

SEPTEMBER 2024

Free Breakfast & Lunch for All Students Daily!



CHILD NUTRITION SERVICES



Menu is subject to change.
Fruit and milk are offered at breakfast daily.
Fruit, vegetables, and milk are offered at lunch daily.
"This institution is an equal opportunity provider."



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

Labor Day

2

TUESDAY

Breakfast: Pink Pan Dulce

3

Lunch: Chicken Tenders or Yogurt Power Pack

WEDNESDAY

Breakfast: Blueberry Muffin

4

Lunch: Cheeseburger or Veggie burger

THURSDAY

Breakfast: Banana Bread or Benefit Bar

5

Lunch: Turkey & Cheese Sub or Crunchy Chickpea Wrap

FRIDAY

Breakfast: Strawberry Boli

6

Lunch: Cheese Pizza or Mandarin Chicken Salad

Breakfast: Mini Cinni

9

Lunch: Chicken Sandwich or Hummus Bento Box

Breakfast: Chocolate Chip Muffin

10

Lunch: BBQ Chicken Drumstick or Kickin' Nuggets

Breakfast: Blueberry Parfait or Benefit Bar

11

Lunch: Grilled Cheese or Chicken Pasta Salad

Breakfast: Buttery Croissant

12

Lunch: Chicken Quesadilla or Black Bean Taco Salad w/ Tortilla Chips

Breakfast: Vanilla Confetti Waffle

13

Lunch: Beef Bulgogi Rice Bowl or Egg Fried Rice

Breakfast: Pink Pan Dulce

16

Lunch: Chicken Tenders or Yogurt Power Pack

Breakfast: Blueberry Muffin

17

Lunch: Cheese Pizza or Mandarin Chicken Salad

Breakfast: Banana Bread or Benefit Bar

18

Lunch: Beef Taco Stick or Cuban Black Bean w/ Brown Rice

Breakfast: Strawberry Boli

19

Lunch: Turkey & Cheese Sub or Crunchy Chickpea Wrap

Breakfast: Cereal Day!

20

Lunch: Cheeseburger or Veggie burger

Breakfast: Mini Cinni

23

Lunch: Chicken Sandwich or Hummus Bento Box

Breakfast: Chocolate Chip Muffin

24

Lunch: BBQ Chicken Drumstick or Kickin' Nuggets

Breakfast: Blueberry Parfait or Benefit Bar

25

Lunch: Grilled Cheese or Chicken Pasta Salad

Breakfast: Buttery Croissant

26

Lunch: Chicken Quesadilla or Black Bean Taco Salad w/ Tortilla Chips

Breakfast: Vanilla Confetti Waffle

27

Lunch: Beef Bulgogi Rice Bowl or Egg Fried Rice

Breakfast: Pink Pan Dulce

30

Lunch: Chicken Tenders or Yogurt Power Pack

