

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 <ul style="list-style-type: none"> Zac Omega Bar Strawberry (2.5 oz)/Fruit (DF) 	4 <ul style="list-style-type: none"> Autumn Spice Muffin/Fruit (seasonal) Yogurt/HONEY Grahams/Fruit 	5 <ul style="list-style-type: none"> Plain Whole Wheat Bagel/Cream Cheese/Fruit Cold Pancake Bowl Peach (1st fruit included) (V) 	6 <ul style="list-style-type: none"> Zee Zees Cinnamon Crisp Bar/Fruit (V) (DF) French Toast Muffin/Fruit
9 <ul style="list-style-type: none"> Dipper Doodle Bar (2.3 oz)/Fruit (DF) Yogurt/Educational Snacks/Fruit 	10 <ul style="list-style-type: none"> String Cheese/Cinnamon Grahams/Fruit Banana Muffin/Fruit 	11 <ul style="list-style-type: none"> Corn Chex/Educational Snacks/Fruit (V) COLD Pancake Bowl Apple (1st fruit included) (V) 	12 <ul style="list-style-type: none"> Yogurt/Cinnamon Grahams/Fruit Blueberry Muffin/Fruit 	13 <ul style="list-style-type: none"> Zac Omega Bar Strawberry (2.5 oz)/Fruit (DF) Plain Whole Wheat Bagel/Cream Cheese/Fruit
16 <ul style="list-style-type: none"> Zee Zees Cinnamon Crisp Bar/Fruit (V) (DF) Multigrain Cheerios/Educational Snacks/Fruit (V) 	17 <ul style="list-style-type: none"> Breakfast Cinnamon Crumble/Fruit Blueberry Burst Whole Grain Bagel/Cream Cheese/Fruit 	18 <ul style="list-style-type: none"> Cinnamon Chex/Educational Snacks/Fruit (V) Autumn Spice Muffin/Fruit (seasonal) 	19 <ul style="list-style-type: none"> Dipper Doodle Bar (2.3 oz)/Fruit (DF) Yogurt/ Honey Grahams/Fruit 	20 <ul style="list-style-type: none"> Banana Muffin/Fruit Cold Pancake Bowl Strawberry (1st fruit included) (V)
23 <ul style="list-style-type: none"> Granola Bowl (DF) Zac Omega Bar Strawberry (2.5 oz)/Fruit (DF) 	24 <ul style="list-style-type: none"> Cheerios/Mini Dipperdoodle Bar/Fruit (DF) French Toast Muffin/Fruit 	25 <ul style="list-style-type: none"> Zee Zees Berry Apple Crisp Bar/Fruit (DF) Plain Whole Wheat Bagel/Cream Cheese/Fruit 	26 <ul style="list-style-type: none"> Breakfast Cinnamon Crumble/Fruit Yogurt/ Honey Grahams/Fruit 	27 <ul style="list-style-type: none"> Cinnamon Raisin Bagel (V) Blueberry Muffin/Fruit
30 <ul style="list-style-type: none"> Cold Pancake Bowl Peach (1st fruit included) (V) Cinnamon Chex/Educational Snacks/Fruit (V) 	1	2	3	4

Did you know?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein! Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

SEPTEMBER

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 <ul style="list-style-type: none"> Sunny Sandwich Kit (Sunbutter and Jelly w/ Sliced Bread) (V) Sesame Chicken Wrap (DF) Green Peas 	4 <ul style="list-style-type: none"> Turkey and Cheddar Sandwich Southwest Veggie Wrap (V) Broccoli Florets w/ ranch 	5 <ul style="list-style-type: none"> Mighty Meaty Deli Combo Sandwich Egg Salad Sandwich (V) (DF) Glazed Carrots 	6 <ul style="list-style-type: none"> Cheese Pizza w/ a Whole Grain Crust (V) Chillin' Chinese Chicken Noodles Seasoned Green Beans
9 <ul style="list-style-type: none"> Taco Dippers Kit (V) Chicken Salad Sandwich w/Carrots (DF) Lemon Pepper Corn 	10 <ul style="list-style-type: none"> Sunny Sandwich Kit (Sunbutter and Jelly w/ Sliced Bread) (V) Sesame Chicken Wrap (DF) Seasoned Green Beans 	11 <ul style="list-style-type: none"> The Revolution Hot Dog (DF) Cheddar Cheese Sandwich (V) Chopped Romaine and Grape Tomatoes W/ ranch 	12 <ul style="list-style-type: none"> BBQ Chicken Plate Meatless "Italian" Calzoni (V) Steamed Carrots 	13 <ul style="list-style-type: none"> Cheese Pizza w/ Whole Grain Crust (V) Turkey and Cheddar Sandwich Pinto Beans (Full Portion)
16 <ul style="list-style-type: none"> Bean and Cheese Quesadilla (V) Hot Meatball Sub Green Peas 	17 <ul style="list-style-type: none"> Popcorn Chicken Bites w/ BBQ Beans & Corn Cheddar Cheese Sandwich (V) Broccoli & Carrot Salad 	18 <ul style="list-style-type: none"> Chicken Pesto Pasta Salad Sunny Sandwich Kit (Sunbutter and Jelly w/ Sliced Bread) (V) Coleslaw 	19 <ul style="list-style-type: none"> Chicken Teriyaki w/ Brown Rice (DF) Southwest Veggie Wrap (V) Black Beans (Full Portion) 	20 <ul style="list-style-type: none"> Cheese Pizza w/ a Whole Grain Crust (V) BBQ Chicken Wrap Baby Carrots w/ ranch
23 <ul style="list-style-type: none"> Chicken Bites Cheddar Cheese Sandwich (V) Chili Citrus Corn 	24 <ul style="list-style-type: none"> Sunny Sandwich Kit (Sunbutter and Jelly w/Sliced Bread) (V) Chicken Caesar Wrap Edamame (Full Portion) 	25 <ul style="list-style-type: none"> Flame-Broiled Beef Cheeseburger Cheesy Pizza Bites (V) Chopped Romaine and Grape Tomatoes W/ ranch 	26 <ul style="list-style-type: none"> Classic Turkey & Cheddar Sandwich Southwest Veggie Wrap (V) Cucumber & Tomato Salad 	27 <ul style="list-style-type: none"> Pepperoni Pizza Taco Dippers Kit (V) Island Glazed Carrots
30 <ul style="list-style-type: none"> Crispy Chicken Sandwich (DF) Hummus Dippers (V) Glazed Carrots 	1	2	3	4

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This institution is an equal opportunity provider. All grains offered are whole-grain rich.

DAIRY-FREE (DF) VEGETARIAN (V) options available daily – if not listed on the menu, available upon request.

VEGETABLE OF THE DAY