

SEPTEMBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
LABOR DAY	Oatmeal & Nutri Grain Breakfast Bars Apple Sauce 100% Fruit Juice (DAR) Milk	Cinnamon Crunch Cereal Granny Smith Apples 100% Fruit Juice (DAR) Milk	Cheerios Cereal Bars Tropical Fruit Cups 100% Fruit Juice (DAR) Milk	Honey Cheerios Cereal Banana 100% Fruit Juice (DAR) Milk
8	9	10	11	12
Double Chocolate Muffins Mixed Fruit Cups 100% Fruit Juice (DAR) Milk	Coco Puffs Cereal Diced Pears 100% Fruit Juice (DAR) Milk	Oatmeal & Nutri Grain Breakfast Bars Banana 100% Fruit Juice (DAR) Milk	Fruit Loops Cereal Mandarin Cups 100% Fruit Juice (DAR) Milk	Blueberry Muffins Golden Apples 100% Fruit Juice (DAR) Milk
15	16	17	18	19
Cinnamon Chex Cereal Diced Peach 100% Fruit Juice (DAR) Milk	Trix Cereal Bars Apple Sauce 100% Fruit Juice (DAR) Milk	Apple Cinnamon Muffins Gala Apples 100% Fruit Juice (DAR) Milk	Honey Cheerios Cereal Diced Pineapples 100% Fruit Juice (DAR) Milk	Oatmeal & Nutri Grain Breakfast Bars Banana 100% Fruit Juice (DAR) Milk
22	23	24	25	26
Cheerios Cereal Bars Granny Smith Apples 100% Fruit Juice (DAR) Milk	Banana Muffins Diced Pears 100% Fruit Juice (DAR) Milk	Coco Puffs Cereal Banana 100% Fruit Juice (DAR) Milk	Oatmeal & Nutri Grain Breakfast Bars Tropical Fruit Cups 100% Fruit Juice (DAR) Milk	Cinnamon Crunch Cereal Gala Apples 100% Fruit Juice (DAR) Milk
29	30			
Double Chocolate Muffins Mandarin Cups 100% Fruit Juice (DAR) Milk	Fruit Loops Cereal Apple Sauce 100% Fruit Juice (DAR) Milk			

MENU NOTIFICATIONS

(VEG)- Vegetarian Meal

(DAR)- Dairy used in Meal

(LS) – Locally Sourced Options

(W/W) – Whole Wheat

NUTS – Nuts are never served. We serve Soy or Sunflower butter as a peanut butter substitute

PORK – Pork is never served



Substitutions – Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without

SEPTEMBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
LABOR DAY	Beef Cheeseburgers (New) Whole Grain Buns Green Beans Banana (DAR) Milk	Garlic & Herb Chicken Legs Brown Rice Seasoned Carrot Coins Honey Dew Snack Packs (DAR) Milk	Krispy Chicken & Waffles Whole Grain Waffles Broccoli Snack Packs Diced Pineapple (DAR) Milk	Turkey Tacos w/ Shredded Cheese (New) Whole Grain Wraps Black Beans Mandarin Cups (DAR) Milk
8	9	10	11	12
Garden Salad w/ Grilled Chicken Romaine Lettuce Dinner Rolls Gala Apples (DAR) Milk	Shoyu Chicken Ramen Delight (New) Whole Grain Ramen Noodles Snap Peas + Veggie Blend Cantaloupe Snack Packs (DAR) Milk	Lemon Pepper Chicken Legs Yellow Rice Pinto Beans Diced Pineapple (DAR) Milk	Beefy Mac & Cheese (New) Whole Wheat Elbows w/Cheese Sauce Green Peas Banana (DAR) Milk	Pulled BBQ Chicken Brown Rice w/ Pita Bread Sweet Potato Apple Sauce (DAR) Milk
15	16	17	18	19
TSG The Chick Sandwich Whole Grain Bun Honey Roasted Carrots Diced Pears (DAR) Milk	Chicken & Cheese Burrito Whole Grain Wraps Roasted Broccoli Banana (DAR) Milk	BBQ Chicken Legs Wheat Rolls Black Beans Tropical Fruit Cups (DAR) Milk	Krispy Chicken & Waffles Whole Grain Waffles Roasted Cauliflower Orange Wedges (DAR) Milk	TSG Jumbo Dogs French Fries Mandarin Cups (DAR) Milk
22	23	24	25	26
Chicken Caesar Salad Romaine Lettuce Whole Grain Croutons Mixed Fruit Cups (DAR) Milk	Shoyu Turkey Meatball Ramen (New) Whole Grain Ramen Noodles Bean Sprouts + Onions Honey Dew Snack Packs (DAR) Milk	Jerk Chicken Legs Yellow Rice Kidney Beans Mandarin Cups (DAR) Milk	Beefy Mac & Cheese (New) Whole Wheat Elbows w/Cheese Sauce Honey Roasted Carrots Banana (DAR) Milk	Turkey Nacho w/ Cheese (New) Whole Grain Tortilla Chips Mexican Street Corn Cantaloupe Snack Packs (DAR) Milk
29	30			
Beef Cheeseburgers (New) Whole Grain Buns Pinto Beans Golden Apples (DAR) Milk	Beef & Bean Burrito Whole Grain Wraps Green Beans Banana (DAR) Milk			

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SEPTEMBER LUNCH

VEGETARIANS



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
LABOR DAY	Veggie Burgers (New) Whole Grain Buns Green Beans Banana (DAR) Milk	Garlic & Herb Tofu & Vegetables Brown Rice Seasoned Carrot Coins Honey Dew Snack Packs (DAR) Milk	Meatless Tenders & Waffles Whole Grain Waffles Broccoli Snack Packs Diced Pineapple (DAR) Milk	Veggie Tacos w/ Shredded Cheese (New) Whole Grain Wraps Black Beans Mandarin Cups
8	9	10	11	12
Garden Salad w/ Grilled Vegetables Romaine Lettuce Dinner Rolls Gala Apples (DAR) Milk	Shoyu Veggie Ramen Delight (New) Whole Grain Ramen Noodles Snap Peas + Veggie Blend Cantaloupe Snack Packs (DAR) Milk	Lemon Pepper Tofu & Vegetables Yellow Rice Pinto Beans Diced Pineapple (DAR) Milk	Veggie Mac & Cheese (New) Whole Wheat Elbows w/Cheese Sauce Green Peas Banana (DAR) Milk	Buffalo Veggies Brown Rice w/ Pita Bread Sweet Potato Apple Sauce (DAR) Milk
15	16	17	18	19
TSG The Veggie Sandwich Whole Grain Bun Honey Roasted Carrots Diced Pears (DAR) Milk	Bean & Cheese Burrito Whole Grain Wraps Roasted Broccoli Banana (DAR) Milk	BBQ Tofu & Vegetables Wheat Rolls Black Beans Tropical Fruit Cups (DAR) Milk	Meatless Tenders & Waffles Whole Grain Waffles Roasted Cauliflower Orange Wedges (DAR) Milk	TSG Jumbo Veggie Dogs French Fries Mandarin Cups (DAR) Milk
22	23	24	25	26
Tofu Caesar Salad Romaine Lettuce Whole Grain Croutons Mixed Fruit Cups (DAR) Milk	Shoyu Veggie Ramen (New) Whole Grain Ramen Noodles Bean Sprouts + Onions Honey Dew Snack Packs (DAR) Milk	Jerk Tofu & Vegetables Yellow Rice Kidney Beans Mandarin Cups (DAR) Milk	Veggie Mac & Cheese (New) Whole Wheat Elbows w/Cheese Sauce Honey Roasted Carrots Banana (DAR) Milk	Veggie Nacho w/ Cheese (New) Whole Grain Tortilla Chips Mexican Street Corn Cantaloupe Snack Packs (DAR) Milk
29	30			
Veggie burgers (New) Whole Grain Buns Roasted Cauliflower Golden Apples (DAR) Milk	Bean & Cheese Burrito Whole Grain Wraps Green Beans Banana (DAR) Milk			

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SEPTEMBER SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
LABOR DAY	Cherry Yogurt Raisin Snack Packs	Baked Chips 100% Fruit Juice	Multigrain Goldfish Crackers 100% Grape Juice	Salsa Sunchips 100% Grape Juice
8	9	10	11	12
Animal Crackers 100% Fruit Juice	Pretzel & Cheese Sticks Banana	Lays Chips 100% Grape Juice	Honey Graham Crackers & Cheese Golden Apples	Chex Mix 100% Fruit Juice
15	16	17	18	19
Cherry Yogurt Raisin Snack Packs	Cheez-It 100% Grape Juice	Pretzel & Cheese Sticks Banana	Baked Chips 100% Fruit Juice	Multigrain Goldfish Crackers 100% Grape Juice
22	23	24	25	26
Honey Graham Crackers & Cheese Golden Apples	Animal Crackers 100% Fruit Juice	Raspberry Yogurt Raisin Snack Packs	Salsa Sunchips 100% Grape Juice	Pretzel & Cheese Sticks Banana
29	30			
Chex Mix 100% Fruit Juice	Honey Graham Crackers & Cheese Gala Apples			

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