

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

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 Menu

SEPTEMBER 2023



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

