



					 Breakfast * whole grain waffles - syrup * breakfast hashbrown - ketchup * cinnamon apples - fruit juice - milk * LUNCH * - Beef & Cheddar Grilled Burrito - Nacho Chips & Cheese Tray-V wild & brown rice w/spinach cilantro black beans fresh taco salad greenz' fresh-cut watermelon wedge 1% or fat free milk (ranch, salsa)				
4	 Breakfast warm whole grain bagel with turkeyham & cheese * fresh banana - fruit juice - milk * LUNCH * - Baked Chicken Pomodoro fresh baked garlic breadstick - Tomato/Mozzarella Panini-V Tuscan white beans fresh-cut garden salad greenz' strawberry applesauce 1% or fat free milk (ranch)	5	Breakfast * WG cereal "cinnamon Os" bowl * fresh baked apple n' oats muffin fresh-cut cantaloupe - fruit juice - milk * LUNCH * - General Tso's Pineapple Chicken fresh baked whole wheat roll - Teriyaki Beef & Cabbage Wrap broccoli cuts and water chestnuts fresh cucumber wedge chilled mandarin oranges 1% or fat free milk	6	Breakfast * WG pancake "pig in a blanket" with a turkey sausage link - syrup * pineapple chunks - fruit juice - milk * LUNCH * - Savory Beef Steak/Gravy fresh baked whole corn cornbread - Grilled Cheese on Oat Wheat-V real mashed potato medley green peas with mint fresh seasonal apple 1% or fat free milk	7	 Breakfast * fresh baked warm apple cinnamon WG "sticky bun" * chilled pears - fruit juice - milk * LUNCH * - King Ranch Enchiladas - Refried Bean & Cheddar Burrito-V tex-mex pasta with confetti squash ranchero pinto beans fresh taco salad greenz' fresh grape bunch 1% or fat free milk (ranch, salsa)		
LABOR DAY									
11	 Breakfast * fresh baked whole grain biscuit with warm turkey sausage patty * fresh-cut orange - fruit juice - milk * LUNCH * - Greek Beef Kabab-Rice Bowl - Breaded Chicken Nuggets fresh baked whole wheat breadstick oven baked diced potatoes crinkle carrots & herbs baked spiced apples 1% or fat free milk (ketchup)	12	Breakfast * WG cereal "flake" medley * fresh baked peach yogurt muffin * mandarin oranges - fruit juice - milk * LUNCH * - Smothered Chicken Breast Cutlets - Country "Fried" Beef Steak & Gravy fresh baked whole wheat roll real mashed potato medley California vegetable medley fresh seasonal apple 1% or fat free milk	13	Breakfast * scrambled egg burrito w/cheddar & potato in a WG tortilla - salsa * fresh-cut fruit cup - fruit juice - milk * LUNCH * - Classic Meatsauce & Rigatoni - Grilled Chicken Caesar Salad fresh baked whole grain roll cut green beans with garlic fresh-cut garden salad greenz' pineapple & gelatin 1% or fat free milk (ranch)	14	Breakfast * WG cereal "squares" medley * fresh baked WG triberry "flatcake" * fresh banana - fruit juice - milk * LUNCH * - Stuffed "Chili Joe" Potato - Broccoli Cheese Stuffed Potato-V fresh baked whole wheat roll navy "soup" beans fresh vegetable sticks chilled mixed fruit 1% or fat free milk (ranch)	15	 Breakfast * French toast slices - syrup * breakfast hashbrown - ketchup * applesauce - fruit juice - milk * LUNCH * - Brisket & Jack Quesadilla - Nacho Chips & Cheese Tray-V Spanish-style brown rice chunky refried beans cucumber pico de gallo fresh-cut watermelon wedge 1% or fat free milk (ranch, salsa)
18	 Breakfast * WG cereal "mini wheat" bowl * whole wheat oat bread & jelly * fresh 138ct seasonal apple - milk * LUNCH * - "Breakfast...for Lunch...in a Bowl" egg, cheesy shredded taters, & toast - Hawaiian Chicken Sandwich * island potato & pasta salad * teriyaki vegetable medley * chilled pineapple chunks 1% or fat free milk (ketchup)	19	Breakfast * warm Spanish omelet sandwich on WG flatbread - fresh salsa * fresh banana - fruit juice - milk * LUNCH * - Baked Santa Fe Adobo Chicken - Beef Taco Salad with Chips whole wheat 6" tortilla seasoned black beans carrots & cumin strawberry, apple & orange 1% or fat free milk (ranch)	20	Breakfast * WG cereal "fruity Os" bowl * fresh baked carrot spice muffin * diced apricots - fruit juice - milk * LUNCH * - Honey Grilled Chicken Strips - Happy Taters w/"Chili Joe n' Chz" fresh baked whole wheat roll Southern greens & lentils corn on the cob fresh seasonal apple 1% or fat free milk (ketchup)	21	Breakfast * WG pancake "slider"wich" with a turkey sausage patty - syrup fresh-cut cantaloupe - fruit juice - milk * LUNCH * - Chicken Spaghetti Carbonara * fresh baked garlic breadstick - Margherita Cheese Pizza-V green bean & carrot medley fresh-cut garden salad greenz' chilled mixed fruit 1% or fat free milk (ranch)	22	 Breakfast * fresh baked warm Cinnamon & peach WG "sticky bun" * pineapple chunks - fruit juice - milk * LUNCH * - Chili con Carne Enchiladas - Fajita Chicken Wrap Tex-Mex potatoes charro pinto beans fresh taco salad greenz' fresh-cut orange wedges 1% or fat free milk (ranch, salsa)
25	 Breakfast * raisins & toasted oats cereal bowl * fresh baked WG triberry "flatcake" * pear halves - fruit juice - milk * LUNCH * - Shanghai Chicken Noodle Bowl - Charbroiled Beef Burger whole wheat bun & fixin's oven baked crinkle cut "fries" peas & carrots w/herbs fresh seasonal apple 1% or fat free milk (ketchup)	26	Breakfast * scrambled egg burrito w/cheddar & potato in a WG tortilla - salsa * fresh-cut orange - fruit juice - milk * LUNCH * - Meatballs Romana & Pasta - Deep Dish Cheese Pizza-V fresh baked whole grain roll parmesan cauliflower/broccoli fresh-cut garden salad greenz' chilled mixed fruit 1% or fat free milk (ranch)	27	Breakfast * WG cereal "flake" medley * fresh baked blueberry oat muffin * fresh-cut fruit cup - fruit juice - milk * LUNCH * - Southern Chicken & Waffle - Baked Mac & Cheese-V fresh baked whole corn cornbread stewed tomatoes & grems red beans & whole grain rice chilled peach slices 1% or fat free milk (syrup)	28	Breakfast * French toast slices - syrup * turkey sausage patty * applesauce - fruit juice - milk * LUNCH * - Breaded Steak "Fritters" fresh baked 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)	29	 Breakfast * fresh baked whole grain biscuit with warm breaded chicken breast * fresh banana - fruit juice - milk * LUNCH * - Shredded Chicken Tostada - Grilled 3' Cheese Quesadilla-V Spanish-style brown rice frijoles con elote (corn) fresh taco salad greenz' fresh-cut pineapple wedge 1% or fat free milk (ranch, salsa)

This Month...

