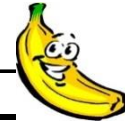




Power Your Performance.

Discovery KITCHEN

Look for the Power Up logo by foods that fuel performance.



Corpus Christi September

*** REMINDER BREAKFAST SERVED DAILY! ****

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: Cereal Fun Lunch				
		4-Sep	5-Sep	6-Sep
		Whole Grain Chicken Mashed Potatoes Whole Grain Biscuit	Asian Orange Chicken Brown Rice Seasoned Broccoli	Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad
		Week 2: Pretzel and Sunbutter Fun Lunch		
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
French Bread Cheese Pizza Seasoned Peas	Whole Grain Chicken Seasoned Carrots Whole Grain Biscuit	French Toast Sticks Turkey Sausage Mini Hash browns	Crispy Chicken Sandwich Corn on the cob	Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad
Week 3: Muffin Fun Lunch				
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Classic Cheese Burger or Waffle Fries Seasoned Peas	Whole Grain Chicken Mixed Vegetables Whole Grain Biscuit	Beef Nachos Seasoned Corn	Turkey Corn dog Seasoned Carrots	Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad
Week 4: Mini Bagel Fun Lunch				
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Italian Meatball Sub Fresh Green Beans	Whole Grain Chicken Seasoned Spinach Whole Grain Biscuit	Pizza Dunkers Cheese Filled Bread Sticks w/ Marinara Sauce Seasoned Green Beans	Mac and Cheese Steamed Broccoli Bread Stick	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
2-Turkey and Cheese on	2- Chef Salad w/ Bread Stick	2- Crispy Chicken Caesar	2-Turkey and Cheese Wrap	2-Mixed Green Salad w/

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

USDA is an equal opportunity employer and provider.

