


SEPTEMBER 2011





Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cherry Apple Crunch Bar w/ Yogurt & Apple Slices Sweet & Sour Chicken w/ Rice Asian Salad Mixed Vegetables Pineapple	2 Bagel Pizza Mixed Fruit Three Cheese Calzone Fisherman's Salad Zucchini Coins Sunchips Apricots
5 HAPPY LABOR DAY!	6 Colby Cheese Skillet Omelet Turkey Sausage Mandarin Oranges Chalupa Fiesta Salad Celery w/ Ranch Strawberries	7 Apple Cinnamon Bar Banana w/ PB Bean Burrito Italian Salad Rice & Beans Mandarin Oranges	8 Hard Boiled Eggs Hashbrowns Orange Wedges Nachos w/ Beans & Cheese Asian Salad Cucumber Coins w/ Ranch Grape Giggles	9 Sausage Breakfast Pizza Apricots Turkey Chili w/ Cornbread Fisherman's Salad Green Beans Pineapple Chunks
12 Ultimate Breakfast Round Peaches Roasted Chicken w/ Sweet Potatoes Greek Salad Zucchini Coins w/ Ranch Cinnamon Apples	13 Whole Wheat Bagel w/ Cream Cheese Fresh Banana Catch of the Day Fiesta Salad Broccoli Crowns w/ Ranch Mandarin Oranges	14 Hot Oatmeal w/ Fun Fruit Turkey Sausage Spaghetti w/ Meat Sauce Italian Salad Green Beans Fresh Fruit	15 Cinnamon Pancakes w/ Applesauce Turkey Dog Asian Salad Sweet Potato Rounds Grape Giggles	16 String Cheese Graham Cracker Apple Slices Max Cheese Sticks Fisherman's Salad Cucumber Coins w/ Ranch Peaches
19 Crunchy Granola Bar Yogurt Variety & Peaches Turkey Tinga w/ Tortilla Greek Salad Rice & Beans Mandarin Oranges	20 Hot n' Spicy Pocket Banana Corn Dog Fiesta Salad Celery w/ Peanut Butter Apple Slices	21 Breakfast Burrito Mandarin Oranges Chicken Strips Italian Salad Tater Tots Watermelon	22 Crunchy Cinnemania Yogurt Variety & Apricots Lasagna Asian Salad Carrot Sticks w/ Ranch Strawberries	23 Ultimate Breakfast Round Peaches Crunchy Tacos Fisherman's Salad Refried beans Pears
26 Hot Oatmeal w/ Fun Fruit Turkey Sausage Turkey Sliders Greek Salad Broccoli w/ Cheese Strawberries	27 Hard Boiled Eggs Hashbrowns Orange Wedges Macaroni & Cheese w/ Roll Fiesta Salad Cucumber Coins Mixed Fruit	28 Yogurt Parfait Blueberries Deep Dish Cheese Pizza Italian Salad Celery w/ Peanut Butter Pineapple Chunks	29 Breakfast Wrap Mandarin Oranges Memphis BBQ Sandwich Asian Salad Deli Roasters Apple Slices	30 Waffles w/ Mixed Fruit Italy Chicken Parmesan Fisherman's Salad Mixed Vegetables Pineapple Italian Treat

Fat Free & 1% Milk is offered at both breakfast & lunch. We offer a Cereal Variety (Kix, Total, Cheerios, Frosted Mini Wheat's, Honey Nut Chex, Rice Crispies, Honey Nut Cheerios, and Cinnamon Toast Crunch) daily. PB & J and Whole Wheat Rolls offered Daily at lunch. All you can eat Fruit & Vegetable offered Daily. Fresh fruit subject to change. Due to the availability of entrees, students may not receive their first choice entrée & can be given another entrée. Meals are planned in accordance with the USDA dietary guidelines. The USDA is an equal opportunity provider & employer.



SETIEMBRE 2011



Monday	Tuesday	Wednesday	Thursday	Friday
			7 Barras de Cereza y Manzana c/ Yogur y Rebanadas Manzana Pollo Agridulce c/Arroz Ensalada Asián Mezcla de Vegetales Pina	2 Pizza de Bagel Mezcla de Fruta Calzón de Tres Quesos Ensalada Atún Calabacín Papitas Sunchips Albaricoques
5 FELIZ DIA DE TRABAJO!	6 Queso (Colby) c/Huevo Salchicha de Pavo Mandarinas Chalupa Ensalada Apio c/ Ranch Fresas	7 Barras de Manzana y Canela Plátano c/Manteca de Cacahuete Burrito de Frijoles Ensalada Italiana Arroz y Frijoles Mandarinas	8 Huevo Papas Naranja Nachos c/ Frijoles y Queso Ensalada Asián Pepino c/ Ranch Uvas	9 Pizza de Salchicha Albaricoques Chile de Pavo c/ Pan de Maíz Ensalada de atún Ejotes Pina
12 Barra de Avena Duraznos Pollo Asado c/ Camote Ensalada Griego Manzanas c/Canela	13 Queso Galletas Graham Rebanadas de Manzana Pescado Ensalada Brócoli c/ Ranch Mandarinas	14 Harina de Avena c/ Fruta Salchicha de Pavo Espaguetis c/Salsa de Carne Ensalada Italiano Ejotes Mezcla de Frutas	15 Panqueques c/ Puré de Manzana Hot Dog de Pavo Ensalada Asián Camote Uvas 	16 Bagel de Trigo c/ Crema de Queso Plátano Fresco Pan de Queso Ensalada de Atún Pepino c/ Ranch Duraznos
19 Barra Crujiente de Granola Yogur y Duraznos Tinga de Pavo c/ Tortilla Ensalada Griego Arroz y Frijoles Mandarinas	20 Queso y Jalapeño Empanada & Platano Corn Dog Ensalada Apio c/Manteca de Cacahuete Rebanadas de Manzana	21 Burrito Mandarinas Tiras de Pollo Ensalada Italiano Papas Fritas Sandia 	22 Barras de Canela Yogur y Albaricoques Lasaña Ensalada Asián Zanahorias c/ Ranch Fresas	23 Barra de Avena Durazno Tacos Ensalada de Atún Brócoli c/Queso Peras
26 Harina de Avena c/ Mezcla de Fruta Salchicha de Pavo Sándwich de Pavo Ensalada Griego Frijoles Fritos Fresas	27 Huevo Papas Fritas Naranja Macarrones y Queso c/ Bolillo Ensalada Pepino Mezcla de Fruta	28 Yogur Arándanos Pizza de Queso Ensalada Italiano Apio c/Manteca de Cacahuete Pina	29 Breakfast Wrap Mandarinas Sándwich de Barbacoa Ensalada Asián Deli Asado Rebanadas de Manzana	30 Waffles c/ Mezcla de Fruta Italia  Pollo de Parmesano Ensalada de Atún Verduras Mixtas Pina Postre Italiano

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