

# September

# BREAKFAST

## NSLP Grab & Go Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> BlueBerry Chex (V) (DF) Plain Bagel with Cream Cheese (V)	<b>2</b> Vanilla Concha Bread (V) Zee Zees Cinnamon Crisp Bar (V) (DF)
<b>5</b> Cinnamon Chex with Educational Snacks (V) Cinnamon Crumble (V)	<b>6</b> Blueberry Burst Muffin (V) Cheerios & Educational Snacks (V)	<b>7</b> Lemon Muffin (V) Yogurt & Cinnamon Grahams (V)	<b>8</b> BlueBerry Chex (V) (DF) Plain Bagel with Cream Cheese (V)	<b>9</b> Vanilla Concha Bread (V) Zee Zees Cinnamon Crisp Bar (V) (DF)
<b>12</b> Cheerios & Educational Snacks (V) Zee Zees Berry Apple Crisp Bar (V) (DF)	<b>13</b> Blueberry Burst Muffin (V) Plain Bagel with Cream Cheese (V)	<b>14</b> Yogurt & Educational Snacks (V) String Cheese & Cinnamon Grahams (V)	<b>15</b> Blueberry Burst Bagel (V) Banana Muffin (V)	<b>16</b> Lemon Muffin (V) Cinnamon Crumble (V)
<b>19</b> Cinnamon Crumble (V) Corn Chex Cereal & Educational Snacks (V)	<b>20</b> Blueberry Muffin (V) Cheerios & Educational Snacks (V)	<b>21</b> Lemon Muffin (V) Yogurt & Cinnamon Grahams (V)	<b>22</b> BlueBerry Chex (V) (DF) Plain Bagel with Cream Cheese (V)	<b>23</b> Vanilla Concha Bread (V) Zee Zees Berry Apple Crisp Bar (V) (DF)
<b>26</b> Cheerios & Educational Snacks (V) Zee Zees Berry Apple Crisp Bar (V) (DF)	<b>27</b> Banana Muffin (V) Plain Bagel with Cream Cheese (V)	<b>28</b> String Cheese & Cinnamon Grahams (V) Yogurt & Educational Snacks (V)	<b>29</b> Banana Muffin (V) Blueberry Burst Bagel (V)	<b>30</b> Cinnamon Crumble (V) Lemon Muffin (V)

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. Scan the QR code or use this link:

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revolution foods.

This institution is an equal opportunity provider.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

All grains offered are whole-grain rich.

**Dairy-Free (DF)**

**Vegetarian (V)**

# September

# LUNCH

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> BBQ Beef Rib Sandwich (DF) Green Chile Cheese & Chicken Quesadilla Veggie Chef Salad (V) <b>Lettuce &amp; Sliced Tomatoes</b>	<b>2</b> Cheese Pizza (V) Chicken Teriyaki with Brown Rice (DF) Chicken Salad Sandwich (DF) <b>Coleslaw</b>
<b>5</b> Chicken Bites (DF) Flame-Broiled Beef Cheeseburger SunButter & Jelly Sliced Sandwich Kit (V) <b>Steamed Corn</b>	<b>6</b> All Beef Hot Dog (DF) Cheese Pizza (V) Bagel with Cream Cheese (V) <b>Baby Carrots</b>	<b>7</b> Creamy Pasta Alfredo (V) Oven Roasted Chicken Sandwich (DF) Cheese Sub Sandwich (V) <b>Cilantro Lime Pinto Beans</b> <b>Carrots, Corns &amp; Peas</b>	<b>8</b> BBQ Beef Rib Sandwich (DF) Cheese Enchilada (V) Veggie Chef Salad (V) <b>Lettuce &amp; Sliced Tomatoes</b>	<b>9</b> Bean & Cheese Burrito (V) Cheese Pizza (V) Turkey Sandwich (DF) <b>Coleslaw</b>
<b>12</b> Crispy Chicken Sandwich (DF) Mozzarella Stuffed Breadsticks (V) Cheese Pizza Kit (V) <b>Baby Carrots</b>	<b>13</b> All Beef Hot Dog (DF) Chicken Bites (DF) Cheese Sub Sandwich (V) <b>Seasoned Green Beans</b>	<b>14</b> Pancakes & Cheesy Omelet (V) Flame-Broiled Beef Cheeseburger Turkey Sandwich (DF) <b>Carrots, Corns &amp; Peas</b>	<b>15</b> Beef & Bean Burrito (DF) Pepperoni Pizza SunButter & Jelly Sliced Sandwich Kit (V) <b>Steamed Broccoli</b>	<b>16</b> Cheese Enchilada (V) Orange Breaded Chicken (DF) Classic Turkey & Cheddar Sandwich <b>Black Beans</b>
<b>19</b> All Beef Hot Dog (DF) Bean & Cheese Burrito (V) SunButter & Jelly Sliced Sandwich Kit (V) <b>Green Peas</b>	<b>20</b> Creamy Pasta Alfredo (V) Flame-Broiled Beef Hamburger (DF) Bagel with Cream Cheese (V) <b>Baby Carrots</b>	<b>21</b> Cheese Enchilada (V) Pepperoni Pizza Turkey Sandwich (DF) <b>Black Beans &amp; Chili Citrus Corn</b> <b>Carrots, Corns &amp; Peas</b>	<b>22</b> BBQ Beef Rib Sandwich (DF) Pizza Panada Pie (V) Veggie Chef Salad (V) <b>Lettuce &amp; Sliced Tomatoes</b>	<b>23</b> Cheese Pizza (V) Vegan Jamaican Calzoni (V) (DF) Turkey Sandwich (DF) <b>Coleslaw</b>
<b>26</b> Bean & Cheese Burrito (V) Flame-Broiled Beef Hamburger (DF) Cheese Pizza Kit (V) <b>Baby Carrots</b>	<b>27</b> Cheese Enchilada (V) Crispy Chicken Sandwich (DF) SunButter & Jelly Sliced Sandwich Kit (V) Lemon Pepper Green Beans	<b>28</b> Cheese Pizza (V) Chicken Bites (DF) Bagel with Cream Cheese (V) <b>Carrots, Corns &amp; Peas</b>	<b>29</b> Pancakes & Cheesy Omelet (V) Pepperoni Pizza Turkey Sandwich (DF) <b>Steamed Broccoli</b>	<b>30</b> Cheese Enchilada (V) Hot Meatball Sub Turkey Sandwich (DF) <b>Pinto Beans</b>

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Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served. All grains offered are whole-grain rich.

Dairy-Free & vegetarian (V) options available daily. If not listed on the menu, available on request.

**Dairy-Free (DF)**

**Vegetarian (V)**

**Vegetable of the Day**

# September

# SNACK

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Cheddar Crisp Crackers with Fruit with Fruit (V)	<b>2</b> Honey Wheat Crackers with Fruit (V) (DF)
<b>5</b> Educational Snacks with Sunbutter (V)	<b>6</b> Savory Pizza Crackers & String Cheese (V)	<b>7</b> Cinnamon Grahams with Fruit (V)	<b>8</b> Cheddar Crisp Crackers with Fruit with Fruit (V)	<b>9</b> Honey Wheat Crackers with Fruit (V) (DF)
<b>12</b> Honey Grahams with Fruit (V)	<b>13</b> Cheddar Crisp Crackers with Fruit (V)	<b>14</b> Cinnamon Grahams with Fruit (V)	<b>15</b> Educational Snacks with Fruit (V)	<b>16</b> Veggie Crackers with Fruit (V)
<b>19</b> Cheddar Crisp Crackers with Fruit (V)	<b>20</b> Cinnamon Grahams with Fruit (V)	<b>21</b> Dino Bites (V)	<b>22</b> Savory Pizza Crackers & String Cheese (V)	<b>23</b> Educational Snacks with Sunbutter (V)
<b>26</b> Veggie Crackers with Fruit (V)	<b>27</b> Cheddar Crisp Crackers with Fruit (V)	<b>28</b> Honey Wheat Crackers with Fruit (V) (DF)	<b>29</b> Educational Snacks with Fruit (V)	<b>30</b> Honey Grahams with Fruit (V)

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Fresh fruit available daily except when fruit juice, string juice or Sunbutter are served.

All grains offered are whole-grain rich.

**Dairy-Free (DF)**

**Vegetarian (V)**

# September

# SUPPER

CACFP Cold Grab & Go Supper

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey, Cheese, Crackers & Celery	2 Veggie Chef Salad (V)
5 Cheese Please! Pizza Chef Kit (V)	6 Snack Pack: Goldfish Cheddar Crackers (V)	7 Snack Pack: Educational Snacks & Sunflower Seeds (V)	8 Turkey, Cheese, Crackers & Celery	9 Veggie Chef Salad (V)
12 Snack Pack: Goldfish Cheddar Crackers (V)	13 Turkey, Cheese, Crackers & Celery	14 Crackers, String Cheese & Broccoli (V)	15 Veggie Chef Salad (V)	16 Cheese Please! Pizza Chef Kit (V)
19 Educational Snacks (V)	20 Veggie Chef Salad (V)	21 Cheese Please! Pizza Chef Kit (V)	22 Buffalo Chicken Sandwich	23 Snack Pack: Goldfish Cheddar Crackers (V)
26 Snack Pack: Crackers, Celery & Sunbutter (V)	27 Cheese Please! Pizza Chef Kit (V)	28 Lunch Bundle: Turkey, Cheese, Crackers & Celery	29 Snack Pack: Goldfish Cheddar Crackers (V)	30 Snack Pack: Cinnamon Grahams, Celery & Sunbutter (V)

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