



				 <b>Breakfast</b> * whole grain waffles - syrup * breakfast hashbrown - ketchup * cinnamon apples - fruit juice - milk <b>* LUNCH *</b> - Grilled Beef & Cheddar Burrito wild & brown rice w/spinach cilantro black beans fresh taco salad greenz' fresh-cut watermelon wedge (ranch, salsa) 1% or fat free milk					
4	 <b>Breakfast</b> * warm whole grain bagel with turkeyham & cheese * fresh banana - fruit juice - milk <b>* LUNCH *</b> - Baked Chicken Pomodoro fresh baked garlic breadstick - Tomato/Mozzarella Panini-V Tuscan white beans fresh-cut garden salad greenz' strawberries n' applesauce 1% or fat free milk (ranch)	5	<b>Breakfast</b> * WG cereal "cinnamon Os" bowl * fresh baked apple n' oats muffin fresh-cut cantaloupe - fruit juice - milk <b>* LUNCH *</b> - General Tso's Pineapple Chicken - Teriyaki Beef & Cabbage Wrap stir-fry brown rice broccoli cuts and water chestnuts fresh cucumber wedge chilled mandarin oranges 1% or fat free milk	6	<b>Breakfast</b> * WG pancake "pig in a blanket" with a turkey sausage link - syrup * pineapple chunks - fruit juice - milk <b>* LUNCH *</b> - Savory Beef Steak/Gravy fresh baked whole wheat roll - Grilled Cheese on Oat Wheat-V real mashed potato medley green peas with mint fresh seasonal apple 1% or fat free milk	7	<b>Breakfast</b> * fresh baked warm apple cinnamon WG "sticky bun" * chilled pears - fruit juice - milk <b>* LUNCH *</b> - King Ranch Enchiladas tex-mex pasta with confetti squash ranchero pinto beans cucumber pico de gallo fresh grape bunch (taco sauce) 1% or fat free milk	8	
<b>labor day</b>									
 <b>Breakfast</b> * fresh baked whole grain biscuit with warm turkey sausage patty * fresh-cut orange - fruit juice - milk <b>* LUNCH *</b> - Breaded Chicken Nuggets fresh baked whole wheat breadstick oven baked diced potatoes crinkle carrots & herbs baked spiced apples (ketchup) 1% or fat free milk	11	<b>Breakfast</b> * WG cereal "flake" medley * fresh baked peach yogurt muffin * mandarin oranges - fruit juice - milk <b>* LUNCH *</b> - Southern Smothered Chicken - Breaded Beef Steak & Gravy fresh baked whole wheat roll real mashed potato medley California vegetable medley fresh seasonal apple 1% or fat free milk	12	<b>Breakfast</b> * scrambled egg burrito w/cheddar & potato in a WG tortilla - salsa * fresh-cut fruit cup - fruit juice - milk <b>* LUNCH *</b> - Classic Meatsauce & Rigatoni fresh-cut garden salad greenz' - Grilled Chicken Caesar Salad fresh baked whole grain roll cut green beans with garlic pineapple & gelatin 1% or fat free milk (ranch)	13	<b>Breakfast</b> * WG cereal "squares" medley * fresh baked WG triberry "flatcake" * fresh banana - fruit juice - milk <b>* LUNCH *</b> - Baked "Chili Joe" Potato with shredded cheddar cheese - Broccoli Cheese Stuffed Potato-V whole wheat oat bread navy "soup" beans chilled mixed fruit 1% or fat free milk	14	 <b>Breakfast</b> * French toast slices - syrup * breakfast hashbrown - ketchup * applesauce - fruit juice - milk <b>* LUNCH *</b> - Nacho Chips & Cheese Tray-V Spanish-style brown rice chunky refried beans fresh taco salad greenz' fresh-cut watermelon wedge (taco sauce) 1% or fat free milk	15
 <b>Breakfast</b> * WG cereal "mini wheat" bowl * whole wheat oat bread & jelly * fresh 138ct seasonal apple - milk <b>* LUNCH *</b> - "Breakfast..for Lunch..in a Bowl" egg, cheese, diced potato & a biscuit - Hawaiian Chicken Sandwich * island potato & pasta salad * teriyaki vegetable "stir-fry" * chilled pineapple chunks 1% or fat free milk (ketchup)	18	<b>Breakfast</b> * warm Spanish omelet sandwich on WG flatbread - fresh salsa * fresh banana - fruit juice - milk <b>* LUNCH *</b> - Baked Santa Fe Adobo Chicken whole wheat 6" tortilla carrots & cumin - Beef Taco Salad with Chips seasoned black beans oranges, apples, and strawberry 1% or fat free milk (ranch)	19	<b>Breakfast</b> * WG cereal "fruity Os" bowl * fresh baked carrot spice muffin * diced apricots - fruit juice - milk <b>* LUNCH *</b> - Honey Baked Chicken Strips corn on the cob - Happy Taters w/"Chili Pie" fresh baked whole wheat roll Southern greens & lentils fresh seasonal apple 1% or fat free milk (ketchup)	20	<b>Breakfast</b> * WG pancake "slider"wich" with a turkey sausage patty - syrup fresh-cut cantaloupe - fruit juice - milk <b>* LUNCH *</b> - Chicken Spaghetti Carbonara * fresh baked wg garlic roll - Margherita Cheese Pizza-V green bean & carrot medley fresh-cut garden salad greenz' chilled mixed fruit 1% or fat free milk (ranch)	21	<b>Breakfast</b> * fresh baked warm Cinnamon & peach WG "sticky bun" * pineapple chunks - fruit juice - milk <b>* LUNCH *</b> - Fajita Chicken Wrap Texican roast potatoes charro pinto beans fresh taco salad greenz' fresh-cut orange wedges (ranch, salsa) 1% or fat free milk	22
<b>Breakfast</b> * raisins & toasted oats cereal bowl * fresh baked WG triberry "flatcake" * pear halves - fruit juice - milk <b>* LUNCH *</b> - Charbroiled Beef Burger whole wheat bun & fixin's oven baked crinkle cut "fries" peas & carrots w/herbs fresh seasonal apple (ketchup) 1% or fat free milk	25	<b>Breakfast</b> * scrambled egg burrito w/cheddar & potato in a WG tortilla - salsa * fresh-cut orange - fruit juice - milk <b>* LUNCH *</b> - Meatballs Romana & Pasta fresh baked whole grain roll - Deep Dish Cheese Pizza-V parmesan cauliflower/broccoli fresh-cut garden salad greenz' chilled mixed fruit 1% or fat free milk (ranch)	26	<b>Breakfast</b> * WG cereal "flake" medley * fresh baked blueberry oat muffin * fresh-cut fruit cup - fruit juice - milk <b>* LUNCH *</b> - "Oven-Fried" Chicken n'Waffle - Baked Mac & Cheese-V fresh baked whole corn cornbread stewed tomatoes & greems red beans NOLA-style chilled peach slices 1% or fat free milk (syrup)	27	<b>Breakfast</b> * French toast slices - syrup * turkey sausage patty * applesauce - fruit juice - milk <b>* LUNCH *</b> - Breaded Steak "Fritters" soft whole wheat roll - Grilled Cheese on Oat Wheat-V real mashed potato medley cut green beans with garlic fresh grape bunch 1% or fat free milk (ketchup)	28	<b>Breakfast</b> * fresh baked whole grain biscuit with warm breaded chicken breast * fresh banana - fruit juice - milk <b>* LUNCH *</b> - Shredded Chicken Tostada Spanish-style brown rice frijoles con elote (corn) fresh taco salad greenz' fresh-cut pineapple wedge (ranch, salsa) 1% or fat free milk	29

This Month....

