

BREAKFAST

LUNCH

# September 2022

Middle



Monday

Tuesday

Wednesday

Thursday

Friday

**Daily Breakfast**

Breakfast Special  
Seasonal Whole  
Fresh Fruit  
100% Fruit Juice  
1% or Skim Milk

**Daily Lunch**

Lunch Special  
Peanut Butter & Jelly Sandwich  
Rotating 3<sup>rd</sup> Lunch Entrée  
Seasonal Whole Fresh Fruit  
Garden Salad Bar  
1% or Skim Milk

**Rotating 3<sup>rd</sup> Entrée**

**Monday/Thursday**  
Turkey Ham and Cheese Sub  
**Tuesday/Friday**  
Chicken Ranch Wrap  
**Wednesday**  
Large Garden Salad with Turkey

Whole Grain Cereal  
Graham Crackers

1

Pull Apart Cheese Breadsticks  
Marinara Sauce



Bagel with  
Cream Cheese

2

Fish Nuggets  
Oven Fries



HAPPY  
*Labor Day*

5

Yogurt with  
Educational Crackers

6

Chicken Tamale



Zucchini Bread Muffin

7

Beef Hot Dog  
Tater Tots



Turkey Sausage  
Pancake Wrap

8

Macaroni and Cheese



Oatmeal Breakfast Bar

9

Homemade Cheese Pizza



Mini Waffles

12

Orange Chicken and Rice

Egg and Cheese  
Breakfast Burrito

13

Bean and Cheese Burrito  
Elote Corn



Chocolate Cranberry  
Muffin

14

Chicken Nuggets  
Dinner Roll

Whole Grain Cereal  
Graham Crackers

15

Chicken Alfredo Pasta

Bagel with  
Cream Cheese

16

Cheeseburger  
Oven Fries



Cinni Minis

19

Chicken Drumstick  
& Whole Grain Waffle

Yogurt with  
Educational Crackers

20

Meatball Marinara  
& Cheese Breadstick



Oatmeal Apple Muffin

21

Grilled Cheese  
Tomato Soup



Turkey Sausage  
Pancake Wrap

22

Chili Cheese Nachos  
Black Beans



Oatmeal Breakfast Bar

23

Homemade Cheese Pizza



Mini Waffles

26

Teriyaki Chicken  
Yakisoba Noodles

Egg and Cheese  
Breakfast Burrito

27

Chicken Pot Pie

Banana Chocolate  
Chip Muffin

28

Chicken Nuggets  
Dinner Roll

Whole Grain Cereal  
Graham Crackers

29

Bean Tostada  
Spanish Rice



Bagel with  
Cream Cheese

30

Cheeseburger  
Oven Fries



Please bear with us as we deal with supply chain issues.  
Menu items may change due to availability.  
This institution is an equal opportunity provider  
Questions? Call the Child Nutrition Office at 602-707-2021