

September 2023

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Vanilla Mini Loaf w/ String Cheese(130) Orange (1/2 C)(130) Banana (1/2 C)(130) 1% Low Fat White(124) Fat Free White Milk(7)
4	5 Vanilla Concha(130) Applesauce Cup(130) Orange(130) 1% Low Fat White(124) Fat Free White Milk(7)	6 Berry Apple Zee Zee Bar(130) 100% Fruit Juice 4 oz(130) Applesauce Cup(130) 1% Low Fat White(124) Fat Free White Milk(7)	7 Blueberry Muffin(130) Banana (1/2 C)(130) Orange(130) 1% Low Fat White(124) Fat Free White Milk(7)	8 Bagel w/ Cream Cheese(130) Orange (1/2 C)(130) Banana (1/2 C)(130) 1% Low Fat White(124) Fat Free White Milk(7)
11 Mantecada Sweet Bread(130) Orange (1/2 C)(130) Applesauce Cup(130) 1% Low Fat White(124) Fat Free White Milk(7)	12 Vanilla Concha(130) Orange (1/2 C)(130) Applesauce Cup(130) 1% Low Fat White(124) Fat Free White Milk(7)	13 Cinnamon Roll(130) 100% Fruit Juice 4 oz(130) Applesauce Cup(130) 1% Low Fat White(124) Fat Free White Milk(7)	14 Vanilla Muffin(130) Banana (1/2 C)(130) Orange(130) 1% Low Fat White(124) Fat Free White Milk(7)	15 Cranberry Oatmeal Round(130) Orange (1/2 C)(130) Banana (1/2 C)(130) 1% Low Fat White(124) Fat Free White Milk(7)
18 Cinnamon Bar(130) Orange (1/2 C)(130) Applesauce Cup(130) 1% Low Fat White(124) Fat Free White Milk(7)	19 Vanilla Concha w/ Applesauce(130) Orange (1/2 C)(130) 1% Low Fat White(124) Fat Free White Milk(7)	20 Banana Bread(130) 100% Fruit Juice 4 oz(130) Applesauce Cup(130) 1% Low Fat White(124) Fat Free White Milk(7)	21 Lemon Muffin(130) Banana (1/2 C)(130) Orange(130) 1% Low Fat White(124) Fat Free White Milk(7)	22 Vanilla Mini Loaf w/ String Cheese(130) Orange (1/2 C)(130) Banana (1/2 C)(130) 1% Low Fat White(124) Fat Free White Milk(7)
25 Cinnamon Crumble(130) Orange (1/2 C)(130) Applesauce Cup(130) 1% Low Fat White(124) Fat Free White Milk(7)	26 Vanilla Concha(130) Orange (1/2 C)(130) Applesauce Cup(130) 1% Low Fat White(124) Fat Free White Milk(7)	27 Cinnamon Chex Cereal w/ Honey Grahams(130) 100% Fruit Juice 4 oz(130) Applesauce Cup(130) 1% Low Fat White(124) Fat Free White Milk(7)	28 Blueberry Muffin(130) Banana (1/2 C)(130) Orange(130) 1% Low Fat White(124) Fat Free White Milk(7)	29 Bagel w/ Cream Cheese(130) Orange (1/2 C)(130) Banana (1/2 C)(130) 1% Low Fat White(124) Fat Free White Milk(7)



All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich.
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LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Caprese Salad(130) Orange (1/2 C)(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)
4	5 Smoked Turkey & Cheese Sandwich on Knot Roll w/ Baby Carrots(130) Baby Carrots (1/2 C)(130) Orange (1/2 C)(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	6 Chicken Salad Sandwich w/ Celery Sticks(130) Celery Sticks (1/4 C)(130) Banana (1/2 C)(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	7 Chicken Taco Salad(130) 100% Fruit Juice 4 oz(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	8 Chicken Caprese Salad(130) Orange (1/2 C)(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)
11 Turkey & Cheese Torta Sandwich w/ Peas (Cold Only)(130) Baby Carrots (1/4 C)(130) 100% Fruit Juice 4 oz(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	12 Smoked Turkey & Cheese Sandwich on Knot Roll w/ Baby Carrots(130) Baby Carrots (1/2 C)(130) Orange (1/2 C)(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	13 Chicken Salad Sandwich w/ Celery Sticks(130) Celery Sticks (1/4 C)(130) Banana (1/2 C)(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	14 Chicken Taco Salad(130) 100% Fruit Juice 4 oz(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	15 Chicken Caprese Salad(130) Orange (1/2 C)(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)
18 Turkey & Cheese Torta Sandwich w/ Peas (Cold Only)(130) Baby Carrots (1/4 C)(130) 100% Fruit Juice 4 oz(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	19 Smoked Turkey & Cheese Sandwich on Knot Roll w/ Baby Carrots(130) Baby Carrots (1/2 C)(130) Orange (1/2 C)(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	20 Chicken Salad Sandwich w/ Celery Sticks(130) Celery Sticks (1/4 C)(130) Banana (1/2 C)(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	21 Chicken Taco Salad(130) 100% Fruit Juice 4 oz(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	22 Smoked Turkey & Cheese Sandwich on Knot Roll(130) Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C)(130) Orange (1/2 C)(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)
25 Turkey & Cheese Torta Sandwich w/ Peas (Cold Only)(130) Baby Carrots (1/4 C)(130) 100% Fruit Juice 4 oz(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	26 Smoked Turkey & Cheese Sandwich on Knot Roll w/ Baby Carrots(130) Baby Carrots (1/2 C)(130) Orange (1/2 C)(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	27 Chicken Salad Sandwich w/ Celery Sticks(130) Celery Sticks (1/4 C)(130) Banana (1/2 C)(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	28 Italian Turkey Submarine w/ Garbanzo Pico Salad(130) Jicama Slices (1/4 C)(130) 100% Fruit Juice 4 oz(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)	29 Chicken Caprese Salad(130) Orange (1/2 C)(130) 1% Low Fat White(7) Fat Free Chocolate Milk(124)



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