

HOT BREAKFAST SEPTEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>French Toast Sticks w/ Maple Syrup, Orange, 1% milk/choc milk</p>	<p>3</p> <p>Whole Wheat Confetti Pancake, Apple, 1% milk/choc milk</p>	<p>4</p> <p>Breakfast Combo, (Whole Wheat Tortilla) (DF) Clementine, 1% milk/choc milk***</p>	<p>5</p> <p>English Muffin w/ Turkey Sausage, & Cheese. Banana, 1% milk/choc milk***</p>	<p>6</p> <p>Cheese Omelet w/ Salsa (Whole Wheat Bread) Apple, 1% milk/choc milk***</p>
<p>9</p> <p>Pancakes (Whole Wheat) w/ Maple Syrup, Orange, 1% milk/choc milk***</p>	<p>10</p> <p>French Toast Sticks w/ Maple Syrup Apple, 1% milk/choc milk***</p>	<p>11</p> <p>Whole Wheat Bagel w/ Cream Cheese Clementine, 1% milk/choc milk***</p>	<p>12</p> <p>Breakfast Turkey Pizza (Age Group: Ages 6-18) Banana, 1% milk/choc milk***</p>	<p>13</p> <p>Eggs Patty, Ranchero Sauce, Whole Wheat Bread Apple, 1% milk/choc milk***</p>
<p>16</p> <p>Whole Wheat Bagel w/ Cream Cheese Orange, 1% milk/choc milk***</p>	<p>17</p> <p>French Toast Sticks w/ Maple Syrup Apple, 1% milk/choc milk***</p>	<p>18</p> <p>Egg & Cheese Croissant Sandwich, Clementine, 1% milk/choc milk***</p>	<p>19</p> <p>Ground Beef Hash Brown Stackers (Age Group: Ages 6-18) Banana, 1% milk/choc milk***</p>	<p>20</p> <p>Breakfast Burrito: Egg & Turkey DELI Apple, 1% milk/choc milk***</p>
<p>23</p> <p>Pancakes (Whole Wheat) w/ Maple Syrup Orange, 1% milk/choc milk***</p>	<p>24</p> <p>Egg & Cheese Croissant Sandwich, Apple, 1% milk/choc milk***</p>	<p>25</p> <p>English Muffin w/ Turkey Sausage, & Cheese. Clementine, 1% milk/choc milk***</p>	<p>26</p> <p>Vegetable Frittata (Age Group: Ages 6-18) Banana, 1% milk/choc milk***</p>	<p>27</p> <p>Whole Wheat Bagel w/ Cream Cheese Apple, 1% milk/choc milk***</p>
<p>30</p> <p>Whole Wheat Confetti Pancake Orange, 1% milk/choc milk***</p>				

***Pre-K kids can only have 1% Milk according to DESE regulations.

Cold Breakfast

SEPTEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
2 Cinnamon Toast Cereal, Orange , 1% milk/choc milk	3 Cocoa Puffs Cereal, Apple , 1% milk/choc milk	4 Apple Cinnamon Cheerios Cereal, Clementine , and 1% milk/choc milk	5 Honey Cheerios Cereal, Banana , 1% milk/choc milk***	6 Chocolate Chip Muffin, Apple , 1% milk/choc milk***
9 Blueberry Chex Cereal, Orange , 1% milk/choc milk***	10 Apple Cinnamon Cheerios Cereal Apple , 1% milk/choc milk***	11 Cocoa Puffs Cereal, Clementine , 1% milk/choc milk***	12 Blueberry Muffin, Banana , 1% milk/choc milk***	13 Cinnamon Toast Cereal, Apple , 1% milk/choc milk***
16 Cinnamon Toast Cereal, Orange , 1% milk/choc milk***	17 Chocolate Chip Muffin, Apple , 1% milk/choc milk***	18 Blueberry Chex Cereal, Clementine , 1% milk/choc milk***	19 Cinnamon Toast Cereal, Banana , 1% milk/choc milk***	20 Cocoa Puffs Cereal, Apple , 1% milk/choc milk***
23 Cocoa Puffs Cereal, Orange , 1% milk/choc milk***	24 Blueberry Chex Cereal, Apple , 1% milk/choc milk***	25 Pop Tart, Strawberry Frosted, 1 Mozzarella Stick, Clementine , 1% milk/choc milk***	26 Cocoa Puffs Cereal, Banana , 1% milk/choc milk***	27 Cinnamon Toast Cereal, Apple , 1% milk/choc milk***
30 Apple Cinnamon Cheerios Cereal, Orange , 1% milk/choc milk***				

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Hot Lunch Menu

SEPTEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Mini Chicken Corn Dog, Mashed Potato, Roasted Carrots, Apple & 2nd Fruit 1% milk/choc milk</p>	<p>3</p> <p>Burger Day!!! Beef Patty, American Cheese, W.W. Bun, Mix Veggie (Ketchup) Clementine & 2nd Fruit 1% milk/choc milk</p>	<p>4</p> <p>Peruvian Chicken w/ Enriched White Rice & Quinoa w/ Carrot, Corn. Orange & 2nd Fruit 1% milk/choc milk</p>	<p>5</p> <p>Creole Chicken, Lima Bean Brown Rice, Green Beans. Apple & 2nd Fruit 1% milk/choc milk</p>	<p>6</p> <p>Pizza day!!! & Mixed Veggies, Banana & 2nd Fruit 1% milk/choc milk</p>
<p>9</p> <p>Chicken Nuggets, w/ Mashed Potatoes, WW Dinner Roll & Carrots (Ketchup) Apple & 2nd Fruit 1% milk/choc milk</p>	<p>10</p> <p>Beef Meatballs, W.W. Penne Pasta w/ Marinara Sauce, & Broccoli, Clementine & 2nd Fruit 1% milk/choc milk</p>	<p>11</p> <p>Brazilian Grilled Chicken, Brazilian Enriched White Rice, Pea, Corn, Carrots, Raisins, & Green Beans, Orange & 2nd Fruit 1% milk/choc milk</p>	<p>12</p> <p>Jerk Chicken, Pigeon Enriched Rice, Plantains, Apple & 2nd Fruit 1% milk/choc milk</p>	<p>13</p> <p>Pizza day!!! & Mixed Veggies, Banana & 2nd Fruit , 1% milk/choc milk</p>
<p>16</p> <p>Breakfast For Lunch!!! Pancakes, Tater Tots, Sausage & Carrots (Maple Syrup/Ranch) Apple & 2nd Fruit 1% milk/choc milk</p>	<p>17</p> <p>Barbacoa Beef Taco, Cilantro Lime Brown Rice, Corn, Clementine & 2nd Fruit 1% milk/choc milk</p>	<p>18</p> <p>BBQ Grilled Chicken, Mexican Sweet Potato, W.W. Dinner Tortilla, Orange & 2nd Fruit 1% milk/choc milk</p>	<p>19</p> <p>Teriyaki Chicken, Enriched White Rice & Broccoli Apple & 2nd Fruit 1% milk/choc milk</p>	<p>20</p> <p>Beef Totchos (Tater Tots Nachos), W.W. Bread & Cheesy Green Peas, Banana & 2nd Fruit 1% milk/choc milk</p>
<p>23</p> <p>Hot Dog Day!!!! Beef Sausage, W.W. Sub, Potato Tots, & Roasted Carrots, (Ketchup) Apple & 2nd Fruit, 1% milk/choc milk</p>	<p>24</p> <p>Summer Roasted Chicken, Enriched W.W. Pasta & Broccoli, Clementine & 2nd Fruit 1% milk/choc milk</p>	<p>25</p> <p>Turkey Fajitas Quesadilla, W.W. Tortilla, & Corn, Orange & 2nd Fruit 1% milk/choc milk</p>	<p>26</p> <p>Dominican Chicken, Enriched Seasoning Rice, & Green Beans, Apple & 2nd Fruit 1% milk/choc milk</p>	<p>27</p> <p>Pizza day!!! & Mixed Veggies, Banana & 2nd Fruit , 1% milk/choc milk</p>
<p>30</p> <p>Chicken Carnitas, Enriched White Rice, Corn & Red Pepper, Apple & 2nd Fruit 1% milk/choc milk</p>				

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Cold Lunch

SEPTEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Lunch Box 1 Salad: Turkey & Cheese Cubes, Pretzel Bites, Celery, Cherry Tomatoes, Cucumber & Ranch Dressing Apple & 2nd Fruit, 1% milk/choc milk***</p>	<p>3</p> <p>BBQ Chicken, Quinoa w/ Sweet Potato, Red Pepper, Spinach Salad & W.W. Dinner Roll, Clementine & 2nd Fruit 1% milk/choc milk***</p>	<p>4</p> <p>Jerk Chicken Sandwich, W.W. Bread, Cabbage, Carrots, Pineapple w/ Ranch Dressing, Orange & 2nd Fruit 1% milk/choc milk***</p>	<p>5</p> <p>Fiesta Salad: Boiled Eggs, Black Beans, Tomato, Carrots, Bell Peppers, W.W. Dinner Roll, & 1000 Island Dressing Apple & 2nd Fruit, 1% milk/choc milk***</p>	<p>6</p> <p>Chicken Chipotle Wrap: Chicken, Lettuce, Baby Carrots, W.W. Tortilla, & Ranch Dressing, Banana & 2nd Fruit 1 % milk/choc milk</p>
<p>9</p> <p>Farm Salad: Boiled Eggs, Lettuce, Tomato, Carrots, W.W. Dinner Roll, & Italian Dressing, Apple & 2nd Fruit 1% milk/choc milk***</p>	<p>10</p> <p>Grilled Peruvian Chopped Chicken Salad: Lettuce, Corn, Cherry, Black Beans, W.W. Tortilla, Ranch Dressing Clementine & 2nd Fruit, 1% milk/choc milk***.</p>	<p>11</p> <p>Chicken Salad Sandwich, W.W. Bread, Garden Salad, Italian Dressing, Orange & 2nd Fruit 1% milk/choc milk*** Contains: Mayo</p>	<p>12</p> <p>Caprese Sandwich w/ Balsamic Glaze, Spinach Salad w/ Balsamic Dressing Apple & 2nd Fruit 1% milk/choc milk***</p>	<p>13</p> <p>Smoke-Grilled BBQ Chicken Sandwich, W.W. Bun, Baby Carrots, Grapes, Ranch Dressing Banana & 2nd Fruit 1% milk/choc milk***</p>
<p>16</p> <p>DELI Turkey Sandwich, W.W. Bread, American Cheese, Baby Carrots, Ranch Dressing, Mayo Apple & 2nd Fruit 1% milk/choc milk*** Contains: Mayo</p>	<p>17</p> <p>Fiesta Salad: Boiled Eggs, Black Beans, Tomato, Carrots, Bell Peppers, W.W. Dinner Roll, & 1000 Island Dressing. Clementine & 2nd Fruit, 1% milk/choc milk***.</p>	<p>18</p> <p>Lemon Chicken Wrap, Lettuce, W.W. Tortilla, Mixed Veggie Potato Salad. Orange & 2nd Fruit 1% milk/choc milk***</p>	<p>19</p> <p>Salvadorian Chicken Sandwich, Cabbage Slaw, Carrots, W.W. Bread, Apple & 2nd Fruit 1% milk/choc milk***</p>	<p>20</p> <p>Mediterranean Salad: Lettuce, Tomato, Chickpeas, Bell Peppers, Cucumber, Mini Pita Bread, & Balsamic Vinaigrette, Banana & 2nd Fruit 1% milk/choc milk***</p>
<p>23</p> <p>Farm Salad: Boiled Eggs, Lettuce, Tomato, Celery, Carrots, W.W. Dinner Roll, Italian Dressing Apple & 2nd Fruit 1% milk/choc milk*****.</p>	<p>24</p> <p>Grilled Chicken Salad, Apple, Broccoli Slaw, Carrots, Lettuce, Pumpkin Seed, & French Dressing, Clementine & 2nd Fruit 1% milk/choc milk***</p>	<p>25</p> <p>Sunflower Butter & Jelly Sandwich, W.W. Bread, Baby Carrots, Grapes, Ranch Dressing Orange & 2nd Fruit 1% milk/choc milk***</p>	<p>26</p> <p>Chicken Caesar Salad: Grilled Chicken, Lettuce, Cherry Tomatoes, W.W. Dinner Roll, & Caesar Dressing, Apple & 2nd Fruit, 1% milk/choc milk***</p>	<p>27</p> <p>Taco Salad: Black Beans, Chickpea, Corn, Cherry Tomato, Lettuce, W.W. Tortilla Chip, & 100 Island Dressing. Banana & 2nd Fruit 1% milk/choc milk*****</p>
<p>30</p> <p>DELI Turkey Sandwich, W.W. Bread, American Cheese, Baby Carrots, Ranch Dressing, Mayo Apple & 2nd Fruit 1% milk/choc milk***</p>				

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DAIRY-FREE EGG-FREE BREAKFAST SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SEP 9, & 23</p> <p>Whole Wheat Bagel with Jelly (Assorted Flavors!), Orange, Dairy/Lactose-Free Milk</p>	<p>SEP 10, & 24</p> <p>Egg** Burrito with Salsa (Whole Wheat), Apple, Dairy/Lactose-Free Milk</p>	<p>SEP 11, & 25</p> <p>Dairy-Free Cereal, Clementine, Dairy/Lactose-Free Milk</p>	<p>SEP 12, & 26</p> <p>Turkey Sausage in a Whole Wheat Bagel Sandwich, Banana, Dairy/Lactose-Free Milk</p>	<p>SEP 13, & 27</p> <p>Dairy-Free Cereal, Apple, Dairy/Lactose-Free Milk</p>
<p>SEP 2, & 16, & 30</p> <p>Breakfast Burrito (Whole Wheat Tortilla) w/ Turkey Sausage, (DF), Orange, Dairy/Lactose-Free Milk</p>	<p>SEP 3, & 17</p> <p>Dairy-Free Cereal, Apple, Dairy/Lactose-Free Milk</p>	<p>SEP 4, & 18</p> <p>Hash Brown, Scrambled Eggs** w/ Turkey, (DF) Clementine, Dairy/Lactose-Free Milk</p>	<p>SEP 5, & 19</p> <p>Dairy-Free Cereal, Banana, Dairy/Lactose-Free Milk</p>	<p>SEP 6, & 20</p> <p>Egg** in a Whole Wheat Bagel Sandwich, Apple, Dairy/Lactose-Free Milk</p>

Dairy-Free Cereal Options to be sent are:

- Cinnamon Toast
- Cocoa Puffs
- Cheerios (Variety of Flavors)
- Blueberry Chex

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



Dairy Free Menu

SEPTEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Mini Chicken Corn Dog, Mashed Potato, Roasted Carrots, Apple & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>3</p> <p>Burger Day!!! Beef Patty, Vegan Cheese, W.W. Bun, Mix Veggie (Ketchup) Clementine & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>4</p> <p>Peruvian Chicken w/ Enriched White Rice & Quinoa w/ Carrot, Corn. Orange & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>5</p> <p>Creole Chicken, Lima Bean Brown Rice, Green Beans. Apple & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>6</p> <p>Pizza day!!! Dairy/Lactose Free Cheese, & Mixed Veggies, Banana & 2nd Fruit Dairy/Lactose-Free Milk</p>
<p>9</p> <p>Chicken Nuggets, w/ Mashed Potatoes, W.W. Dinner Roll & Carrots (Ketchup) Apple & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>10</p> <p>Beef Meatballs, W.W. Penne Pasta w/ Marinara Sauce, & Broccoli, Clementine & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>11</p> <p>Brazilian Grilled Chicken, Brazilian Enriched White Rice, Pea, Corn, Carrots, Raisins, & Green Beans, Orange & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>12</p> <p>Jerk Chicken, Pigeon Enriched Rice, Plantains, Apple & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>13</p> <p>Pizza day!!! Dairy/Lactose Free Cheese, & Mixed Veggies, Banana & 2nd Fruit , Dairy/Lactose-Free Milk</p>
<p>16</p> <p>Breakfast For Lunch!!! W.W. Bagel, Tater Tots, Sausage & Carrots (Maple Syrup/Ranch) Apple & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>17</p> <p>Barbacoa Beef Taco, Cilantro Lime Brown Rice, Corn, Clementine & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>18</p> <p>BBQ Grilled Chicken, Mexican Sweet Potato, W.W. Dinner Tortilla, Orange & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>19</p> <p>Teriyaki Chicken, Enriched White Rice & Broccoli Apple & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>20</p> <p>Beef Totchos (Tater Tots Nachos), W.W. Bread, Vegan Cheesy Green Peas, Banana & 2nd Fruit , Dairy/Lactose-Free Milk</p>
<p>23</p> <p>Hot Dog Day!!!! Beef Sausage, W.W. Sub, Potato Tots, & Roasted Carrots, (Ketchup) Apple & 2nd Fruit, Dairy/Lactose-Free Milk</p>	<p>24</p> <p>Summer Roasted Chicken, Enriched W.W. Pasta & Broccoli, Clementine & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>25</p> <p>Turkey Fajitas Quesadilla, (Vegan Cheese) W.W. Tortilla, & Corn, Orange & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>26</p> <p>Dominican Chicken, Enriched Seasoning Rice, & Green Beans, Apple & 2nd Fruit Dairy/Lactose-Free Milk</p>	<p>27</p> <p>Pizza day!!! Dairy/Lactose Free Cheese, & Mixed Veggies, Banana & 2nd Fruit , Dairy/Lactose-Free Milk</p>
<p>30</p> <p>Chicken Carnitas, Enriched White Rice, Corn & Red Pepper, Apple & 2nd Fruit Dairy/Lactose-Free Milk</p>				

Vegetarian Menu

SEPTEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
2 Vegan Corn Dog, Mashed Potatoes & Roasted Carrots & W.W. Dinner Roll, Apple & 2nd Fruit 1% milk/choc milk	3 Veggie Burger, American Cheese, Mixed Veggies, W.W. Bun, Clementine & 2nd Fruit 1% milk/choc milk.	4 Black Beans, Enriched Carrot Quinoa Rice, & Corn, Orange & 2nd Fruit 1% milk/choc milk.	5 Vegan Creole Chicken w/ Lima Bean Brown Rice, & Corn, Apple & 2nd Fruit 1% milk/choc milk***	6 Pizza day!!! Pita dough, Vegan Cheese, Mixed Veggies, Banana & 2nd Fruit 1% milk/choc milk***
9 Veggie Chicken Nuggets, Mashed Potatoes, W.W. Dinner Roll & Carrots, Apple & 2nd Fruit, 1% milk/choc milk***	10 W.W Penne Pasta w/ Plant Base Meatball, Broccoli, Marinara Sauce, Clementine & 2nd Fruit 1% milk/choc milk***	11 Boiled Hard Egg in Tomato Sauce, Brazilian Enriched Rice, Peas, Corn, Carrots, Raisins, & Green Beans, Orange & 2nd Fruit 1% milk/choc milk***	12 Jerk Vegan Chicken, Pigeon Enriched Rice, Plantains, Apple & 2nd Fruit 1% milk/choc milk***	13 Pizza Day!!! Pita Dough, Vegan Cheese, Mixed Veggies, Banana & 2nd Fruit 1% milk/choc milk***.
16 Breakfast For Lunch!!! Pancakes w/ a Cheese Stick, Apple & 2nd Fruit 1% milk/choc milk***	17 Barbacoa Plant-Based Meatball, Cilantro lime Brown Rice, Corn, Clementine & 2nd Fruit 1% milk/choc milk***.	18 Tempura BBQ Tofu, Mexican Sweet Potato, W.W. Dinner Tortilla, Orange & 2nd Fruit 1% milk/choc milk***	19 Teriyaki Vegan Chicken, Enriched White Rice, Broccoli, Apple & 2nd Fruit 1% milk/choc milk***	20 Vegan Beef Totchos (Tater Tots Nachos) W.W. Dinner Roll, Green Pea. Banana & 2nd Fruit 1% milk/choc milk***.
23 Hot Dog Day!!!! Vegan Sausage, W.W. Sub, Tater Tots, & Carrots, Apple & 2nd Fruit 1% milk/choc milk***	24 Boiled Hard Egg in Tomato Sauce, Enriched W.W. Pasta, Broccoli Clementine & 2nd Fruit 1% milk/choc milk***	25 Refried Beans & Cheese Quesadilla, W.W. Tortilla, Corn, Orange & 2nd Fruit 1% milk/choc milk***	26 Baked Cheese Stick, Enriched Seasoning Rice, Green Beans, Apple & 2nd Fruit 1% milk/choc milk***	27 Pizza Day!!! Pita Dough, Vegan Cheese, Mixed Veggies, Banana & 2nd Fruit 1% milk/choc milk***.
30 Plant-Based Meatballs, Cheese Enriched White Rice, Corn & Red Pepper Apple & 2nd Fruit 1% milk/choc milk***				

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