

SEPTEMBER

BACK to SCHOOL

New school years are for new beginnings! Now is the perfect time to try that new food, hobby or skill you've always been curious about. **What's your new goal?**



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

- o **Vegetable** of the day

revolution foods.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

5

6

7

10

11

12

13

14

17

18

19

20

21

24

25

26

27

28

- Corn Chex
- Jerk chicken drumstick & rice
- Rainbow veggie pizza
- Honey mustard chicken wrap
- o Green beans

- Apple muffin
- Cheesy ravioli (vg)
- Kickin' chicken melt
- Chinese chicken noodles
- o Pinto beans & broccoli

- Banana muffin
- Chicken taco trio
- Fiesta scoops & 3 layer dip (v)
- Chicken caesar salad
- o Lettuce & tomatoes w/ranch

- Apple crisp bar
- Chicken potstickers
- Cheese pizza (v)
- Egg salad sandwich (v)
- o Sweet potatoes

- Cheerios

- Chicken bites w/BBQ beans
- Cheesy chicken quesadilla
- Sunbutter & jelly (v)

- o Steamed corn

- Blueberry muffin
- Pancakes & omelet (v)
- Chicken teriyaki (df)
- Sesame chicken wrap (df)

- o Glazed carrots

- Chicken Sausage Gordita
- Mac & cheese/chicken bites
- Cheesy pizza bites (v)
- Chicken caesar wrap

- o Garbanzo beans & tomatoes

- French Toast muffin
- Bean & cheese pupusa (v)
- Hot dog
- BBQ chicken wrap

- o Broccoli with ranch

- Cinnamon Raisin bagel
- Tomato chicken curry
- Spaghetti & meatballs
- Taco dipper kit (v)

- o Cucumber & tomato salad

- Multigrain Cheerios

- Cheeseburger
- Roasted chicken sandwich
- Sunbutter & jelly (v)

- o Green beans with ranch

- Banana muffin
- Chicken gumbo
- Rainbow veggie pizza (v)
- Sesame chicken wrap

- o Sweet potatoes

- Chicken chorizo brekwich
- BBQ beef flatbread melt
- Chicken bites
- Hummus dippers (v)

- o Edamame and carrots

- Blueberry bagel
- Chicken tamale
- Cheesy ravioli (v)
- Honey mustard chicken wrap

- o Broccoli & carrot salad

- Yogurt and fruit
- General tso's chicken
- Chicken taco trio
- Southwest veggie wrap (v)

- o Green peas

- Chex

- Hot dog
- Cheesy pizza bites (v)
- Chicken salad sandwich

- o Steamed corn

- French toast & sausage
- Chicken bites w/BBQ beans
- Chili citrus drumstick & rice
- Cheddar sandwich (v)

- o Sweet potatoes

- Yogurt with fruit
- Pasta with zesty beef
- Chicken enchilada
- Egg salad sandwich (vg)

- o Edamame & tomatoes

- Blueberry muffin
- Chicken "crunchadilla"
- Pepperjack cheeseburger
- Veggie taco salad (v)

- o lettuce & tomatoes w/ranch

- French toast muffin
- Five cheese lasagna (v)
- Pancakes & chicken sausage
- Chinese chicken noodles

- o Green beans