

PRESCHOOL/ELEMENTARY/MIDDLE MENU



September	BREAKFAST	LUNCH	SNACK
MONDAY 2	Cheerios Cereal Pears/ Kimi Natural Milk	Brown Rice Black Beans Chicken Tender Green Beans & Zanaoria Milk	Gold Crackers Pudding (Sugar Free)
TUESDAY 3	Cheese Omelett Toast Bread Milk	Beef Tacos, Soft Tortilla or Crunch Tacos Lettuce & Tomatoes (Cheddar Cheese) Apples Sauce (Cup) & Milk Brown Rice For Toddlers	Assorted Mini Muffins Milk
WEDNESDAY 4	Kaiser Roll (Butter) Milk	Fish Stick Rice Brown Lentils or Garbanzo Beans Varied Fruit Milk	Assorted Crackers Juice
THURSDAY 5	Raising Mini Bagel (Cream Cheese) Milk	Spaghetti with Meatballs (Sauce & Cheese) Garlic Bread Milk	Crackers Vainilla Fruit Sorbet
FRIDAY 6	Pancake (Syrup) Milk	Brown Rice Red Beans Chicken Nuggets Varied Fruit (Banana) Milk	Cheese Stick Strings Rita Crackers Milk

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September	BREAKFAST		LUNCH		SNACK
MONDAY 9	Chex Simply Cereal Varied Fruit (Strawberry or Mandarin)		Brown Rice Black Beans Chicken Patty Assorted Vegetables Milk		Gold Crackers Pudding (Sugar Free)
TUESDAY 10	Link Sausage Bread Toast Milk		Ground Beef Brown Rice Ripe Sweet Plantains Milk		Assorted Mini Muffins Milk
WEDNESDAY 11	French Toast (Syrup) Milk		Fish Stick Brown Rice Split Beans Assorted Fruit (Banana) Milk		Assorted Crackers Juice
THURSDAY 12	Kaiser Roll (Butter) Milk		Ground Pork Rice Brown Apple Sauce (Cup) Milk		Crackers Vainilla Fruit Sorbet
FRIDAY 13	Egg Boiled/ Saltines Crackers Milk		Macaroni with Sliced Turkey (Sauce & Cheese) Garlic Bread Milk (Daycare)	Pizza Galleticas Juice (Middle/ Elementary)	Cheese Stick Strings Rita Crackers Milk

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September	BREAKFAST	LUNCH	SNACK
MONDAY 16	Fresh Simply Cereal Fresh Apples Milk	Black Beans/ Brown Rice Fish Sticks Assorted Vegetable Assorted Fruit Milk	Assorted Crackers Varied Juice
TUESDAY 17	Raising Mini Bagel Cream Cheese Milk	Chicken Patty on a Bun Lettuce & Tomatoes Tater Tots or Baked Sweet Potatoes, Apple sauce (Cup) Brown Rice for toddlers	Goldfish crackers Yogurt Assorted
WEDNESDAY 18	Egg Patty/ Toast Bread Milk	Split Peas/ Garbanzo Beans Brown Rice Meatballs, Assorted Fruit (Banana), Milk	Assorted Mini Muffins Milk
THURSDAY 19	Waffles (Syrup) Natural Orange Natural Mandarin Milk	Ground Pork Brown Rice Ripe Sweet Plantains Milk	Chips Assorted Jell-O
FRIDAY 20	French Toast Sticks Milk	Spaghetti with Sliced Ham (Sauce & Cheese) Garlic Bread Milk	Crackers Cheez It Original Milk

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September	BREAKFAST	LUNCH	SNACK
MONDAY 23	Corn Flakes Cereal Natural Orange or Mandarin Milk	Brown Rice, Lentils, Chicken Nuggets Assorted Vegetable Milk	Lady Finger Cookies Fruit Sorbet
TUESDAY 24	Waffles (Syrup) Milk	Ground Turkey Brown Rice Apple Sauce (Cup) Assorted Fruits Milk	Ritz Crackers Vanilla Pudding
WEDNESDAY 25	Pancake (Syrup) Milk	Black or Red Beans Brown Rice Bread Fish Sticks Varied Fruit Milk	Bunny Graham Crackers Organic Friends Milk
THURSDAY 26	Kaiser Roll (Butter) Milk	Brown Rice, Baked Chicken or Diced Chicken Varied Vegetables Milk	Assorted Mini Muffins Orange Jell-O
FRIDAY 27	Rice Cereal Banana Milk	Macaroni with Meat (Sauce & Cheese) Garlic Bread Milk	Cheese Stick Strings Saltines Crackers Milk

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October	BREAKFAST	LUNCH	SNACK
MONDAY 30	Cheerios Cereal Pears/ Kimi Natural Milk	Brown Rice Black Beans Chicken Tender Green Beans & Zanaoria Milk	Gold Crackers Pudding (Sugar Free)
TUESDAY 1	Cheese Omelett Toast Bread Milk	Beef Tacos, Soft Tortilla or Crunch Tacos Lettuce & Tomatoes (Cheddar Cheese) Apples Sauce (Cup) & Milk Brown Rice For Toddlers	Assorted Mini Muffins Milk
WEDNESDAY 2	Kaiser Roll (Butter) Milk	Fish Stick Rice Brown Lentils or Garbanzo Beans Varied Fruit Milk	Assorted Crackers Juice
THURSDAY 3	Raising Mini Bagel (Cream Cheese) Milk	Spaghetti with Meatballs (Sauce & Cheese) Garlic Bread Milk	Crackers Vainilla Fruit Sorbet
FRIDAY 4	Pancake (Syrup) Milk	Brown Rice Red Beans Chicken Nuggets Varied Fruit (Banana) Milk	Cheese Stick Strings Rita Crackers Milk