

September 2022 Breakfast and Lunch Menu

All meals include a choice of either chocolate or white skim milk or 1% white milk.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| | | | 1 Pizza Bagel Mixed Fruit Grape Juice ***** Beef Patty with Gravy Steamed Rice Broccoli, Corn Orange | 2 Cereal Portuguese Sausage Orange, Apple Chips ***** Kalua Pork with Cabbage Steamed Rice Lomi Tomato Pineapple Chunks |
| 5 Labor Day No School | 6 Cereal with Break Bar Diced Pears Apple ***** Pepperoni Pizza Cucumber Corn Orange | 7 Breakfast Kit Orange ***** Macaroni & Cheese Edamame Baby Carrots Apple | 8 Country Breakfast Scramble Steamed Rice Applesauce, Fruit Juice ***** Tuna Sandwich with Soup Cherry Tomatoes Cucumber Orange | 9 Breakfast Pizza Orange Apple Chips ***** Hamburger Curry Steamed Rice Corn, Broccoli Fruit Slushy |
| 12 Plain Bagel Cream Cheese, Orange Diced Pears ***** Cheese Bites Marinara Sauce Cup Cucumber Fruit Slushy | 13 Cereal with Break Bar Sliced Peaches Fruit Juice ***** Creole Macaroni Green Salad, Edamame Applesauce Roll | 14 Country Gravy Pizza Pineapple Chunks Craisins ***** Hamburger Tater Tots Lettuce & Tomato Orange | 15 Portuguese Sausage Steamed Rice, Mixed Fruit Fruit Juice ***** Chicken Tenders Steamed Rice Hot Corn, Edamame Sliced Peaches | 16 Cereal with Toast Applesauce Orange ***** Roasted Turkey with Gravy Whipped Potatoes Zucchini Sticks, Roll Steamed Carrots, Diced Pears |
| 19 Cheese Stick Marinara Sauce Cup Sliced Peaches ***** Cheese Pizza Green Salad Baby Carrots Orange | 20 Belgian Waffle Orange Mixed Fruit ***** Fish Sandwich Tater Tots Cucumber, Baked Beans Fruit Slushy | 21 Yogurt with Granola Diced Pears Apple ***** Spaghetti with Meat Sauce Green Salad with Cucumber Edamame Apple, Roll | 22 Portuguese Sausage Steamed Rice, Craisins Applesauce ***** Roasted Pork with Gravy Steamed Rice Steamed Broccoli, Baby Carrots Fruit Juice | 23 Cereal with Break Bar Orange Apple Chips ***** Hot Dog-in-Bun Tater Tots Coleslaw Apple Crisps |
| 26 French Toast Sticks Apple Chips Pineapple Chunks ***** Tasty Chicken Tenders Steamed Rice Baby Carrots, Edamame Cucumber, Applesauce | 27 Breaded Chicken Patty Steamed Rice, Craisins Sliced Peaches ***** Chicken Sandwich Tater Tots Lettuce & Tomato Wedge Edamame, Apple | 28 Cereal with Toast Diced Pears Orange ***** Chili Nachos Green Salad Salsa Fruit Juice | 29 Pizza Bagel Mixed Fruit Grape Juice ***** Beef Patty with Gravy Steamed Rice Broccoli, Corn Orange | 30 Cereal Portuguese Sausage Orange, Apple Chips ***** Kalua Pork with Cabbage Steamed Rice Lomi Tomato Pineapple Chunks |

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."

Menu is subject to change without notice.