



SIMPLY GOOD

This month we're celebrating **tomatoes**
in your café!

Corpus Christi SEPT

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| Week 2: Muffin Fun Lunch | | | | |
| 3-Sep | 4-Sep | 5-Sep | 6-Sep | 7-Sep |
| | | Whole Grain Chicken Nuggets Mashed Potatoes Whole Grain Biscuit | Chicken and Cheese Quesadilla Steamed Corn Tomato Salsa | Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad |
| | | Week 3: Cereal Fun Lunch | | |
| 10-Sep | 11-Sep | 12-Sep | 13-Sep | 14-Sep |
| French Bread Cheese Pizza Whole Grain Rotini Seasoned Peas | Whole Grain Chicken Nuggets Seasoned Broccoli Whole Grain Biscuit | Toasted Triple Cheese Sandwich Campbell's Tomato Soup | Crispy Chicken Sandwich Buffalo Cauliflower | Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad |
| Week 4: Muffin Fun Lunch | | | | |
| 17-Sep | 18-Sep | 19-Sep | 20-Sep | 21-Sep |
| Italian Meatball Sub Seasoned Peas | Whole Grain Chicken Nuggets Whole Grain Biscuit | Mac and Cheese Roasted Broccoli | Beef Nachos Mexican Rice | Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad |
| Week 5: Mini Bagel Fun Lunch | | | | |
| 24-Sep | 25-Sep | 26-Sep | 27-Sep | 28-Sep |
| Chicken Parm w/ Spaghetti Seasoned Cauliflower | Whole Grain Chicken Nuggets Seasoned Spinach Whole Grain Biscuit | Cheese or Hamburger Waffle Fries | French Toast Sticks Turkey Sausage Mini Hash browns | Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad |
| Fruit and Vegetable Bar (Available Daily) | | | | |
| Fresh whole Fruit Chilled Fruit salad | Fresh whole Fruit Chilled Fruit salad | Fresh whole Fruit Chilled Fruit salad | Fresh whole Fruit Chilled Fruit salad | Fresh whole Fruit Chilled Fruit salad |
| Carrot Sticks Sweet Corn Salad | Celery Sticks Chick Peas | Fresh Broccoli Florets Fresh Baby Carrots | Corn & Black Bean Salsa Sliced Cucumbers | Red Pepper Slices Power Peas |
| Mixed Bean Salad | Mixed Bean Salad | Mixed Bean Salad | Mixed Bean Salad | Mixed Bean Salad |
| Daily Alternate Meals | | | | |
| PB&J | PB&J | PB&J | PB&J | PB&J |
| | Peach and Strawberry Smoothie | Blueberry and Banana Smoothie | Orange and Pineapple Smoothie | |
| 2-Turkey and Cheese on Wheat | 2- Chef Salad w/ Bread Stick | 2- Crispy Chicken Caesar Salad Wrap | 2-Turkey and Cheese Wrap | 2-Mixed Green Salad w/ Cheese and Bread Stick |

ELEMENTARY: A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

Please contact me with any questions, comments or concerns.

Jamie Davies, Director of Dining Services: jamie.davies@compass-usa.com

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