Breakfast, Lunch & Supper Menu

September

Breakfast and lunch are FREE for all students!

Monday	Tuesday	Wednesday	Thursday	Friday
2 HAPPY LABOR DAY	3 Assorted Cereal String Cheese Pineapple Tidbits Berry Juice ~~~~~ Beef Ravioli Goldfish Crackers Baby Carrots Garden Salad Celery Sticks Fresh Apple Diced Peaches ~~~~~ Turkey Honey Brown Sugar Snack Stick String Cheese Savory Herb Wheat Crackers Carrot-Celery Combo Flavored Raisels	4 Turkey Breakfast Sausage Pizza Mixed Fruit Fruit Punch Juice ~~~~~ chicken bites w/Cheez-its Baby Carrots Cool Corn Baked Beans Mandarin Oranges Fresh Plum ~~~~~ Mini Double Chocolate Muffin Trix Yogurt String Cheese Cucumber Coins BlueRaspberry-Lemon Fruit Cup	5 Mini Cinnis Fresh Banana Orange Juice ~~~~~ Macaroni & Cheese Dinner Roll Zucchini Coins Garden Salad Cucumber Coins Flavored Applesauce Farm Fresh Strawberries ~~~~~ Strawberry Banana Smoothie String Cheese Scooby Doo Grahams Baby Carrots	6 Cinnamon Crumble Assorted Fruit Assorted 100% Fruit Juice ~~~~~ Beef Cheeseburger Diced Tomatoes w/Shredded Lettuce Assorted Vegetables Fresh Nectarine ~~~~~ Peanut Butter & Strawberry Sandwich String Cheese Celery Sticks Mixed Berry Cup
9 Lemon Bread Diced Pears Apple Juice ~~~~~ French Bread Pepperoni Pizza* Baby Carrots Garden Salad Green Beans Mixed Fruit Strawberry Cup ~~~~~ Peanut Butter String Cheese Vanilla Crackers Celery Sticks Peach Cup	10 Chicken & Waffle Sandwich Pineapple Tidbits Berry Juice ~~~~~ Beef & Cheese Taco Stick w/Guacamole Cup Baby Carrots Garden Salad Seasoned Pinto Beans Apple Slices Diced Peaches ~~~~~ Sweet BBQ Chicken Tender Jerky Bites String Cheese Savory Herb Wheat Crackers Carrot-Celery Combo Fresh Nectarine	11 French Toast Sticks Fresh Orange Slices Fruit Punch Juice ~~~~~ Orange Chicken Vegetable Fried Rice Baby Carrots Garden Salad Broccoli Bites Mandarin Oranges Pineapple Pieces ~~~~~ Mini Apple Cinnamon Muffin Trix Yogurt String Cheese Cucumber Coins Frozen Chili Mango Fruit Cup	12 Mixed Berry Yogurt Parfait Fresh Banana Orange Juice ~~~~~ Nacho Cheese Tortilla Chips Diced Tomatoes Cool Corn Flavored Applesauce Farm Fresh Strawberries ~~~~~ Mango Pineapple Fruit Smoothie Scooby Doo Grahams String Cheese Baby Carrots	13 Chocolate Chip Muffin Assorted Fruit Assorted 100% Fruit Juice ~~~~~ Beef Ribwich Celery Sticks Assorted Vegetables Assorted Fruit Fresh Grapes ~~~~~ Cheese Croissant Sandwich Grape Tomatoes Mixed Berry Cup
16 Strawberry Cream Cheese Mini Bagels Diced Pears Apple Juice ~~~~~ Bean and Cheese Burrito Baby Carrots Fiesta Jicama Sticks Garden Salad Mixed Fruit Fresh Nectarine ~~~~~ Chocolate No-Nut Butter String Cheese Vanilla Crackers Grape Tomatoes Peach Cup	17 Gourmet Waffle Pineapple Tidbits Berry Juice ~~~~~ Beef Mini Cheeseburgers Tater Tots Baby Carrots Garden Salad Garbanzo Beans Apple Slices Diced Peaches ~~~~~ Turkey Honey Brown Sugar Snack Stick String Cheese Savory Herb Wheat Crackers Roasted Chickpeas Carrot-Celery Combo Fresh Banana	18 Bakecrafters Chicken sausage & cheese pancake sandwich Fresh Orange Slices Fruit Punch Juice ~~~~~ Chicken Strips Mashed Potatoes Goldfish Crackers Baby Carrots Garden Salad Mandarin Oranges Fresh Plum ~~~~~ Mini Double Chocolate Muffin Trix Yogurt String Cheese Cucumber Coins BlueRaspberry-Lemon Fruit Cup	19 Sunrise Crackers w/Eggstravaganza* Fresh Banana Orange Juice ~~~~~ Turkey Pepperoni Pizza Bagel Baby Carrots Garden Salad Cucumber Coins Flavored Applesauce Farm Fresh Strawberries ~~~~~ Strawberry Banana Smoothie Scooby Doo Grahams String Cheese Jicama Sticks	20 Cinnamon Crumble Assorted Fruit Assorted 100% Fruit Juice ~~~~~ Chicken Patty Sandwich Zucchini Coins Assorted Vegetables Assorted Fruit Watermelon ~~~~~ Peanut Butter & Strawberry Sandwich String Cheese Celery Sticks Mixed Berry Cup
23 Mini Cinnis Diced Pears Apple Juice ~~~~~ Pizza Crunchers Marinara Sauce Cup Baby Carrots Garden Salad Cool Peas Mixed Fruit Strawberry Cup ~~~~~ Peanut Butter Vanilla Crackers String Cheese Celery Sticks Peach Cup	24 Maple Beef Sausage Breakfast Sandwich Pineapple Tidbits Berry Juice ~~~~~ Crispy Beef & Cheese Tacos Baby Carrots w/Shredded Lettuce Shredded Cheese Diced Peaches Apple Slices ~~~~~ Sweet BBQ Chicken Tender Jerky Bites String Cheese Savory Herb Wheat Crackers Carrot-Celery Combo Fresh Nectarine	25 Pancake Bites Fresh Orange Slices Fruit Punch Juice ~~~~~ Teriyaki Chicken Vegetable Fried Rice Baby Carrots Garden Salad Broccoli Bites Mandarin Oranges Chilled Honeydew ~~~~~ Mini Apple Cinnamon Muffin Trix Yogurt String Cheese Cucumber Coins Frozen Chili Mango Fruit Cup	26 Fruit & Yogurt Parfait Fresh Banana Orange Juice ~~~~~ Director's Choice Entree Zucchini Coins Garden Salad Jicama Sticks Flavored Applesauce Farm Fresh Strawberries ~~~~~ Mango Pineapple Fruit Smoothie Scooby Doo Grahams String Cheese Baby Carrots	27 Kellogg's Pop Tarts Assorted Fruit Assorted 100% Fruit Juice ~~~~~ Chicken Corn Dog Baked Beans Assorted Vegetables Assorted Fruit Fresh Peach ~~~~~ Cheese Croissant Sandwich Grape Tomatoes Mixed Berry Cup
30 Strawberry Filled Elote Pan Dulce Diced Pears Apple Juice ~~~~~ Turkey Taco Nada Chocolate Chip Cookie Baby Carrots Garden Salad Cool Corn Mixed Fruit Fresh Plum ~~~~~ Chocolate No-Nut Butter Vanilla Crackers String Cheese Celery Sticks Peach Cup	**HARVEST OF THE MONTH** STONE FRUIT	***Milk is provided with all meals:*** ***1% White Milk*** ***OR*** ***Fat Free Choc Milk***	Cereal & string cheese offered daily for breakfast as a second choice entree.	*What Makes a Lunch* Select 3–5 Components Milk Grain Fruit Veggies Protein One must be a Fruit AND/OR Veggies

***Items May Contain Pork, **Turkey & Beef Pepperoni "Ontario-Montclair School District is an equal opportunity provider and employer" Menu Subject to change.**