat Alt: Choose 1

Cheese Pizza
Pepperoni Pizza (pork), 1 slice
Rib-B-Q Sandwich
Baked Potato w/Cheese (with Breadstick)
Popcorn Chicken Salad (served with Pretzel) and Dressing
Cheeseburger
Hamburger
Black Bean Burger
Chicken Sandwich
Spicy Chicken Sandwich
Turkey and Cheese Sub Sandwich with Baked Chips
Turkey Ham and Cheese Sub Sandwich with Baked Chips
Yogurt Parfait w/Cinn. Granola

Vegetables: Choose 2

Oven Roasted Potato Wedges
Steamed Carrots

Fruit: Choose 1

Mandarin Oranges
Apples, Variety
Gala, Granny Smith, Fuji, or Other

Fresh Banana

Fresh Pears

Fresh Orange

Milk: Choose 1

Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)
1% White Milk (1 ea)

Tuesday 8/29

Lunch

Meat/Meat Alt: Choose 1

Chicken Patty Salad (with Pretzel) and Dressing
Texas Chili Pie
Baked Potato w/Cheese (with Breadstick)
Cheeseburger
Hamburger
Black Bean Burger
Chicken Sandwich
Spicy Chicken Sandwich
Turkey and Cheese Sub Sandwich with Baked Chips
Turkey Ham and Cheese Sub Sandwich with Baked Chips
Yogurt Parfait w/Cinn. Granola

Vegetables: Choose 2

Baby Carrot Package
Roasted California Vegetables

Fruit: Choose 1

Strawberry Cup
Apples, Variety
Gala, Granny Smith, Fuji, or Other

Fresh Banana

Fresh Pears

Fresh Orange

Milk: Choose 1

Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)
1% White Milk (1 ea)

Wednesday 8/30

Lunch

Meat/Meat Alt: Choose 1

Chicken & Cheese Crisпитos (2 each) with Queso
Hawaiian Pizza
Pizza, HS Pepperoni & Jalepeno
Popcorn Chicken Salad (served with Pretzel) and Dressing
Baked Potato w/Cheese (with Breadstick)
Cheeseburger
Hamburger
Black Bean Burger
Chicken Sandwich
Spicy Chicken Sandwich
Turkey and Cheese Sub Sandwich with Baked Chips
Turkey Ham and Cheese Sub Sandwich with Baked Chips
Yogurt Parfait w/Cinn. Granola

Vegetables: Choose 2

Charro Beans
Steamed Corn

Grain: Choose 1

Brown Rice

Fruit: Choose 1

Mixed Fruit
Apples, Variety
Gala, Granny Smith, Fuji, or Other

Fresh Banana

Fresh Pears

Fresh Orange

Milk: Choose 1

Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)
1% White Milk (1 ea)

Thursday 8/31

Lunch

Meat/Meat Alt: Choose 1

Chicken and Cheese Wrap Express
Pasta and Meatballs w/ Garlic Bread
Chef Salad with Soft Pretzel
Baked Potato w/Cheese (with Breadstick)
Cheeseburger
Hamburger
Black Bean Burger
Chicken Sandwich
Spicy Chicken Sandwich
Turkey and Cheese Sub Sandwich with Baked Chips
Turkey Ham and Cheese Sub Sandwich with Baked Chips
Sandwich with Baked Chips
Yogurt Parfait w/Cinn. Granola

Vegetables: Choose 2

Parmesan Broccoli
Steamed Green Beans

Fruit: Choose 1

Peach Cup
Apples, Variety
Gala, Granny Smith, Fuji, or Other

Fresh Banana

Fresh Pears

Fresh Orange

Milk: Choose 1

Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)
1% White Milk (1 ea)

Friday 9/1

Lunch

Meat/Meat Alt: Choose 1

Breaded Cheesesticks with Marinara
Cheese Pizza
Pepperoni Pizza (pork), 1 slice
Popcorn Chicken Salad (served with Pretzel) and Dressing
Baked Potato w/Cheese (with Breadstick)
Cheeseburger
Hamburger
Black Bean Burger
Chicken Sandwich
Spicy Chicken Sandwich
Turkey and Cheese Sub Sandwich with Baked Chips
Turkey Ham and Cheese Sub Sandwich with Baked Chips
Sandwich with Baked Chips
Yogurt Parfait w/Cinn. Granola

Vegetables: Choose 2

Carrot and Celery Mixture
Tator Tots

Fruit: Choose 1

Pears, Diced
Apples, Variety
Gala, Granny Smith, Fuji, or Other

Fresh Banana

Fresh Pears

Fresh Orange

Milk: Choose 1

Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)
1% White Milk (1 ea)



Monday 9/4

Breakfast

No School

Lunch

No School

Tuesday 9/5

Lunch

Meat/Meat Alt: Choose 1

Chicken Patty Salad (with Pretzel) and Dressing
 Chili Cheese Foot Long Hot Dog
 Baked Potato w/Cheese (with Breadstick)
 Cheeseburger
 Hamburger
 Black Bean Burger
 Chicken Sandwich
 Spicy Chicken Sandwich
 Turkey and Cheese Sub Sandwich with Baked Chips
 Turkey Ham and Cheese Sub Sandwich with Baked Chips
 Yogurt Parfait w/Cinn. Granola

Vegetables: Choose 2

Steamed Sugar Snap Peas
 Sweet Potato Waffle Fries

Fruit: Choose 1

Strawberry Cup
 Apples, Variety
 Gala, Granny Smith, Fuji, or Other

Fresh Banana
 Fresh Pears
 Fresh Orange

Milk: Choose 1

Nonfat White Milk (1 ea)
 Nonfat Chocolate Milk (1 ea)
 1% White Milk (1 ea)

Wednesday 9/6

Lunch

Meat/Meat Alt: Choose 1

Baked Potato w/Cheese (with Breadstick)
 Homemade Lasagna with Garlic Bread
 Hawaiian Pizza
 Pizza, HS Pepperoni & Jalapeno
 Popcorn Chicken Salad (served with Pretzel) and Dressing
 Cheeseburger
 Hamburger
 Black Bean Burger
 Chicken Sandwich
 Spicy Chicken Sandwich
 Turkey and Cheese Sub Sandwich with Baked Chips
 Turkey Ham and Cheese Sub Sandwich with Baked Chips
 Yogurt Parfait w/Cinn. Granola

Vegetables: Choose 2

Beans, Baked, Vegetarian
 Parmesan Broccoli

Fruit: Choose 1

Mixed Fruit
 Apples, Variety
 Gala, Granny Smith, Fuji, or Other

Fresh Banana
 Fresh Pears
 Fresh Orange

Milk: Choose 1

Nonfat White Milk (1 ea)
 Nonfat Chocolate Milk (1 ea)
 1% White Milk (1 ea)

Thursday 9/7

Lunch

Meat/Meat Alt: Choose 1

Chicken and Cheese Wrap Express
 Chef Salad with Soft Pretzel
 Shredded Chicken Nachos with Brown Rice
 Baked Potato w/Cheese (with Breadstick)
 Cheeseburger
 Hamburger
 Black Bean Burger
 Chicken Sandwich
 Spicy Chicken Sandwich
 Turkey and Cheese Sub Sandwich with Baked Chips
 Turkey Ham and Cheese Sub Sandwich with Baked Chips
 Yogurt Parfait w/Cinn. Granola

Vegetables: Choose 2

Charro Beans
 Steamed Corn

Fruit: Choose 1

Peach Cup
 Apples, Variety
 Gala, Granny Smith, Fuji, or Other

Fresh Banana
 Fresh Pears
 Fresh Orange

Milk: Choose 1

Nonfat White Milk (1 ea)
 Nonfat Chocolate Milk (1 ea)
 1% White Milk (1 ea)

Friday 9/8

Lunch

Meat/Meat Alt: Choose 1

Cheese Calzone (with Marinara)
 Pepperoni Calzone (with Marinara)
 Cheese Pizza
 Pepperoni Pizza (pork), 1 slice
 Popcorn Chicken Salad (served with Pretzel) and Dressing
 Baked Potato w/Cheese (with Breadstick)
 Cheeseburger
 Hamburger
 Black Bean Burger
 Chicken Sandwich
 Spicy Chicken Sandwich
 Turkey and Cheese Sub Sandwich with Baked Chips
 Turkey Ham and Cheese Sub Sandwich with Baked Chips
 Yogurt Parfait w/Cinn. Granola

Vegetables: Choose 2

Carrot and Celery Mixture
 Roasted California Vegetables

Fruit: Choose 1

Pears, Diced
 Apples, Variety
 Gala, Granny Smith, Fuji, or Other

Fresh Banana
 Fresh Pears
 Fresh Orange

Milk: Choose 1

Nonfat White Milk (1 ea)
 Nonfat Chocolate Milk (1 ea)
 1% White Milk (1 ea)



Monday 9/11

Breakfast

- Meat/Meat Alt: Choose 1**
Strawberry Poptarts (1 item)
Cinnamon Poptarts
Mini Cinnis (1 item)
- Grain: Choose 1**
Beef & Chicken Kolache & Cheese
French Toast Sticks (3 ea)
w/ one Syrup
- Fruit: Choose 1**
Mixed Fruit
- Fruit Juice: Choose 1**
Orange Juice (4 oz)
- Milk: Choose 1**
1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Tuesday 9/12

Breakfast

- Meat/Meat Alt: Choose 1**
Chicken and Waffle
Egg, Cheese, Sausage Burrito
Mini Chocolate Donuts
Mini Powdered Donuts
Cinnamon Apple Scone
- Fruit: Choose 1**
Mixed Fruit
- Fruit Juice: Choose 1**
Orange Juice (4 oz)
- Lunch**
Copy of Baby Carrot Bags
- Meat/Meat Alt: Choose 1**
Texas Chili Pie
Chicken Patty Salad (with Pretzel)
and Dressing
Turkey Breast & Cheese Sandwich
Turkey Ham & Cheese Sandwich
Baked Potato w/Cheese (with Breadstick)
Cheese Pizza
Pepperoni Pizza (pork), 1 slice
Yogurt Parfait w/Cinn. Granola
Chicken Sandwich
Black Bean Burger
Hamburger
- Vegetables: Choose 2**
Baby Carrot Package
Roasted California Vegetables
- Fruit: Choose 1**
Fresh Apple
Strawberry Cup
Fresh Orange
- Milk: Choose 1**
1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Wednesday 9/13

Breakfast

- Meat/Meat Alt: Choose 1**
Chicken Sausage Pancake Sandwich
Meat Breakfast Platter (3 items)
Cinnamon Poptarts
Strawberry Poptarts (1 item)
Honey Wheat Bar WG
- Fruit: Choose 1**
Mixed Fruit
- Fruit Juice: Choose 1**
Orange Juice (4 oz)
- Lunch**
Meat/Meat Alt: Choose 1
Chicken & Cheese Crispos (with Steamed Rice)
Chicken Sandwich
Chicken Fried Steak with Homemade Roll
Hawaiian Pizza
Salad, Popcorn Chicken w/Pretzels
Yogurt Parfait w/Cinn. Granola
Chicken Patty Salad (with Pretzel) and Dressing
Turkey Breast & Cheese Sandwich
Turkey Ham & Cheese Sandwich
Baked Potato w/Cheese (with Breadstick)
Cheese Pizza
Pepperoni Pizza (pork), 1 slice
Black Bean Burger
Hamburger
- Vegetables: Choose 2**
Charro Beans
Corn
- Fruit: Choose 1**
Mixed Fruit
Fresh Apple
Fresh Orange
- Milk: Choose 1**
1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Thursday 9/14

Breakfast

- Meat/Meat Alt: Choose 1**
Cinnamon Apple Scone
Mini Cinnis (1 item)
- Grain: Choose 1**
Beef & Chicken Kolache & Cheese
Bagel, Mini, Strawberry
Bagel, Mini, Cinnamon
- Fruit: Choose 1**
Mixed Fruit
- Fruit Juice: Choose 1**
Orange Juice (4 oz)
- Lunch**
Meat/Meat Alt: Choose 1
Pasta and Meatballs
w/ Garlic Bread
Turkey Breast & Cheese Sandwich
Turkey Ham & Cheese Sandwich
Baked Potato w/Cheese (with Breadstick)
Yogurt Parfait w/Cinn. Granola
Hamburger
Chicken Sandwich
Black Bean Burger
- Vegetables: Choose 2**
Parmesan Broccoli
Steamed Green Beans
- Fruit: Choose 1**
Fresh Apple
Peach Cup
Fresh Orange
- Milk: Choose 1**
1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Friday 9/15

Breakfast

- Meat/Meat Alt: Choose 1**
Egg, Cheese, Sausage Burrito
Mini Chocolate Donuts
Mini Powdered Donuts
- Grain: Choose 1**
Sausage Breakfast Pizza (pork)
French Toast Sticks (3 ea)
w/ one Syrup
- Fruit: Choose 1**
Mixed Fruit
- Fruit Juice: Choose 1**
Orange Juice (4 oz)
- Lunch**
Meat/Meat Alt: Choose 1
Breaded Cheesesticks with Marinara
Salad, Popcorn Chicken w/Pretzels
Chicken Patty Salad (with Pretzel) and Dressing
Turkey Breast & Cheese Sandwich
Turkey Ham & Cheese Sandwich
Baked Potato w/Cheese (with Breadstick)
Cheese Pizza
Pepperoni Pizza (pork), 1 slice
Yogurt Parfait w/Cinn. Granola
Hamburger
Black Bean Burger
Chicken Sandwich
- Vegetables: Choose 2**
Carrot and Celery Mixture
Tator Tots
- Fruit: Choose 1**
Fresh Apple
Fresh Orange
Fresh Pears
- Milk: Choose 1**
1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Monday 9/11

Tuesday 9/12

Wednesday 9/13

Thursday 9/14

Friday 9/15

Lunch

Meat/Meat Alt: Choose 1

- Rib-B-Q Sandwich
- Cheese Pizza
- Pepperoni Pizza (pork), 1 slice
- Yogurt Parfait w/Cinn. Granola
- Baked Potato w/Cheese (with Breadstick)
- Popcorn Chicken Salad (served with Pretzel) and Dressing
- Hamburger
- Chicken Sandwich
- Black Bean Burger
- Turkey Breast & Cheese Sandwich
- Turkey Ham & Cheese Sandwich

Vegetables: Choose 2

- Oven Roasted Potato Wedges
- Steamed Carrots

Fruit: Choose 1

- Mandarin Oranges
- Fresh Apple
- Fresh Orange

Milk: Choose 1

- 1% White Milk (1 ea)
- Nonfat White Milk (1 ea)
- Nonfat Chocolate Milk (1 ea)



Monday 9/18

Breakfast

Meat/Meat Alt: Choose 1

Strawberry Poptarts (1 item)
Cinnamon Poptarts
Mini Cinnis (1 item)

Grain: Choose 1

Beef & Chicken Kolache & Cheese
French Toast Sticks (3 ea)
w/ one Syrup

Fruit: Choose 1

Mixed Fruit

Fruit Juice: Choose 1

Orange Juice (4 oz)

Milk: Choose 1

1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Tuesday 9/19

Breakfast

Meat/Meat Alt: Choose 1

Chicken and Waffle
Egg, Cheese, Sausage Burrito
Mini Chocolate Donuts
Mini Powdered Donuts
Cinnamon Apple Scone

Fruit: Choose 1

Mixed Fruit

Fruit Juice: Choose 1

Orange Juice (4 oz)

Lunch

Meat/Meat Alt: Choose 1

Chili Cheese Foot Long Hot Dog
Chicken Patty Salad (with Pretzel)
and Dressing

Turkey Breast & Cheese Sandwich
Turkey Ham & Cheese Sandwich
Baked Potato w/Cheese (with Breadstick)

Cheese Pizza

Pepperoni Pizza (pork), 1 slice
Yogurt Parfait w/Cinn. Granola
Chicken Sandwich
Black Bean Burger
Hamburger

Vegetables: Choose 2

Steamed Sugar Snap Peas
Sweet Potato Waffle Fries

Fruit: Choose 1

Fresh Apple
Strawberry Cup
Fresh Orange

Milk: Choose 1

1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Wednesday 9/20

Breakfast

Meat/Meat Alt: Choose 1

Chicken Sausage Pancake Sandwich
Meat Breakfast Platter (3 items)
Cinnamon Poptarts
Strawberry Poptarts (1 item)
Honey Wheat Bar WG

Fruit: Choose 1

Mixed Fruit

Fruit Juice: Choose 1

Orange Juice (4 oz)

Lunch

Meat/Meat Alt: Choose 1

Homemade Lasagna
with Garlic Bread
Chicken Sandwich
Chicken Fried Steak with Homemade Roll

Cheese Pizza
Hawaiian Pizza
Pepperoni Pizza (pork), 1 slice
Salad, Popcorn Chicken w/Pretzels
Yogurt Parfait w/Cinn. Granola

Chicken Patty Salad (with Pretzel) and Dressing

Turkey Ham & Cheese Sandwich
Turkey Breast & Cheese Sandwich
Baked Potato w/Cheese (with Breadstick)

Black Bean Burger
Hamburger

Vegetables: Choose 2

Beans, Baked, Vegetarian
Parmesan Broccoli

Fruit: Choose 1

Mixed Fruit
Fresh Apple
Fresh Orange

Milk: Choose 1

1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Thursday 9/21

Breakfast

Meat/Meat Alt: Choose 1

Cinnamon Apple Scone
Mini Cinnis (1 item)

Grain: Choose 1

Beef & Chicken Kolache & Cheese
Bagel, Mini, Strawberry
Bagel, Mini, Cinnamon

Fruit: Choose 1

Mixed Fruit

Fruit Juice: Choose 1

Orange Juice (4 oz)

Lunch

Meat/Meat Alt: Choose 1

Fajita Chicken Nachos
Turkey Breast & Cheese Sandwich
Turkey Ham & Cheese Sandwich
Baked Potato w/Cheese (with Breadstick)

Yogurt Parfait w/Cinn. Granola
Hamburger
Chicken Sandwich
Black Bean Burger

Vegetables: Choose 2

Charro Beans
Corn

Fruit: Choose 1

Fresh Apple
Peach Cup
Fresh Orange

Milk: Choose 1

1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Friday 9/22

Breakfast

Meat/Meat Alt: Choose 1

Egg, Cheese, Sausage Burrito
Mini Chocolate Donuts
Mini Powdered Donuts

Grain: Choose 1

Sausage Breakfast Pizza (pork)
French Toast Sticks (3 ea)
w/ one Syrup

Fruit: Choose 1

Mixed Fruit

Fruit Juice: Choose 1

Orange Juice (4 oz)

Lunch

Meat/Meat Alt: Choose 1

Pepperoni Calzone (with Marinara)
Cheese Calzone (with Marinara)
Salad, Popcorn Chicken w/Pretzels
Chicken Patty Salad (with Pretzel) and Dressing

Turkey Breast & Cheese Sandwich
Turkey Ham & Cheese Sandwich
Baked Potato w/Cheese (with Breadstick)

Cheese Pizza

Pepperoni Pizza (pork), 1 slice
Hamburger

Yogurt Parfait w/Cinn. Granola
Black Bean Burger
Chicken Sandwich

Vegetables: Choose 2

Carrot and Celery Mixture
Roasted California Vegetables

Fruit: Choose 1

Fresh Apple
Fresh Orange
Fresh Pears

Milk: Choose 1

1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Monday 9/18

Tuesday 9/19

Wednesday 9/20

Thursday 9/21

Friday 9/22

Lunch

Meat/Meat Alt: Choose 1

- Fiesta Pizza
- Cheese Pizza
- Pepperoni Pizza (pork), 1 slice
- Yogurt Parfait w/Cinn. Granola
- Baked Potato w/Cheese (with Breadstick)
- Popcorn Chicken Salad (served with Pretzel) and Dressing
- Hamburger
- Chicken Sandwich
- Black Bean Burger
- Turkey Breast & Cheese Sandwich
- Turkey Ham & Cheese Sandwich

Vegetables: Choose 2

- Steamed Carrots
- Steamed Green Beans

Fruit: Choose 1

- Mandarin Oranges
- Fresh Apple
- Fresh Orange

Milk: Choose 1

- 1% White Milk (1 ea)
- Nonfat White Milk (1 ea)
- Nonfat Chocolate Milk (1 ea)



Monday 9/25

Breakfast

- Meat/Meat Alt: Choose 1**
Strawberry Poptarts (1 item)
Cinnamon Poptarts
Mini Cinnis (1 item)
- Grain: Choose 1**
Beef & Chicken Kolache & Cheese
French Toast Sticks (3 ea)
w/ one Syrup
- Fruit: Choose 1**
Mixed Fruit
- Fruit Juice: Choose 1**
Orange Juice (4 oz)
- Milk: Choose 1**
1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Tuesday 9/26

Breakfast

- Meat/Meat Alt: Choose 1**
Chicken and Waffle
Egg, Cheese, Sausage Burrito
Mini Chocolate Donuts
Mini Powdered Donuts
Cinnamon Apple Scone
- Fruit: Choose 1**
Mixed Fruit
- Fruit Juice: Choose 1**
Orange Juice (4 oz)
- Lunch**
- Meat/Meat Alt: Choose 1**
Chicken Quesadilla
Chicken Patty Salad (with Pretzel)
and Dressing
Turkey Breast & Cheese Sandwich
Turkey Ham & Cheese Sandwich
Baked Potato w/Cheese (with Breadstick)
Cheese Pizza
Pepperoni Pizza (pork), 1 slice
Yogurt Parfait w/Cinn. Granola
Chicken Sandwich
Black Bean Burger
Hamburger
- Vegetables: Choose 2**
Steamed Carrots
Stirred Corn
- Fruit: Choose 1**
Fresh Apple
Strawberry Cup
Fresh Orange
- Milk: Choose 1**
1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Wednesday 9/27

Breakfast

- Meat/Meat Alt: Choose 1**
Chicken Sausage Pancake Sandwich
Meat Breakfast Platter (3 items)
Cinnamon Poptarts
Strawberry Poptarts (1 item)
Honey Wheat Bar WG
- Fruit: Choose 1**
Mixed Fruit
- Fruit Juice: Choose 1**
Orange Juice (4 oz)
- Lunch**
- Meat/Meat Alt: Choose 1**
Oven Baked Breaded Chicken
with Roll
Chicken Sandwich
Chicken Fried Steak with Homemade Roll
Cheese Pizza
Hawaiian Pizza
Pepperoni Pizza (pork), 1 slice
Salad, Popcorn Chicken w/Pretzels
Yogurt Parfait w/Cinn. Granola
Chicken Patty Salad (with Pretzel)
and Dressing
Turkey Ham & Cheese Sandwich
Turkey Breast & Cheese Sandwich
Baked Potato w/Cheese (with Breadstick)
Black Bean Burger
Hamburger
- Vegetables: Choose 2**
Mashed Potatoes
Parmesan Broccoli
- Fruit: Choose 1**
Mixed Fruit
Fresh Apple
Fresh Orange
- Milk: Choose 1**
1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Thursday 9/28

Breakfast

- Meat/Meat Alt: Choose 1**
Cinnamon Apple Scone
Mini Cinnis (1 item)
- Grain: Choose 1**
Beef & Chicken Kolache & Cheese
Bagel, Mini, Strawberry
Bagel, Mini, Cinnamon
- Fruit: Choose 1**
Mixed Fruit
- Fruit Juice: Choose 1**
Orange Juice (4 oz)
- Lunch**
- Meat/Meat Alt: Choose 1**
Beef Taco Stick
Pasta and Meatballs
w/ Garlic Bread
Turkey Breast & Cheese Sandwich
Baked Potato w/Cheese (with Breadstick)
Yogurt Parfait w/Cinn. Granola
Hamburger
Chicken Sandwich
Black Bean Burger
- Vegetables: Choose 2**
Charro Beans
Mixed Vegetables
- Fruit: Choose 1**
Fresh Apple
Peach Cup
Fresh Orange
- Milk: Choose 1**
1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Friday 9/29

Breakfast

- Meat/Meat Alt: Choose 1**
Egg, Cheese, Sausage Burrito
Mini Chocolate Donuts
Mini Powdered Donuts
- Grain: Choose 1**
Sausage Breakfast Pizza (pork)
French Toast Sticks (3 ea)
w/ one Syrup
- Fruit: Choose 1**
Mixed Fruit
- Fruit Juice: Choose 1**
Orange Juice (4 oz)
- Lunch**
- Meat/Meat Alt: Choose 1**
Chicken and Waffles (w/ Syrup)
Salad, Popcorn Chicken w/Pretzels
Chicken Patty Salad (with Pretzel)
and Dressing
Turkey Breast & Cheese Sandwich
Turkey Ham & Cheese Sandwich
Baked Potato w/Cheese (with Breadstick)
Cheese Pizza
Pepperoni Pizza (pork), 1 slice
Hamburger
Yogurt Parfait w/Cinn. Granola
Black Bean Burger
Chicken Sandwich
- Vegetables: Choose 2**
Cucumber Tomato Salad
Tator Tots
- Fruit: Choose 1**
Fresh Apple
Fresh Orange
Fresh Pears
- Milk: Choose 1**
1% White Milk (1 ea)
Nonfat White Milk (1 ea)
Nonfat Chocolate Milk (1 ea)

Monday 9/25

Tuesday 9/26

Wednesday 9/27

Thursday 9/28

Friday 9/29

Lunch

Meat/Meat Alt: Choose 1

- Mini Corn Dogs (6ea)
- Cheese Pizza
- Pepperoni Pizza (pork), 1 slice
- Yogurt Parfait w/Cinn. Granola
- Baked Potato w/Cheese (with Breadstick)
- Popcorn Chicken Salad (served with Pretzel) and Dressing
- Hamburger
- Chicken Sandwich
- Black Bean Burger
- Turkey Breast & Cheese Sandwich
- Turkey Ham & Cheese Sandwich

Vegetables: Choose 2

- Baby Carrot Package
- Oven Roasted Potato Wedges

Fruit: Choose 1

- Mandarin Oranges
- Fresh Apple
- Fresh Orange

Milk: Choose 1

- 1% White Milk (1 ea)
- Nonfat White Milk (1 ea)
- Nonfat Chocolate Milk (1 ea)