



# September



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

9/01

9/02

9/03

9/04

### **BREAKFAST:**

Fruit & Juice  
Morning Muffin  
Milk

### **LUNCH:**

Baked Chicken  
w/mojo  
Congri Rice  
Roll  
Steamed Broccoli  
Fruit and Milk

### **SNACK:**

Cheez It and Apple

### **BREAKFAST:**

Fruit & Juice  
Croissant w/ butter  
Milk

### **LUNCH:**

Picadillo  
Brown Rice  
Roasted Potatoes  
Fruit and Milk

Themed Menu

### **SNACK:**

Pretzel Crackers &  
Cubed Cheese

### **BREAKFAST:**

Fruit & Juice  
Sliced Bread  
Scrambled Egg and  
Milk

### **LUNCH:**

Meat Balls in  
Marinara  
Brown Rice  
Peas and Carrots  
Juice and Milk

### **SNACK:**

Muffin and Apple

### **BREAKFAST:**

Fruit  
Pancake w/ syrup  
Milk

### **LUNCH:**

Pizza  
Mixed Green Salad w/  
Dressing  
Fruit and Milk

### **SNACK:**

Juice and Dorito  
Tortilla Chips

9/07

9/08

9/09

9/10

9/11

### **BREAKFAST:**

Fruit & Juice  
Cereal  
Milk

### **LUNCH:**

Chicken Nuggets w/  
ketchup  
Mashed Potatoes  
Potato Fries  
Bread Roll  
Fruit and Milk  
**SNACK:**  
Mozzarella Bread

### **BREAKFAST:**

Fruit & Juice  
Morning Muffin  
Milk

### **LUNCH:**

Mac & Cheese  
Mixed Green Salad w/  
Dressing  
Juice  
Milk  
**SNACK:**  
Pretzels and Apple

### **BREAKFAST:**

Fruit & Juice  
Fritata  
Sliced Bread & Milk

### **LUNCH:**

Cilantro Lime Chicken  
Veggie Rice  
Black Beans  
Fruit & Milk

Themed Menu

**SNACK:** Teddy  
Graham and Cheese  
Sting

### **BREAKFAST:**

Fruit  
Croissant w/butter  
Milk

### **LUNCH:**

Grilled Chicken Strips  
Soft Taco  
Diced Tomatoes  
Roasted Corn & Beans  
Juice and Milk  
**SNACK:**  
Goldfish Crackers and  
Juice

### **BREAKFAST:**

Fruit and Juice  
Pancake w/ syrup  
Milk

### **LUNCH:**

Pizza  
Steamed Carrots  
Fruit and Milk

### **SNACK:**

President Crackers  
and Yogurt

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# September



## MONDAY

9/14

### BREAKFAST:

Fruit & Juice  
Cereal  
Milk

### LUNCH:

Empanadas  
Brown Rice  
Lentil Soup

Fruit  
Milk

### SNACK:

Doritos Tortilla Chips  
and Juice

Themed Menu

## TUESDAY

9/15

### BREAKFAST:

Fruit & Juice  
Bagel w/ cream  
cheese  
and Milk

### LUNCH:

Arroz Con Pollo  
Criollo w/ Corn  
Plantains  
Bread Roll  
Fruit  
Milk

### SNACK:

Cheez-it and Apple

## WEDNESDAY

9/16

### BREAKFAST:

Fruit & Juice  
Morning Muffin  
Milk

### LUNCH:

Chicken Tender  
Yellow Rice w/corn  
Mixed Green Salad  
w/ Dressing  
Fruit and Milk

### SNACK:

President Crackers  
and Cheese String

## THURSDAY

9/17

### BREAKFAST:

Fruit & Juice  
Pancake w/ syrup  
Milk

### LUNCH:

Our Famous  
Meatballs Marinara  
Sub Bun  
Broccoli  
Juice and Milk

### SNACK:

Goldfish Crackers  
and Juice

## FRIDAY

9/18

### BREAKFAST:

Fruit  
Scrambled Egg  
Sliced Bread  
Milk

### LUNCH:

Pizza  
Steam Carrots  
Fruit and Milk

### SNACK:

Honey Oat Crackers  
and Yogurt

9/21

### BREAKFAST:

Fruit & Juice  
Cereal And Milk

### LUNCH:

Chicken Sandwich  
w/ Sliced Bun  
Steam Carrots  
Juice and Milk

### SNACK:

Muffin and Yogurt

9/22

### BREAKFAST:

Fruit & Juice  
Cinnamon Bread w/  
Butter  
Milk

### LUNCH:

Special Turkey Taco  
Nacho Chips  
Taco Black Beans  
Lettuce  
Fruit and Milk

### SNACK:

Graham Crackers  
and Apple

9/23

### BREAKFAST:

Fruit & Juice  
Pancake w/ syrup  
Milk

### LUNCH:

Cuban Beefaroni  
Broccoli  
Garlic Bread  
Fruit  
Milk

### SNACK:

Pretzel and Cubed  
Cheese

Themed Menu

9/24

### BREAKFAST:

Fruit & Juice  
Cheese Slice  
Sliced Bread w/  
butter  
Milk

### LUNCH:

Corn Dog  
Roasted Potato Fries  
Salad w/dressing  
Juice and Milk

### SNACK:

Goldfish Crackers  
and Juice

9/25

### BREAKFAST:

Fruit  
Bread w/ Butter  
Egg Patty  
Milk

### LUNCH:

Pizza  
Corn  
Fruit and Milk

### SNACK:

Animal Crackers and  
Juice

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# September



## MONDAY

9/28

### **BREAKFAST:**

Fruit & Juice  
Cereal  
Milk

### **LUNCH:**

Cheeseburger w/  
ketchup  
Hamburger Bun  
Sliced Carrots  
Juice and Milk

### **SNACK:**

Scooby Doo Crackers  
and Yogurt

## TUESDAY

9/29

### **BREAKFAST:**

Fruit & Juice  
Morning Muffin  
Milk

### **LUNCH:**

Baked Chicken  
w/mojito  
Congri Rice  
Roll  
Steamed Broccoli  
Fruit and Milk

### **SNACK:**

Cheez It and Apple

## WEDNESDAY

9/30

### **BREAKFAST:**

Fruit & Juice  
Croissant w/ butter  
Milk

### **LUNCH:**

Beef Stew  
Brown Rice  
Broccoli  
Fruit and Milk

### **SNACK:**

Pretzel Crackers &  
Cubed Cheese

Themed Menu

## THURSDAY

## FRIDAY



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# September



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

9/01

9/02

9/03

9/04

### DESAYUNO:

Fruta y jugo  
Muffin  
Leche

### ALMUERZO:

Pollo al horno con  
mojo  
Arroz congri  
Rollo  
Brócoli al vapor  
Fruta y leche

### MERIENDA:

Galletas saladas con  
manzana

### DESAYUNO:

Fruta y jugo  
Croissant con  
mantequilla  
Leche

### ALMUERZO:

Picadillo  
Arroz integral  
Papas asadas  
Fruta y leche

### MERIENDA:

Galletas saladas y  
queso en cubos

### DESAYUNO:

Fruta y jugo  
Pan de molde  
Huevos revueltos con  
leche

### ALMUERZO:

Albóndigas en salsa  
marinara  
Arroz integral  
Guisantes y  
zanahorias  
Jugo con leche

### MERIENDA:

Muffin y manzana

### DESAYUNO:

Fruta  
Tortita con sirope  
Leche

### ALMUERZO:

Pizza  
Ensalada mixta con  
aderezo  
Fruta y leche

### MERIENDA:

Jugo y totopos Doritos

9/07

9/08

9/09

9/10

9/11

### DESAYUNO:

Fruta y zumo  
Cereales  
Leche

### ALMUERZO:

Nuggets de pollo con  
ketchup  
Puré de patatas  
Patatas fritas  
Panecillo  
Fruta y leche

### MERIENDA:

Pan de mozzarella

### DESAYUNO:

Fruta y jugo  
Muffin  
Leche

### ALMUERZO:

Macarrones con  
queso  
Ensalada mixta con  
aderezo  
Jugo  
Leche

### MERIENDA:

Pretzels y manzana

### DESAYUNO:

Fruta y jugo  
Fritata  
Pan rebanado y leche

### ALMUERZO:

Pollo con cilantro y  
lima  
Arroz con verduras  
Frijoles negros  
Fruta y leche

### MERIENDA:

Galleta Teddy  
Grahams con queso

### DESAYUNO:

Fruta  
Croissant con  
mantequilla  
Leche

### ALMUERZO:

Tiras de pollo a la  
plancha  
Taco suave  
Tomates picados  
Maíz y frijoles asados  
Jugo y leche

### MERIENDA:

Galletas Goldfish y  
jugo

### DESAYUNO:

Fruta y jugo  
Panqueque con  
jarabe  
Leche

### ALMUERZO:

Pizza  
Zanahorias al vapor  
Fruta y leche

### MERIENDA:

Galletas President  
con yogur

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# September



| MONDAY                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9/14                                                                                                                                                                                                   | 9/15                                                                                                                                                                                                                                                     | 9/16                                                                                                                                                                                                                                    | 9/17                                                                                                                                                                                                                                                             | 9/18                                                                                                                                                                                                     |
| <b>DESAYUNO:</b><br>Fruta y jugo<br>Cereales<br>Leche<br><br><b>ALMUERZO:</b><br>Empanadas<br>Arroz integral<br>Sopa de lentejas<br>Fruta<br>Leche<br><b>MERIENDA:</b><br>Doritos y jugo               | <b>DESAYUNO:</b><br>Fruta y jugo<br>Bagel con queso<br>crema<br>y leche<br><b>ALMUERZO:</b><br>Arroz con pollo<br>criollo con maíz<br>Plátanos fritos<br>Panecillo<br>Fruta<br>Leche<br><b>MERIENDA:</b><br>Cheez-it y manzana                           | <b>DESAYUNO:</b><br>Fruta y jugo<br>Muffin<br>Leche<br><b>ALMUERZO:</b><br>Tiras de pollo<br>Arroz amarillo con<br>maíz<br>Ensalada mixta con<br>aderezo<br>Fruta y leche<br><b>MERIENDA:</b><br>Galletas President y<br>queso en tiras | <b>DESAYUNO:</b><br>Fruta y jugo<br>Panqueque con<br>jarabe<br>Leche<br><b>ALMUERZO:</b><br>Nuestras famosas<br>albóndigas a la<br>marinara<br>Pan de sándwich<br>Brócoli<br>Jugo y leche<br><b>MERIENDA:</b><br>Galletas Goldfish y<br>jugo                     | <b>DESAYUNO:</b><br>Fruta<br>Huevos revueltos<br>Pan de molde<br>Leche<br><b>ALMUERZO:</b><br>Pizza<br>Zanahorias al vapor<br>Fruta y leche<br><b>MERIENDA:</b><br>Galletas de avena<br>con miel y yogur |
| 9/21                                                                                                                                                                                                   | 9/22                                                                                                                                                                                                                                                     | 9/23                                                                                                                                                                                                                                    | 9/24                                                                                                                                                                                                                                                             | 9/25                                                                                                                                                                                                     |
| <b>DESAYUNO:</b><br>Fruta y jugo<br>Cereales y leche<br><br><b>ALMUERZO:</b><br>Sándwich de pollo<br>con pan rebanado<br>Zanahorias al vapor<br>Jugo y leche<br><br><b>MERIENDA:</b><br>Muffin y yogur | <b>DESAYUNO:</b><br>Fruta y jugo<br>Pan de canela con<br>mantequilla<br>Leche<br><b>ALMUERZO:</b><br>Taco especial de<br>pavo<br>Nachos<br>Frijoles negros para<br>tacos<br>Lechuga<br>Fruta y leche<br><b>MERIENDA:</b><br>Galletas Graham y<br>manzana | <b>DESAYUNO:</b><br>Fruta y jugo<br>Panqueque con<br>jarabe<br>Leche<br><b>ALMUERZO:</b><br>Befaroni cubano<br>Brócoli<br>Pan de ajo<br>Fruta<br>Leche<br><b>MERIENDA:</b><br>Pretzel con queso en<br>cubos                             | <b>DESAYUNO:</b><br>Fruta y jugo<br>Rebanada de queso<br>Pan rebanado con<br>mantequilla<br>Leche<br><b>ALMUERZO:</b><br>Salchicha rebozada<br>Papas fritas asadas<br>Ensalada con<br>aderezo<br>Jugo y leche<br><b>MERIENDA:</b><br>Galletas Goldfish y<br>jugo | <b>DESAYUNO:</b><br>Fruta<br>Pan con mantequilla<br>Hortilla de huevo<br>Leche<br><b>ALMUERZO:</b><br>Pizza<br>Maíz<br>Fruta y leche<br><b>MERIENDA:</b><br>Galletas con forma de<br>animales y jug      |

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# September



## MONDAY

9/28

### DESAYUNO:

Fruta y jugo  
Cereales  
Leche

### ALMUERZO:

Hamburguesa con  
queso y ketchup  
Pan de  
hamburguesa  
Zanahorias en  
rodajas  
Jugo y leche

### MERIENDA:

Galletas Scooby Doo  
y yogur

## TUESDAY

9/29

### DESAYUNO:

Fruta y jugo  
Muffin  
Leche

### ALMUERZO:

Pollo al horno con  
mojo  
Arroz congri  
Rollo  
Brócoli al vapor  
Fruta y leche

### MERIENDA:

Galletas saladas con  
manzana

## WEDNESDAY

9/30

### DESAYUNO:

Fruta y jugo  
Croissant con  
mantequilla  
Leche

### ALMUERZO:

Estofado de ternera  
Arroz integral  
Brócoli  
Fruta y leche

### MERIENDA:

Galletas saladas y  
queso en cubos

## THURSDAY

## FRIDAY



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# September



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

9/01

### DEJENE:

Fwi ak Ji  
Mofin Maten  
Lèt

### MANJE MIDI:

Poul Boukannen ak  
Mojo  
Diri Congri  
Woulon  
Bwokoli Vapè  
Fwi ak Lèt  
**TI GOUTE:**  
Cheez It ak Pòm

9/02

### DEJENE:

Fwi ak Ji  
Kwasan ak bè  
Lèt

### MANJE MIDI:

Picadillo  
Diri mawon  
Patat griye  
Fwi ak Lèt  
**TI GOUTE:**  
Biswit Pretzel ak  
Fwomaj Koupe an Kib

9/03

### DEJENE:

Fwi ak Ji  
Pen tranche  
Ze brase ak lèt

### MANJE MIDI:

Boul vyann nan sòs  
Marinara  
Diri mawon  
Pwa ak kawòt  
Ji ak lèt  
**TI GOUTE:**  
Mofin ak pòm

9/04

### DEJENE:

Fwi  
Krèp ak siwo  
Lèt

### MANJE MIDI:

Pitza  
Salad vèt melanje ak  
sòs salad  
Fwi ak lèt  
**TI GOUTE:**  
Ji ak chips Dorito  
Tortilla

9/07

### DEJENE:

Fwi ak Ji  
Sereyal  
Lèt

### MANJE MIDI:

Moulen poul ak  
kètchòp  
Pile pòm detè  
Fri pòm detè  
Pen woulo  
Fwi ak lèt  
**TI GOUTE:**  
Pen mozzarella

9/08

### DEJENE:

Fwi ak Ji  
Mofin maten  
Lèt

### MANJE MIDI:

Makawoni ak fwomaj  
Salad vèt melanje ak  
sòs salad  
Ji  
Lèt  
**TI GOUTE:**  
Pretzel ak pòm

9/09

### DEJENE:

Fwi ak Ji  
Fritata  
Pen tranche ak Lèt

### MANJE MIDI:

Poul ak Sitwon vèt ak  
Silantro  
Diri ak Legim  
Pwa Nwa  
Fwi ak Lèt  
**TI GOUTE:**  
Teddy Graham ak  
Fwomaj Sting

9/10

### DEJENE:

Fwi  
Kwasan ak bè  
Lèt

### MANJE MIDI:

Tranch poul griye  
Tako mou  
Tomat koupe an kib  
Mayi ak pwa griye  
Ji ak lèt  
**TI GOUTE:**  
Biswit pwason wouj  
ak ji

9/11

### DEJENE:

Fwi ak Ji  
Krèp ak siwo  
Lèt

### MANJE MIDI:

Pitza  
Kawòt vapè  
Fwi ak Lèt  
**TI GOUTE:**  
Biswit Prezidan ak  
Yogout



# September



| MONDAY                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                  | FRIDAY                                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9/14                                                                                                                                                                               | 9/15                                                                                                                                                                                                             | 9/16                                                                                                                                                                                                              | 9/17                                                                                                                                                                                                                      | 9/18                                                                                                                                                                             |
| <b>DEJENE:</b><br>Fwi ak Ji<br>Sereyal<br>Lèt<br><b>MANJE MIDI:</b><br>Empanadas<br>Diri mawon<br>Soup Lantiy<br>Fwi<br>Lèt<br><b>TI GOUTE:</b><br>Doritos Tortilla Chips<br>ak Ji | <b>DEJENE:</b><br>Fwi ak Ji<br>Bagel ak fwomaj<br>krèm<br>ak Lèt<br><b>MANJE MIDI:</b><br>Arroz Con Pollo<br>Criollo ak mayi<br>Pwason Bannann<br>Pen woulo<br>Fwi<br>Lèt<br><b>TI GOUTE:</b><br>Cheez-it ak Pòm | <b>DEJENE:</b><br>Fwi ak Ji<br>Mofin Maten<br>Lèt<br><b>MANJE MIDI:</b><br>Poul Tendre<br>Diri Jòn ak Mayi<br>Salad Vèt Melanje ak<br>Sòs Salad<br>Fwi ak Lèt<br><b>TI GOUTE:</b><br>Biswit Prezidan ak<br>Fwomaj | <b>DEJENE:</b><br>Fwi ak Ji<br>Krèp ak siwo<br>Lèt<br><b>MANJE MIDI:</b><br>Boulet Vyann<br>Marinara nou yo ki<br>popilè anpil<br>Pen tranche<br>Bwokoli<br>Ji ak Lèt<br><b>TI GOUTE:</b><br>Biswit ak Ji Pwason<br>wouj  | <b>DEJENE:</b><br>Fwi<br>Ze brase<br>Pen tranche<br>Lèt<br><b>MANJE MIDI:</b><br>Pitza<br>Kawòt vapè<br>Fwi ak lèt<br><b>TI GOUTE:</b><br>Biswit avwàn ak siwo<br>myèl ak yogout |
| 9/21                                                                                                                                                                               | 9/22                                                                                                                                                                                                             | 9/23                                                                                                                                                                                                              | 9/24                                                                                                                                                                                                                      | 9/25                                                                                                                                                                             |
| <b>DEJENE:</b><br>Fwi ak Ji<br>Sereyal ak Lèt<br><b>MANJE MIDI:</b><br>Sandwich poul<br>ak pen tranche<br>Kawòt vapè<br>Ji ak Lèt<br><b>TI GOUTE:</b><br>Mofin ak Yogout           | <b>DEJENE:</b><br>Fwi ak Ji<br>Pen Kannèl ak Bè<br>Lèt<br><b>MANJE MIDI:</b><br>Tako Dendi Espesyal<br>Nacho Chips<br>Tako Pwa Nwa<br>Leti<br>Fwi ak Lèt<br><b>TI GOUTE:</b><br>Biswit Graham ak<br>Pòm          | <b>DEJENE:</b><br>Fwi ak Ji<br>Krèp ak siwo<br>Lèt<br><b>MANJE MIDI:</b><br>Fwomaj bèf Kiben<br>Bwokoli<br>Pen ak lay<br>Fwi<br>Lèt<br><b>TI GOUTE:</b><br>Bretzel ak fwomaj<br>koupe an kib                      | <b>DEJENE:</b><br>Fwi ak Ji<br>Tranch Fwomaj<br>Pen tranche ak bè<br>Lèt<br><b>MANJE MIDI:</b><br>Hot kannèl<br>Frit Pòm detè Griye<br>Salad ak sòs salad<br>Ji ak Lèt<br><b>TI GOUTE:</b><br>Biswit ak Ji Pwason<br>wouj | <i>Apple Season</i><br><b>DEJENE:</b><br>Fwi<br>Pen ak bè<br>Galet ze<br>Lèt<br><b>MANJE MIDI:</b><br>Pitza<br>Mayi<br>Fwi ak lèt<br><b>TI GOUTE:</b><br>Biswit ak ji bèt        |

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# September



## MONDAY

9/28

### DEJENE:

Fwi ak Ji  
Sereyal  
Lèt

### MANJE MIDI:

Cheeseburger ak  
kètchòp  
Pen anmbègè  
Kawòt tranche  
Ji ak Lèt

### TI GOUTE:

Biswit Scooby Doo ak  
Yogout

## TUESDAY

9/29

### DEJENE:

Fwi ak Ji  
Mofin Maten  
Lèt

### MANJE MIDI:

Poul Boukannen ak  
Mojo  
Diri Congri  
Woulon  
Bwokoli Vapè  
Fwi ak Lèt

### TI GOUTE:

Cheez It ak Pòm

## WEDNESDAY

9/30

### DEJENE:

Fwi ak Ji  
Kwasan ak bè  
Lèt

### MANJE MIDI:

Ragou bèf  
Diri mawon  
Bwokoli  
Fwi ak Lèt

### TI GOUTE:

Biswit Pretzel ak  
Fwomaj Koupe an Kib

## THURSDAY

## FRIDAY



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