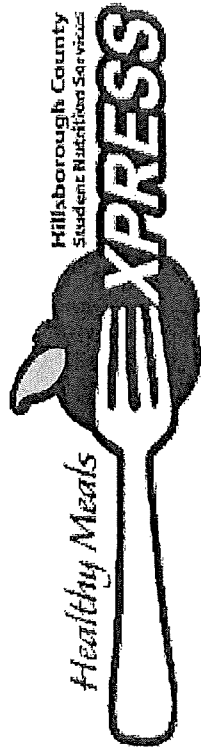


Elementary & K-8 Schools – September Menu 2022



Feeding Body & Mind...One Child At A Time

Sep 2	Sep 1			
<p>BREAKFAST The Pancake Griddle Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Crispy Chicken Spicy Chicken Sandwich Teriyaki Turkey Meatballs w/ Pineapple Bacon Fried Rice and Fortune Cookie Cheesy Garlic & Herb Broccoli Baby Carrots w/ Ranch Fresh Red Grapes Assorted Low Fat Milk</p>	<p>BREAKFAST Chicken Biscuit Maple Belgian Waffle Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Mini Queso Bites Peas & Carrots Crisp Garden Side Salad w/ Ranch Fresh Blueberries Applesauce Cup Assorted Low Fat Milk</p>	<p>BREAKFAST Jimmy Dean® Pancake Wrapped Turkey Sausage Stick Yogurt w/ Grahams Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Original Cheeseburger Dry Rub Roasted Chicken* Cornbread Muffin* BBQ Baked Beans Crispy Seasoned Tater Tots Ocean Spray® Craisins Assorted Low Fat Milk</p>	<p>BREAKFAST Sausage Biscuit Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Popcorn Chicken Bowl* Cheez Its® Crackers* BBQ Pork Sandwich Sweet Kernel Corn Baby Carrots w/ Ranch Fresh Blueberries Assorted Low Fat Milk</p>	<p>LABOR DAY NO SCHOOL</p>
<p>BREAKFAST The Pancake Griddle Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Crispy Chicken Spicy Chicken Sandwich Teriyaki Turkey Meatballs w/ Pineapple Bacon Fried Rice and Fortune Cookie Cheesy Garlic & Herb Broccoli Baby Carrots w/ Ranch Fresh Red Grapes Assorted Low Fat Milk</p>	<p>BREAKFAST Chicken Biscuit Maple Belgian Waffle Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Chicken & Rotini Alfredo Garlic and Herb Broccoli Crisp Garden Side Salad w/ Ranch Applesauce Cup Assorted Low Fat Milk</p>	<p>BREAKFAST Jimmy Dean® Pancake Wrapped Turkey Sausage Stick Yogurt w/ Grahams Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Original Cheeseburger 3 Bean Chili * Cornbread Bowl* Crispy Seasoned Tater Tots Baby Carrots w/ Ranch Ocean Spray® Craisins Assorted Low Fat Milk</p>	<p>BREAKFAST Sausage Biscuit Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Southern Style Chicken Bites* Santa Fe Beef Tostitos* Baked Tostitos Scoops* Seasoned Black Beans Red Gold® Salsa Cup Fresh Blueberries Assorted Low Fat Milk</p>	<p>BREAKFAST Unrustables Breakfast Pocket Cocoa Chip Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Meatball & Marinara Sub Cheesy Spinach Bake Zucchini Dippers w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>
<p>BREAKFAST The Pancake Griddle Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH All American Hotdog Sweet and Sour Chicken w/ Yellow Rice and Fortune Cookie Herbed Cauliflower Baby Carrots w/ Ranch Fresh Red Grapes Assorted Low Fat Milk</p>	<p>BREAKFAST Chicken Biscuit Maple Belgian Waffle Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Chicken & Rotini Alfredo Garlic and Herb Broccoli Crisp Garden Side Salad w/ Ranch Applesauce Cup Assorted Low Fat Milk</p>	<p>BREAKFAST Jimmy Dean® Pancake Wrapped Turkey Sausage Stick Yogurt w/ Grahams Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Original Cheeseburger 3 Bean Chili * Cornbread Bowl* Crispy Seasoned Tater Tots Baby Carrots w/ Ranch Ocean Spray® Craisins Assorted Low Fat Milk</p>	<p>BREAKFAST Sausage Biscuit Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Southern Style Chicken Bites* Santa Fe Beef Tostitos* Baked Tostitos Scoops* Seasoned Black Beans Red Gold® Salsa Cup Fresh Blueberries Assorted Low Fat Milk</p>	<p>BREAKFAST Unrustables Breakfast Pocket Cocoa Chip Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Meatball & Marinara Sub Cheesy Spinach Bake Zucchini Dippers w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>
<p>BREAKFAST The Pancake Griddle Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Teriyaki Chicken Potstickers w/ Fried Rice and Fortune Cookie Mini PizzaBoli Bites Garlic and Herb Broccoli Baby Carrots w/ Ranch Fresh Red Grapes Assorted Low Fat Milk</p>	<p>BREAKFAST Chicken Biscuit Chocolate Chip Belgian Waffle Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Hot Italian Sub Cool Tropics® Berry Blue Slushie Crisp Garden Side Salad w/ Ranch Applesauce Cup Assorted Low Fat Milk</p>	<p>BREAKFAST Jimmy Dean® Pancake Wrapped Turkey Sausage Stick Yogurt w/ Grahams Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Original Cheeseburger Dry Rub Roasted Chicken* Cornbread Muffin* BBQ Baked Beans Crispy Seasoned Tater Tots Ocean Spray® Craisins Assorted Low Fat Milk</p>	<p>BREAKFAST Sausage Biscuit Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Southern Style Chicken Bites* Santa Fe Beef Tostitos* Baked Tostitos Scoops* Seasoned Black Beans Red Gold® Salsa Cup Fresh Blueberries Assorted Low Fat Milk</p>	<p>BREAKFAST Unrustables Breakfast Pocket Cocoa Chip Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Meatball & Marinara Sub Cheesy Spinach Bake Zucchini Dippers w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>

19	<p>BREAKFAST Uncrustables® Breakfast Pocket Pillsbury® Mini Cinnis Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Lentil Pasta w/ Meat Sauce* Lentil Pasta w/Marinara Breadsticks (2)* Seasoned Green Beans Baby Carrots w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>	20	<p>BREAKFAST Sausage Biscuit Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Southern Style Chicken Bites* Buffalo Chicken Bites* Cheez its® Crackers* Cuban Sandwich Cuban Cheese Toast Baked Sweet Plantains Seasoned Black beans Fresh Blueberries Assorted Low Fat Milk</p>	21	<p>BREAKFAST Jimmy Dean® Pancake & Turkey Sausage Stick Yogurt w/ Grahams Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Crispy Chicken Spicy Chicken Sandwich Pizza Sticks w/Marinara Sweet Kernel Corn Baby Carrots w/ Ranch Fresh Red Grapes Assorted Low Fat Milk</p>	22	<p>BREAKFAST Chicken Biscuit Maple Belgian Waffle Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Macaroni & Cheese Peas & Carrots Crisp Garden Side Salad w/ Ranch Applesauce Cup Assorted Low Fat Milk</p>	23	<p>BREAKFAST The Pancake Grid dler Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Original Cheeseburger Teriyaki Turkey Meatballs w/ Pineapple Bacon Fried Rice and Fortune Cookie Munchable Cheesy Garlic & Herb Broccoli Zucchini Dippers w/ Ranch Ocean Spray® Craisins Assorted Low Fat Milk</p>
26	<p>BREAKFAST Uncrustables® Breakfast Pocket Pillsbury® Mini Cinnis Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Tuscan Rotini w/ Meatballs Seasoned Green Beans Baby Carrots w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>	27	<p>BREAKFAST Sausage Biscuit Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Popcorn Chicken Bowl* Cheez its® Crackers* BBQ Pork Sandwich Sweet Kernel Corn Mashed Potatoes Cool Tropics® Berry Blue Slushie Fresh Blueberries Assorted Low Fat Milk</p>	28	<p>BREAKFAST Jimmy Dean® Pancake Wrapped Turkey Sausage Stick Yogurt w/ Grahams Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Sloppy Joe Sandwich Dry Rub Roasted Chicken* Cornbread Muffin* Cheese Chef Salad BBQ Baked Beans Crispy Seasoned Tater Tots Fresh Red Grapes Assorted Low Fat Milk</p>	29	<p>BREAKFAST Chicken Biscuit Chocolate Chip Belgian Waffle Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Chicken & Rotini Alfredo Garlic and Herb Broccoli Baby Carrots w/ Ranch Applesauce Cup Assorted Low Fat Milk</p>	30	<p>BREAKFAST The Pancake Grid dler Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Sweet & Sour Chicken w/ Yellow Rice and Fortune Cookie All American Hotdog Munchable Herbed Cauliflower Zucchini Dippers w/ Ranch Ocean Spray® Craisins Assorted Low Fat Milk</p>

Breakfast: Cereal can be served daily for breakfast along with the other menu choices.

A Munchable/Power Pack of Choice must be offered every day - PBJ w/Crackers Munchable (FH-102), Yogurt Munchable (FH-104), Smoothie Munchable (FH-104a), Cereal w/ Graham Munchable (FH-118), Sliced Loaf Munchable (DH-175), Mini Loaf Munchable (FH-119a), Boiled Egg Munchable (FH-140b), PB Cup Munchable (FH-119a), Hummus Power Pack (PP-05), Cheese Pizza Power Pack (SM-7), NO-Nut Butter Cup Munchable (FH-119c), Tuna Salad Power Pack (PP-33), Chicken Salad Power Pack (PP-75), or Egg Salad Power Pack (PP-52).