


Breakfast Menu

September 2016

 Indicates Warm Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1 Frosted Flakes Cereal Whole Grain Bites Fruit Milk	2 Blueberry Waffle Fruit Milk
5 LABOR DAY HOLIDAY SCHOOL NO	6 French Toast Sticks 100% Fruit Juice Milk	7 Yogurt Mini Loaf Apple Sauce Fruit Milk	8 Raisin Bran Cereal Whole Grain Bites Fruit Milk	9 Bean & Cheese Burrito Hot Sauce Fruit Milk
12 Apple Cinnamon Chewie Bar Fruit Milk	13 Green Chile Potato Burrito 100% Fruit Juice Milk	14 Whole Grain Bagel Cream Cheese Apple Sauce Fruit Milk	15 Apple Jacks Cereal Whole Grain Bites Fruit Milk	16 Blueberry Pancake Sandwich Fruit Milk
19 Zucchini Bread Fruit Milk	20 Chicken Sausage Maple Biscuit Strawberry Jelly 100% Fruit Juice Milk	21 Pan Dulce Apple Sauce Fruit Milk	22 Cinnamon Toast Crunch Cereal Whole Grain Bites Fruit Milk	23 Breakfast Cheese Tamale Fruit Milk
26 Coffee Cake Fruit Milk	27 Bean & Cheese Burrito Hot Sauce Fruit Milk	28 Muffin Apple Sauce Fruit Milk	29 Apple Jacks Cereal Whole Grain Bites Fruit Milk	30 Chicken & Waffle Syrup 100% Fruit Juice Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



Lunch Menu K-8

September 2016



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Enchiladas Seasoned Corn Fruit Milk	2 Mongolian Beef Noodles Steamed Broccoli 100% Fruit Juice Milk
5 LABOR DAY HOLIDAY NO SCHOOL	6 Chicken Tinga Sopes Seasoned Carrots 100% Fruit Juice Milk	7 Beef Hot Dog Oven Baked Fries Fruit Milk	8 Breaded Chicken Patty Burger Side Salad w/ Dressing Fruit Milk	9 Ground Turkey, Bean & Cheese Nachos Tortilla Chips 100% Fruit Juice Milk
12 Chicken Fajita Burrito 100% Fruit Juice Milk	13 Meaty Tomato Macaroni Fruit Milk	14 BBQ Beef Sandwich Potato Salad Fruit Milk	15 Teriyaki Chicken Brown Rice Steamed Broccoli Fruit Milk	16 Cheese Tamales Mixed Vegetables 100% Fruit Juice Milk
19 Chicken, Bean & Cheese Burrito Fresh Salsa 100% Fruit Juice Milk	20 Cheeseburger Oven Baked Fries Fruit Milk	21 Chicken Nuggets Mashed Potatoes Whole Grain Chips Fruit Milk	22 Chicken Parmesan Sandwich Steamed Broccoli Fruit Milk	23 BBQ Chicken Baked Beans Whole Grain Chips 100% Fruit Juice Milk
26 Mongolian Beef Noodles Steamed Broccoli 100% Fruit Juice Milk	27 Beef Meatball Sandwich Seasoned Carrots Hoagie Roll Fruit Milk	28 Chicken Tamales Seasoned Corn Fruit Milk	29 Beef & Beans Chili Tortilla Chips Fruit Milk	30 Chicken Chile Verde Brown Rice 100% Fruit Juice & Fruit Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Lunch includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.



Snack Menu

September 2016



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chex Mix Fruit (3/4c)	2 Sunbutter Crackers
5 LABOR-DAY HOLIDAY NO SCHOOL	6 Rice Krispie Treat Fruit (3/4c)	7 Sunflower Seeds & Dried Cranberries Mix 100% Fruit Juice (4oz)	8 Mini Donut Fruitable Juice (6oz)	9 Crustless Sunbutter Sandwich
12 Multi-Grain Bar Fruit (3/4c)	13 Strawberry Chex Mix 100% Fruit Juice (6oz)	14 Mini Coffee Cake Fruit (3/4c)	15 Mini Bagel w/ Jelly Fruit (3/4c)	16 Fruit Delight Apple Sauce (1/2c)
19 Sunflower Seeds & Dried Cranberries Mix 100% Fruit Juice (4oz)	20 Mini Coffee Cake Fruit (3/4c)	21 Baked Chips Fruitables Juice (6oz)	22 Mini Loaf Fruit (3/4c)	23 Chocolate Soy Spread Crackers
26 Cheddar Cheese Cup Crackers	27 Multi-Grain Bar Fruit (3/4c)	28 Proball 100% Fruit Juice (6oz)	29 Crustless Sunbutter Sandwich	30 Chex Mix Apple Sauce (1/2c)

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Snack includes 2 items: grain, fruit, protein or-milk.





**CALCULATE TOTAL PURCHASE AMOUNT
FULL-PRICED MEALS**

_____ Breakfast Meals checked	X	\$2.00	-	\$ _____
_____ Lunch Meals checked	X	\$3.25	-	\$ _____
_____ After School Snacks checked	X	Free	-	\$ _____
		Total Amount Paid		\$ _____

**CALCULATE TOTAL PURCHASE AMOUNT
REDUCED-PRICED MEALS (Must Be Qualified)**

_____ Breakfast Meals checked	X	\$.30	-	\$ _____
_____ Lunch Meals checked	X	\$.40	-	\$ _____
_____ After School Snacks checked	X	Free	-	\$ _____
		Total Amount Paid		\$ _____

IMPORTANT INFORMATION ABOUT YOUR MEALS

- Meals are served with choice of 1% white milk, fat free white milk, or non-fat chocolate milk. For milk substitution, please fill out the Parental Request for a fluid milk substitution form provided in the office.
- Menu items may change without notice due to unavailability of certain food ingredients.
- For full-priced meals, the cost for breakfast is \$2.00. The cost for lunch is \$3.25. There is no cost for an After School Snack.
- For reduced-priced meals, the cost for breakfast is \$.30. The cost for lunch is \$.40. There is no cost for an After School Snack.
- For free meals, the calculations above do not need to be completed. However, please complete the order form on the other side of this paper to avoid the waste of food.
- The order form for September meals is due by **Monday, August 29, 2016.**
- **NOTICE:** We won't be able to make any changes to meal orders unless we receive a 4 school day notice.