

HOT BREAKFAST SEPTEMBER 2023



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 4 Biscuit with turkey sausage, Orange , 1% milk | 5 French toast sticks with maple syrup, Apple , 1% milk | 6 Hash Brown, Scrambled Eggs with turkey, (DF) Clementine , 1% milk | 7 Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, (DF) Banana , 1% milk | 8 Pancakes with maple syrup, Apple , 1% milk |
| 11 Egg & cheese quesadilla (Whole Wheat) with salsa, Orange , 1% milk | 12 Pancakes with maple syrup, Apple , 1% milk | 13 Egg & cheese croissant sandwich, Clementine , 1% milk | 14 Waffles with maple syrup, Banana , 1% milk | 15 English Muffin with turkey and Cheese, Apple , 1% milk |
| 18 French toast sticks with maple syrup, Orange , 1% milk | 19 Waffles with maple syrup, Apple , 1% milk | 20 Egg & cheese quesadilla (Whole Wheat Tortilla) with salsa, Clementine , 1% milk | 21 English Muffin with Diced turkey and Cheese, Banana , 1% milk | 22 Egg & cheese croissant sandwich, Apple , 1% milk |
| 25 Biscuit with turkey sausage, Orange , 1% milk | 26 Eggs and vegetables burrito (spinach, corn, peppers), Apple , 1% milk | 27 Hash Brown, Scrambled Eggs with turkey, (DF) Clementine , 1% milk | 28 Breakfast Burrito (Whole Wheat Tortilla), egg and turkey(DF) Banana , 1% milk | 29 Pancakes with maple syrup, Apple , 1% milk |

Cold Breakfast

SEPTEMBER 2023



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 4 Cheerios whole-grain cereal, Orange , 1% milk | 5 Graham Honey Cracker & Yogurt Cup, Apple , 1% milk | 6 Cinnamon Toast Cereal, Clementine , 1% milk | 7 Chocolate Chip muffin, Banana , 1% milk | 8 Mini bagel with strawberry cream cheese, Apple , 1% milk |
| 11 Graham Honey Cracker & Yogurt Cup, Orange , and 1% milk | 12 Trix Cereal, Apple , 1% milk | 13 Chocolate Chip muffin, Clementine , 1% milk | 14 Whole-wheat bagel with cream cheese Banana , 1% milk | 15 Cheerios whole-grain Cereal, Apple , 1% milk |
| 18 Cinnamon Toast Cereal, Orange , 1% milk | 19 Chocolate Chip muffin, Apple , 1% milk | 20 Graham Honey Cracker & Yogurt Cup, Clementine , 1% milk | 21 Trix Cereal, Banana , 1% milk | 22 Apple cinnamon/Banana Chocolate oatmeal cookie, Apple , 1% milk |
| 25 Chocolate Chip muffin, Orange , 1% milk | 26 Cheerios whole-grain Cereal, Apple , and 1% milk | 27 Whole-wheat bagel with cream cheese, Clementine , 1% milk | 28 Mini bagel with strawberry cream cheese, Banana , 1% milk | 29 Blueberry muffin, Apple , 1% milk |

Hot Lunch Menu

SEPTEMBER 2023



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| 4 | 5 | 6 | 7 | 8 |
| Chicken Nuggets w/ Baked veggies(Potato, broccoli, carrots) Whole Wheat Dinner Roll, Apple , 1% milk. | Beef Pambazos, Whole wheat Bread, cabbage, corn Clementine , 1% milk | Penne pasta with turkey meatballs, Marinara Sauce, broccoli and whole-wheat dinner roll, Orange 1% milk. | Pibil chicken, Casamiento rice(Beans and enriched white rice), Green beans. Apple , 1% milk | Pizza day!!! Baby Carrots, Banana , 1% milk |
| 11 | 12 | 13 | 14 | 15 |
| Beef Chili Bean,Roasted potato, corn bread, Apple 1% milk | Ground turkey Stew, Enriched peas & carrots rice,corn. Clementine , 1% milk | Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and Baby carrots, Orange , 1% milk | Brazilian Grilled Chicken, Enriched Carrot Rice, Green Beans, Apple , 1% milk | Pizza day!!! Baby Carrots, Banana , 1% milk |
| 18 | 19 | 20 | 21 | 22 |
| BBQ Grilled Chicken, baked sweet potato and red potato, lemon broccoli and dinner roll Apple , 1% milk | Beef Bolognese, enriched pasta, carrot, Clementine , 1% milk | Dominican chicken, Enriched Spanish rice, plantains. Orange , 1% milk | Mexican chicken, Enriched white rice and baby carrots, Apple , 1% milk | Breakfast For Lunch!!! Pancakes with Sausage and Tater Tots, Carrots, Banana , 1% milk |
| 25 | 26 | 27 | 28 | 29 |
| Salvadorian ground beef, Enriched white rice,carrots & Zucchini, Apple , 1% milk | Chicken quesadilla, whole wheat tortilla, corn. Clementine , 1% milk | Turmeric chicken,Enriched white rice, green beans Orange , 1% milk | Chicken Alfredo Enriched pasta , Broccoli, Apple , 1% milk | Pizza day!!! Baby Carrots, Banana , 1% milk |

Cold Lunch

SEPTEMBER 2023



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| 4 Farm salad: Boiled eggs, lettuce, tomato, celery, carrots, whole-wheat- dinner rolls, Italian dressing, Apple , 1% milk. | 5 Grilled Peruvian Chopped Chicken salad: lettuce, corn, cherry, black beans, whole wheat tortilla Clementine , 1% milk. | 6 Lemon chicken wrap, Whole Wheat Tortilla, Chicken breast Veggie potato salad. Orange , 1% milk. Contains: Mayo | 7 Chicken Cobb Salad with garden salad: Lettuce, carrots, cherry tomato, Bread Croutons,Ranch Dressing Apple , 1% milk | 8 Smoke-grilled BBQ chicken sandwich: Smoked grilled chicken, lettuce, tomatoes, whole-wheat roll Banana , 1% milk. |
| 11 Smoke Grilled Chicken Sandwich, Whole wheat Bun, Coleslaw, Apple , 1% milk. Contains: Mayo | 12 DELI Turkey Wrap Lettuce Carrots, whole wheat tortilla flour, honey mustard Clementine , 1% milk | 13 Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, Caesar Dressing, whole-wheat dinner roll, Orange , 1% milk | 14 Grilled chicken with whole wheat pasta salad , corn Spinach, orange dressing, Apple , 1% milk. | 15 Mediterranean Salad Lettuce,, tomato, chickpea, bell peppers, cucumber,Mini pita breads,Balsamic Vinaigrette,, Banana , 1% milk |
| 18 Farm salad: Boiled eggs, lettuce, tomato, celery, carrots, whole-wheat- dinner rolls, Italian dressing Apple , 1% milk. | 19 Grilled Chicken salad,, apple, broccoli slaw, carrots , lettuce,Pupike seed , French Dressing, Clementine , 1% milk | 20 Turkey apricot wrap: Turkey breast, whole-wheat-flour tortilla, celery, apricot, carrots, Orange , 1% milk | 21 Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, whole-wheat dinner roll, & Caesar Dressing, Apple , 1% milk. | 22 Lunch box salad: Turkey deli, cheddar, grape tomato, cucumber, baby carrots, jicama, celery, Ranch dressing, roll wheat flour tortilla, Banana , 1% milk |
| 25 Hummus spinach dip: Hummus, with pretzels, baby carrots, , Apple , 1% milk | 26 Taco salad, black beans , chickpea, corn , queso fresco , cherry tomato , lettuce, tortilla chip, 100 island dressing. Clementine , 1% milk. | 27 Salvadorian Chicken wrap: Chicken, Cabbage, Carrots, whole wheat tortilla flour, Potato Sticks, Orange , 1% milk. | 28 Roasted chicken torta: Whole wheat bun, chicken in red salsa, cabbage escabeche,, Apple , 1% milk | 29 Farm salad: Boiled eggs, lettuce, tomato, celery, carrots, whole-wheat- dinner rolls, Italian dressing, Banana , 1% milk |

Dairy Free Menu

SEPTEMBER 2023



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| <p>4</p> <p>Chicken Nuggets w/ Baked veggies(Potato, broccoli, carrots) Whole Wheat Dinner Roll, Apple, Lactose-Free/Oat Milk.</p> | <p>5</p> <p>Beef Pambazos, Whole wheat Bread, cabbage, corn Clementine, Lactose-Free/Oat Milk</p> | <p>6</p> <p>Penne pasta with turkey meatballs, Marinara Sauce, broccoli and whole-wheat dinner roll, Orange Lactose-Free/Oat Milk.</p> | <p>7</p> <p>Pibil chicken, Casamiento rice(Beans and enriched white rice), Green beans. Apple, Lactose-Free/Oat Milk</p> | <p>8</p> <p>Pizza day!!! Baby Carrots, Banana, Lactose-Free/Oat Milk</p> |
| <p>11</p> <p>Beef Chili Bean,Roasted potato, corn bread, Apple Lactose-Free/Oat Milk</p> | <p>12</p> <p>Ground turkey Stew, Enriched peas & carrots rice,corn. Clementine, Lactose-Free/Oat Milk</p> | <p>13</p> <p>Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and Baby carrots, Orange, Lactose-Free/Oat Milk</p> | <p>14</p> <p>Brazilian Grilled Chicken, Enriched Carrot Rice, Green Beans, Apple, Lactose-Free/Oat Milk</p> | <p>15</p> <p>Pizza day!!! Baby Carrots, Banana, Lactose-Free/Oat Milk</p> |
| <p>18</p> <p>BBQ Grilled Chicken, baked sweet potato and red potato, lemon broccoli and dinner roll Apple, Lactose-Free/Oat Milk</p> | <p>19</p> <p>Beef Bolognese, enriched pasta, carrot, Clementine, Lactose-Free/Oat Milk</p> | <p>20</p> <p>Dominican chicken, Enriched Spanish rice, plantains. Orange, Lactose-Free/Oat Milk</p> | <p>21</p> <p>Mexican chicken, Enriched white rice and baby carrots, Apple, Lactose-Free/Oat Milk</p> | <p>22</p> <p>Breakfast For Lunch!!! Pancakes with Sausage and Tater Tots, Carrots, Banana, Lactose-Free/Oat Milk</p> |
| <p>25</p> <p>Salvadorian ground beef, Enriched white rice,carrots & Zucchini, Apple, Lactose-Free/Oat Milk</p> | <p>26</p> <p>Chicken quesadilla, whole wheat tortilla, corn. Clementine, Lactose-Free/Oat Milk</p> | <p>27</p> <p>Turmeric chicken,Enriched white rice, green beans Orange, Lactose-Free/Oat Milk</p> | <p>28</p> <p>Chicken Alfredo Enriched pasta , Broccoli, Apple, Lactose-Free/Oat Milk</p> | <p>29</p> <p>Pizza day!!! Baby Carrots, Banana, Lactose-Free/Oat Milk</p> |

Vegetarian Menu

SEPTEMBER 2023



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 4 | 5 | 6 | 7 | 8 |
| Veggie chicken nuggets w/ Baked veggies(Potato, broccoli, carrots,) w/ dinner roll, Apple, 1% milk | Vegetarian Sloppy Joe (vegetarian base), whole wheat sub, potato tots, fresh, carrots, Clementine, 1% milk | Penne Pasta with Falafel Balls on Marinara Sauce Whole Wheat Dinner Roll & Broccoli Orange, 1% milk | Pibil (Vegetarian base- Non-gmo - Soy Protein, Vegan, Vegetarian) Casamiento enriched rice(rice and beans) Apple, 1% milk | Pizza Day! Pita Dough, Vegan Cheese, Baby Carrots, Banana 1% milk. |
| 11 | 12 | 13 | 14 | 15 |
| Chili Bean, Roasted potato, cornbread Apple, 1% milk | Beyond Ground Stew, Enriched pea & carrots rice, corn. Clementine, 1% milk. | Veggie Patty on a Whole wheat Sub, potato tots, and Baby carrots, Orange 1% milk | Black Beans, Enriched Carrot Rice, Green Beans Apple, 1% milk | Pizza Day! Pita Dough, Vegan Cheese, Baby Carrots, Banana 1% milk. |
| 18 | 19 | 20 | 21 | 22 |
| Vegan Chicken, Baked Sweet potato and red potato, Lemon Broccoli and Dinner Roll Apple, 1% milk | Lentil Stew, enriched red rice, corn Clementine, 1% milk | Black Beans, Mexican Cheese, Sheared carrots enriched rice, mix veggie, Orange, 1% milk | Mexican Beyond Meat, Enriched white rice, baby carrots, Apple, 1% milk | Pizza Day! Pita Dough, Vegan Cheese, Baby Carrots, Banana 1% milk. |
| 25 | 26 | 27 | 28 | 29 |
| Salvadorian vegan Meat, Enriched white rice, carrots & Zucchini. Apple 1% Milk | Cheese Quesadilla, Whole Wheat Tortilla and Corn. Clementine, 1% milk | Turmeric Plant-Based Chunks, Enriched white rice, green beans, Orange, 1% milk | Alfredo Enriched pasta , Broccoli, Apple, 1% milk. | Pizza day! Pita dough, Vegan cheese, Baby Carrots, Fruit Banana, 1% milk |

DAIRY-FREE EGG-FREE BREAKFAST SEPTEMBER 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 4 & 18 Whole Wheat Bagel with Jelly (assorted flavors!), Orange, 1% milk | 5 & 19 Egg** Burrito with Salsa (Whole Wheat), Apple, 1% milk | 6 & 20 Dairy-Free Cereal, Clementine, 1% milk | 7 & 21 Turkey Sausage in a Whole Wheat Bagel Sandwich, Banana, 1% milk | 8 & 22 Dairy-Free Cereal, Apple, 1% milk |
| 11 & 25 Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, (DF), Orange, 1% milk | 12 & 26 Dairy-Free Cereal, Apple, 1% milk | 13 & 27 Hash Brown, Scrambled Eggs** with turkey, (DF) Clementine, 1% milk | 14 & 28 Dairy-Free Cereal Banana, 1% milk | 15 & 29 Egg** in a Whole Wheat Bagel Sandwich, Apple, 1% milk |

Dairy-Free Cereal Options to be sent are:

- Cinnamon Toast
- Trix
- Cheerios

**Plant Based Egg Substitute, Ingredients will be listed on the daily menus.

