

# September

## BREAKFAST NSLP K-12

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> <li>turkey, egg and cheese brekwich</li> <li>blueberry muffin</li> <li>cinnamon chex/zac attack strawberry (DF)</li> </ul> <p style="text-align: right;">1</p>
<ul style="list-style-type: none"> <li>labor day</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>zee zeos berry apple crisp bar(DF)</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>classic chicken sausage and cheddar bagel sandwich</li> <li>lemon muffin</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>cinnamon toast bagel</li> <li>breakfast cinnamon crumble</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>turkey, pepper jack cheese, and omelet gordita</li> <li>blueberry burst whole grain bagel/cream cheese</li> <li>cinnamon chex/zac attack strawberry (DF)</li> </ul> <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> <li>dipperdoodle bar (DF)</li> <li>multigrain cheerios/zac attack strawberry (DF)</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>omelet w/ cheese</li> <li>breakfast cinnamon crumble</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>pancakes w/ syrup</li> <li>french toast muffin</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>mini cheese omelet with french toast stick</li> <li>plain whole wheat bagel/cream cheese</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>cinnamon toast bagel</li> <li>blueberry muffin</li> <li>cinnamon chex/zac attack (DF)</li> </ul> <p style="text-align: right;">15</p>
<ul style="list-style-type: none"> <li>zee zeos berry apple crisp bar (DF)</li> <li>cheerios/mini dipperdoodle bar (DF)</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>french toast sticks</li> <li>yogurt/granola</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>classic chicken sausage and cheddar bagel sandwich</li> <li>lemon muffin</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>cinnamon toast bagel</li> <li>breakfast cinnamon crumble</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>turkey, pepper jack cheese, and omelet gordita</li> <li>blueberry burst whole grain bagel/cream cheese</li> <li>cinnamon chex/zac attack strawberry (DF)</li> </ul> <p style="text-align: right;">22</p>
<ul style="list-style-type: none"> <li>dipperdoodle bar (DF)</li> <li>multigrain cheerios/zac attack strawberry (DF)</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>omelet w/ cheese</li> <li>breakfast cinnamon crumble</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>pancakes w/ syrup</li> <li>french toast muffin</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>breakfast panada pie with eggs, cheese, and green chillies</li> <li>plain whole wheat bagel/cream cheese</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>turkey, egg and cheese brekwich</li> <li>blueberry muffin</li> <li>cinnamon chex/zac attack strawberry (DF)</li> </ul> <p style="text-align: right;">29</p>

### What's New?

Welcome back to school!

We have some of your favorites new on our menu (Cheerios and Chex!).

Look for them on the menu every Friday!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day



# September

## LUNCH NSLP K-12

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> <li>breakfast for lunch: pancakes w/ sausage</li> <li>lone star bbq chicken sandwich</li> <li>southwest veggie wrap (VG)</li> </ul> <p style="text-align: right;"><b>1</b></p>
<ul style="list-style-type: none"> <li>labor day</li> </ul> <p style="text-align: right;"><b>4</b></p>	<ul style="list-style-type: none"> <li>hot dog (DF)</li> <li>mama's tamale (VG)</li> <li>general tso's chicken (DF)</li> <li>chicken salad sandwich (DF)</li> </ul> <p style="text-align: right;"><b>5</b></p>	<ul style="list-style-type: none"> <li>cheeseburger</li> <li>cheese pizza with a whole grain crust (VG)</li> <li>southern bbq chicken sandwich</li> <li>santa fe chile chicken and black bean wrap</li> </ul> <p style="text-align: right;"><b>6</b></p>	<ul style="list-style-type: none"> <li>fiesta scoops with three layer dip (VG)</li> <li>breakfast for lunch: pancakes w/ omelet (VG)</li> <li>italian calzoni (VG)</li> <li>honey mustard chicken wrap</li> </ul> <p style="text-align: right;"><b>7</b></p>	<ul style="list-style-type: none"> <li>crispy chicken sandwich (DF)</li> <li>baked mac &amp; cheese with chicken sausage combo</li> <li>chicken taco trio</li> <li>taco dippers kit (VG)</li> </ul> <p style="text-align: right;"><b>8</b></p>
<ul style="list-style-type: none"> <li>cheese pizza panada pie (VG)</li> <li>baked mac &amp; cheese and chicken bites</li> <li>spicy chicken chorizo and cheese egg sandwich</li> <li>garden ranch salad with chicken breast</li> </ul> <p style="text-align: right;"><b>11</b></p>	<ul style="list-style-type: none"> <li>buffalo chicken pizza</li> <li>cheesy ravioli (VG)</li> <li>mama's tamale (DF)</li> <li>turkey and cheddar sandwich</li> </ul> <p style="text-align: right;"><b>12</b></p>	<ul style="list-style-type: none"> <li>southern bbq chicken sandwich</li> <li>hot dog (DF)</li> <li>cheese pizza with a whole grain crust (VG)</li> <li>sunbutter &amp; jelly sandwich kit (VG)</li> </ul> <p style="text-align: right;"><b>13</b></p>	<ul style="list-style-type: none"> <li>firecracker chicken with sesame noodles</li> <li>uncle ted's bbq chicken drumstick w/ cheesy rice</li> <li>bbq chicken w/ cheesy rice</li> <li>cheddar cheese sandwich (VG)</li> </ul> <p style="text-align: right;"><b>14</b></p>	<ul style="list-style-type: none"> <li>breakfast for lunch: pancakes w/ sausage</li> <li>five cheese lasagna (VG)</li> <li>pepper jack cheeseburger</li> <li>southwest veggie wrap (VG)</li> </ul> <p style="text-align: right;"><b>15</b></p>
<ul style="list-style-type: none"> <li>chicken bites (DF)</li> <li>creamy pasta alfredo (VG)</li> <li>chicken potstickers (DF)</li> <li>mighty meaty deli combo sandwich</li> </ul> <p style="text-align: right;"><b>18</b></p>	<ul style="list-style-type: none"> <li>hot dog (DF)</li> <li>mama's tamale (VG)</li> <li>jerk drumstick w/ pineapple carrot rice (DF)</li> <li>chicken salad sandwich (DF)</li> </ul> <p style="text-align: right;"><b>19</b></p>	<ul style="list-style-type: none"> <li>cheeseburger</li> <li>cheese pizza with a whole grain crust (VG)</li> <li>southern bbq chicken sandwich</li> <li>santa fe chile chicken and black bean wrap</li> </ul> <p style="text-align: right;"><b>20</b></p>	<ul style="list-style-type: none"> <li>fiesta scoops with three layer dip (VG)</li> <li>breakfast for lunch: pancakes w/ omelet (VG)</li> <li>italian calzoni (VG)</li> <li>honey mustard chicken wrap</li> </ul> <p style="text-align: right;"><b>21</b></p>	<ul style="list-style-type: none"> <li>crispy chicken sandwich (DF)</li> <li>baked mac &amp; cheese w/ chicken sausage combo</li> <li>chicken taco trio</li> <li>taco dippers kit (VG)</li> </ul> <p style="text-align: right;"><b>22</b></p>
<ul style="list-style-type: none"> <li>cheese pizza panada pie (VG)</li> <li>baked mac &amp; cheese and chicken bites</li> <li>spicy chicken chorizo and cheese egg sandwich</li> <li>garden ranch salad w/ chicken breast</li> </ul> <p style="text-align: right;"><b>25</b></p>	<ul style="list-style-type: none"> <li>buffalo chicken pizza</li> <li>cheesy ravioli (VG)</li> <li>kickin chicken melt sandwich</li> <li>turkey and cheddar sandwich</li> </ul> <p style="text-align: right;"><b>26</b></p>	<ul style="list-style-type: none"> <li>southern bbq chicken sandwich</li> <li>hot dog (DF)</li> <li>cheese pizza with a whole grain crust (VG)</li> <li>sunbutter &amp; jelly sandwich kit</li> </ul> <p style="text-align: right;"><b>27</b></p>	<ul style="list-style-type: none"> <li>firecracker chicken w/ sesame noodles</li> <li>mama's tamale (VG)</li> <li>bbq chicken w/ cheesy rice</li> <li>honey mustard chicken wrap</li> </ul> <p style="text-align: right;"><b>28</b></p>	<ul style="list-style-type: none"> <li>breakfast for lunch: pancakes w/ sausage</li> <li>lone star bbq chicken sandwich</li> <li>pepper jack cheeseburger</li> <li>southwest veggie wrap (VG)</li> </ul> <p style="text-align: right;"><b>29</b></p>

### What's New?

Welcome back to school!

Kid tested and chef crafted NEW meals:

- \* Buffalo Chicken Pizza
- \* Uncle Ted's BBQ Chicken Drumstick with Cheesy Rice
- \* Honey Mustard Salad with Grilled Chicken Bites

Look for them on the menu in September!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

