

September

BREAKFAST

Grab & Go (K-12)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Blueberry Chex (V) (DF) Plain Bagel with Cream Cheese (V)	2 Cinnamon Crisp Zee Zee Bar (V) (DF) Banana Muffin (V)
5 Labor Day	6 Plain Bagel with Cream Cheese (V) French Toast Muffin (V)	7 Yogurt & Educational Snacks (V) Cinnamon Grahams & String Cheese (V)	8 Lemon Muffin (V) Blueberry Bagel with Cream Cheese (V)	9 Cinnamon Crumble (V) Blueberry Muffin (V)
12 Cinnamon Chex & Educational Snacks (V) (DF) Cinnamon Crumble (V)	13 Cheerios & Educational Snacks (V) (DF) Banana Muffin (V)	14 Yogurt & Cinnamon Grahams (V) French Toast Muffin (V)	15 Blueberry Chex (V) (DF) Plain Bagel with Cream Cheese (V)	16 Apple Berry Zee Zee Bar (V) (DF) Lemon Muffin (V)
19 Cheerios & Educational Snacks (V) (DF) Apple Berry Zee Zee Bar (V) (DF)	20 Plain Bagel with Cream Cheese (V) Blueberry Muffin (V)	21 Yogurt & Educational Snacks (V) Cinnamon Grahams & String Cheese (V)	22 Lemon Muffin (V) Blueberry Bagel with Cream Cheese (V)	23 Cinnamon Crumble (V) Banana Muffin (V)
26 Cinnamon Chex & Educational Snacks (V) (DF) Cinnamon Crumble (V)	27 Cheerios & Educational Snacks (V) (DF) Blueberry Muffin (V)	28 Yogurt & Cinnamon Grahams (V) Lemon Muffin (V)	29 Blueberry Chex (V) (DF) Plain Bagel with Cream Cheese (V)	30 Cinnamon Crisp Zee Zee Bar (V) (DF) Banana Muffin (V)

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. You can use the same link every time you eat our food!

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This institution is an equal opportunity provider. All grains offered are whole-grain rich.

Choice of 0%, 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

Dairy-Free (DF)

Vegetarian (V)

September

LUNCH

Hot & Cold (K-12)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Meatball & Mozzarella Sub 1 Cheese Enchilada (V) Veggie Chef Salad (V) Romaine Lettuce	Cheese Pizza (V) 2 Beef & Bean Burrito (DF) Turkey Sandwich (DF) Coleslaw
Labor Day 5	Hot Dog (DF) 6 Chicken Bites (DF) Cheddar Cheese Sandwich (V) Diced Carrots	Chicken Corn Dog Bites 7 Cheeseburger Turkey Sandwich (DF) Carrots, Corn, & Peas	Beef & Bean Burrito (DF) 8 Cheese Pizza (V) Sunbutter & Jelly Kit with String Cheese (V) Steamed Broccoli	Cheese Enchilada (V) 9 Breaded Orange Chicken Turkey & Cheese Sandwich Black Beans
Hot Dog (DF) 12 Bean & Cheese Burrito (V) Sunbutter & Jelly Kit with String Cheese (V) Green Peas	Hamburger (DF) 13 Pasta Alfredo & Yogurt (V) Yogurt with Bagel & Cream Cheese (V) Diced Carrots	Cheese Enchilada (V) 14 Chicken Corn Dog Bites Turkey Sandwich (DF) Chili Citrus Corn & Black Beans	BBQ Chicken Drumstick 15 Oven Roasted Chicken Sandwich Veggie Chef Salad (V) Romaine Lettuce	Cheese Pizza (V) 16 Chicken Bites (DF) Turkey Sandwich (DF) Coleslaw
Hamburger (DF) 19 Bean & Cheese Burrito (V) Cheese Pizza Chef Kit (V) Diced Carrots	Meatball & Mozzarella Sub 20 Crispy Chicken Sandwich (DF) Sunbutter & Jelly Kit with String Cheese (V)	Chicken Corn Dog Bites 21 Cheese Pizza (V) Breakfast for Lunch: Yogurt with Bagel & Cream Cheese (V)	BBQ Chicken Drumstick 22 Pancakes & Omelet (V) Turkey Sandwich (DF) Steamed Broccoli	Hot Dog (DF) 23 Cheese Enchilada (V) Cheese Pizza Chef Kit (V) Falafel Tots
Cheeseburger 26 Chicken Bites (DF) Sunbutter & Jelly Kit with String Cheese (V)	Lemon Pepper Green Beans 27 Cheese Pizza (V) Hot Dog (DF) Yogurt with Bagel & Cream Cheese (V) Diced Carrots	Carrots, Corn, & Peas 28 Kickin' Chicken Melt Pasta Alfredo & Yogurt (V) Cheddar Cheese Sandwich	Meatball & Mozzarella Sub 29 Cheese Enchilada (V) Veggie Chef Salad	Cheese Pizza (V) 30 Beef & Bean Burrito (DF) Turkey Sandwich (DF)

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Vegetable of the Day
Dairy-Free (DF)

Vegetarian (V)

September

LUNCH

Hot Buffet Lunch (K-12)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheese Enchilada (V) Meatball & Mozzarella Sub Romaine Lettuce	2 Cheese Pizza (V) Beef & Bean Burrito (DF) Coleslaw
5 Labor Day	6 Hot Dog (DF) Chicken Bites (DF) Diced Carrots	7 BBQ Chicken Drumstick Cheeseburger Carrots, Corn, & Peas	8 Beef & Bean Burrito (DF) Cheese Pizza (V) Steamed Broccoli	9 Cheese Enchilada (V) Breaded Orange Chicken Black Beans
12 Hot Dog (DF) Bean & Cheese Burrito (V) Green Peas	13 Hamburger (DF) Pasta Alfredo (V) Diced Carrots	14 Cheese Enchilada Meatball & Mozzarella Sub Chili Citrus Corn & Black Beans	15 BBQ Chicken Drumstick Oven Roasted Chicken Sandwich (DF) Romaine Lettuce	16 Cheese Pizza (V) Chicken Bites (DF) Coleslaw
19 Hamburger (DF) Bean & Cheese Burrito (V) Diced Carrots	20 Meatball & Mozzarella Sub Crispy Chicken Sandwich (DF) Lemon Pepper Green Beans	21 Chicken Bites (DF) Cheese Pizza (V) Carrots, Corn, & Peas	22 BBQ Chicken Drumstick Pancakes & Omelet (V) Steamed Broccoli	23 Hot Dog (DF) Cheese Enchilada (V) Falafel Tots
26 Cheeseburger Chicken Bites (DF) Steamed Corn	27 Cheese Pizza (V) Hot Dog (DF) Diced Carrots	28 Pasta Alfredo Crispy Chicken Sandwich (DF) Cilantro Lime Pinto Beans	29 Cheese Enchilada (V) Meatball & Mozzarella Sub Romaine Lettuce	30 Cheese Pizza (V) Beef & Bean Burrito (DF) Coleslaw

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Vegetable of the Day
Dairy-Free (DF)

Vegetarian (V)

September

LUNCH

Pre-K

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Cheese Enchilada ¹ (V) Cheese Pizza Chef Kit (V) Romaine Lettuce	Cheese Pizza (V) ² Turkey Sandwich (DF) Coleslaw
5 Labor Day	6 Chicken Bites (DF) Cheddar Cheese Sandwich (V) Diced Carrots	7 Cheeseburger Turkey Sandwich (DF) Carrots, Corn, & Peas	8 Cheese Pizza (V) Sunbutter & Jelly Kit with String Cheese (V) Steamed Broccoli	9 Breaded Orange Chicken Turkey & Cheese Sandwich Black Beans
12 Bean & Cheese Burrito (V) Sunbutter & Jelly Kit with String Cheese (V) Green Peas	13 Pasta Alfredo & Yogurt (V) Yogurt with Bagel & Cream Cheese (V) Diced Carrots	14 Cheese Enchilada (V) Turkey Sandwich (DF) Chili Citrus Corn & Black Beans	15 Oven Roasted Chicken Sandwich Cheese Pizza Chef Kit (V) Romaine Lettuce	16 Chicken Bites (DF) Turkey Sandwich (DF) Coleslaw
19 Hamburger (DF) Cheese Pizza Chef Kit (V) Diced Carrots	20 Crispy Chicken Sandwich (DF) Sunbutter & Jelly Kit with String Cheese (V) Lemon Pepper Green Beans	21 Cheese Pizza (V) Yogurt with Bagel & Cream Cheese (V) Carrots, Corn, & Peas	22 Pancakes & Omelet (V) Turkey Sandwich (DF) Steamed Broccoli	23 Cheese Enchilada (V) Cheese Pizza Chef Kit (V) Diced Carrots
26 Cheeseburger Sunbutter & Jelly Kit with String Cheese (V) Steamed Corn	27 Cheese Pizza (V) Yogurt with Bagel & Cream Cheese (V) Diced Carrots	28 Pasta Alfredo & Yogurt (V) Cheddar Cheese Sandwich (V) Cilantro Lime Pinto Beans	29 Cheese Enchilada (V) Cheese Pizza Chef Kit (V) Romaine Lettuce	30 Beef & Bean Burrito (DF) Turkey Sandwich (DF) Coleslaw

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Vegetable of the Day
Dairy-Free (DF)

Vegetarian (V)

September

SUPPER

CACFP - Hot & Cold

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Hot Dog with Baby Carrots (DF) ¹ Spaghetti Marinara with Diced Carrots (V) Southwest Veggie Wrap with Broccoli (V)	Hamburger with Broccoli (DF) ² Stuffed Mozzarella Breadsticks with Marinara (V) Cheddar Cheese Sandwich with Cucumbers (V)
Labor Day ⁵	Hot Dog with Baby Carrots (DF) ⁶ Cheese Pizza with Diced Carrots (V) Cheddar Goldfish, Honey Wheat Crackers, String Cheese & Veggie Juice (V)	Stuffed Mozzarella Breadsticks with Marinara (V) ⁷ Crispy Chicken Sandwich with Lettuce & Tomatoes (DF) Cheddar Goldfish, Honey Wheat Crackers, String Cheese & Veggie Juice (V)	Bean & Cheese Burrito with Salsa (V) ⁸ Chicken Bites with Corn (DF) Cheddar Cheese Sandwich with Cucumbers (V)	Cheese Pizza with Diced Carrots (V) ⁹ Hamburger with Broccoli (DF) Southwest Veggie Wrap with Broccoli (V)
Cheese Pizza with Diced Carrots (V) ¹² BBQ Chicken Drumstick with Corn (DF) Sunbutter & Jelly Kit & String Cheese with Celery (V)	Chicken Sausage, Egg, & Cheddar Pancake Sandwich with Baby Carrots ¹³ Chicken Bites with Corn (DF) Southwest Veggie Wrap with Broccoli (V)	Chicken Corn Dog Bites with Side Salad ¹⁴ Hot Dog with Baby Carrots (DF) BBQ Chicken Slider with Broccoli (DF)	Cheese Pizza with Diced Carrots (V) ¹⁵ Hamburger with Broccoli (DF) Sunbutter & Jelly Kit & String Cheese with Celery (V)	Breaded Orange Chicken with Broccoli ¹⁶ Bean & Cheese Burrito with Salsa (V) Cheddar Goldfish, Honey Wheat Crackers, String Cheese, & Veggie Juice (V)
Beef & Cheese Burrito with Salsa (DF) ¹⁹ Cheese Pizza with Diced Carrots (V) Cheddar Goldfish, Honey Wheat Crackers, String Cheese, & Veggie Juice (V)	Stuffed Mozzarella Breadsticks with Marinara (V) ²⁰ Crispy Chicken Sandwich with Lettuce & Tomatoes (DF) Cheddar Cheese Sandwich with Cucumbers (V)	Cheese Enchilada with Corn (V) ²¹ Chicken Bites with Corn (DF)	Cheese Lasagna with Diced Carrots (V) ²² BBQ Chicken Drumstick with Corn (DF) ²⁹ BBQ Chicken Slider with Broccoli (DF)	Spaghetti Marinara with Diced Carrots (V) ²³ Cheeseburger with Roasted Potatoes Cheddar Goldfish, Honey Wheat Crackers, String Cheese, & Veggie Juice (V)
Chicken Sausage, Egg, & Cheddar Pancake Sandwich with Baby Carrots ²⁶ BBQ Chicken Drumstick with Corn (DF)	Chicken Corn Dog Bites with Side Salad ²⁷ BBQ Chicken Slider with Broccoli (DF)	Sunbutter & Jelly Kit & String Cheese with Celery (V) ²⁸	Hot Dog with Baby Carrots (DF) ²⁹ Spaghetti Marinara with Diced Carrots (V)	Hamburger with Broccoli (DF) ³⁰ Stuffed Mozzarella Breadsticks with Marinara (V)

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Dairy-Free (DF)

Vegetarian (V)

September

SUPPER

CACFP - Grab & Go

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey & Cheese Crackers with Celery	2 Veggie Chef Salad (V)
5 Labor Day	6 Cheddar Goldfish, Sunflower Seeds, String Cheese, with Baby Carrots (V)	7 Turkey & Cheese Crackers with Celery	8 Veggie Chef Salad (V)	9 Cheese Pizza Chef Kit with Baby Carrots (V)
12 Educational Snacks, Sunflower Seeds, String Cheese, with Veggie Juice (V)	13 Veggie Chef Salad (V)	14 Cheese Pizza Chef Kit with Baby Carrots (V)	15 Turkey & Cheese Crackers with Celery	16 Cheddar Goldfish, Sunflower Seeds, String Cheese, with Baby Carrots (V)
19 Honey Wheat Crackers, String Cheese, with Celery (V)	20 Cheese Pizza Chef Kit with Baby Carrots (V)	21 Turkey & Cheese Crackers with Celery	22 Cheddar Goldfish, Sunflower Seeds, String Cheese, with	23 Cinnamon Grahams, Sunbutter, String Cheese, with Celery (V)
26 Cheese Pizza Chef Kit with Baby Carrots (V)	27 Cheddar Goldfish, Sunflower Seeds, String	28 Educational Snacks, Sunflower Seeds, String	29 Turkey & Cheese Crackers with Celery	30 Veggie Chef Salad (V)

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Vegetarian (V)

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SNACK

PreK-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheddar Goldfish with Fruit	2 Honey Wheat Crackers with Fruit
5 Labor Day	6 Cheddar Goldfish with String Cheese	7 Cinnamon Grahams with Fruit	8 Educational Snacks with Fruit	9 Giant Cinnamon Goldfish with Fruit
12 Cheddar Goldfish with Fruit	13 Honey Wheat Crackers with String Cheese	14 Giant Cinnamon Goldfish with Fruit	15 Pizza Crackers and String Cheese	16 Educational Snacks with Sunbutter Cup
19 Veggie Crackers with Fruit	20 Cheddar Goldfish with String Cheese	21 Honey Wheat Crackers with Fruit	22 Educational Snacks with Fruit	23 Honey Grahams with Fruit
26 Educational Snacks with Sunbutter Cup	27 Pizza Crackers and String Cheese	28 Cinnamon Grahams with Fruit	29 Cheddar Goldfish with Fruit	30 Honey Wheat Crackers with Fruit

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Dairy-Free (DF)

Vegetarian (V) Student Favorite ★