

SEPTEMBER BREAKFAST MENU

Free & Reduced-Meal forms can be obtained from the school office at any time throughout the school year.

PRE-PAYMENT IS ALWAYS APPRECIATED



Breakfast Prices FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Sep Bagels Fruit Juice	2-Sep Muffins Fruit, Cheese Juice	3-Sep Cereal Fruit, Cheese Juice
6-Sep No School	7-Sep Muffins Fruit, Cheese Juice	8-Sep Bagels Fruit Juice	9-Sep Muffins Fruit, Cheese Juice	10-Sep Cereal Fruit, Cheese Juice
13-Sep Cereal Fruit, Cheese Juice	14-Sep Muffins Fruit, Cheese Juice	15-Sep Bagels Fruit Juice	16-Sep Yogurt Fruit Juice	17-Sep Cereal Fruit, Cheese Juice
20-Sep Cereal Fruit, Cheese Juice	21-Sep Muffins Fruit, Cheese Juice	22-Sep Bagels Fruit Juice	23-Sep Yogurt Fruit Juice	24-Sep Cereal Fruit, Cheese Juice
27-Sep Cereal Fruit, Cheese Juice	28-Sep Muffins Fruit, Cheese Juice	29-Sep Bagels Fruit Juice	30-Sep Yogurt Fruit Juice	

September Lunch Menu

Eating Healthy Tips

Eat more Vegetables:

- *Buy fresh vegetables in season.
- *Prepare more foods from fresh ingredients to lower sodium intake.
- *Include a salad with your dinner every night.
- *Use cut-up vegetables as part of afternoon snacks.



1% or Non Fat Milk is served daily

Lunch Prices FREE

Pre-pay 10 Lunches and receive 1 free

(Menu Subject to Change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Sep Burrito Bowl Veggies Fruit	2-Sep Cheeseburger Chips Lettuce/ Tomato Fruit	3-Sep Pizza Hut Salad Fruit
6-Sep No School	7-Sep Deli Wrap Chips Veggies Fruit	8-Sep Pasta Marinara Dinner Roll Fruit Salad	9-Sep Macho Nachos Veggie Fruit	10-Sep Pizza Hut Salad Fruit
13-Sep Corn Dogs Chips Veggies Fruit	14-Sep Chicken Sandwich Chips Veggies Fruit	15-Sep Fajita Bowl Veggies Fruit	16-Sep Cheeseburger Chips Lettuce/ Tomato Fruit	17-Sep Pizza Hut Salad Fruit
20-Sep Chicken Nuggets Fries Veggies Fruit	21-Sep Deli Wrap Chips Veggies Fruit	22-Sep Pasta Alfredo Dinner Roll Fruit Salad	23-Sep Frito Boats Veggie Fruit	24-Sep Pizza Hut Salad Fruit
27-Sep Corn Dogs Chips Veggies Fruit	28-Sep Deli Sando Chips Veggies Fruit	29-Sep Burrito Rice Veggie Fruit	30-Sep Cheeseburger Chips Lettuce/ Tomato Fruit	

In the operations of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age or disability. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, D.C., 20250.

En las operaciones de alimentacion para niños, ningún niño será discriminado a causa de raza, color, origen nacional, la edad o la incapacidad. Si usted cree que usted ha sido discriminado, escriba inmediatamente al Secretario de Agricultura, Washington, D.C., 20250.