



Nutrition & Wellness News Sept 16, 2022

Breakfast Menu - served 7:45-8:05 a.m.



Sept 19-22	Monday	Tuesday	Wednesday	Thursday
Choice 1	Bagel	Breakfast Burrito	Waffle & Sausage	Breakfast Pizza
Choice 2	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Pizza
Choice 3	String Cheese	Yogurt	Hardboiled Eggs	String Cheese
Sides	Carrots, Apples Applesauce Cup	Carrots, Apples Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

Lunch Menu

Welcome Fall, Let's Fall in love with School Lunch

Sept 19-22	Meatless Monday	Taco Tuesday Pirate Family Night!	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Cheese Quesadilla</u> Whole Wheat Tortilla filled with Melted Cheese	<u>Pork Carnitas Taco</u> Pork Carnitas on Hard Shell Taco	<u>Orange Chicken and Rice</u> Delicious Breaded Chicken on a Spicy Orange Sauce and Brown Rice	<u>Pancakes</u> Whole Wheat Pancakes And Turkey Sausage
Cold Choice	<u>Peanut Butter & Jelly Sand</u> Whole Wheat Bread with Peanut Butter and Grape Jelly	<u>Nacho Fun Box</u> Tortilla Chips, Cheese Sauce, & Salsa	<u>Fun Box</u> Yogurt, String Cheese & Gold Fish Crackers	<u>Chicken Caesar Salad</u> Caesar Chicken on Romaine Lettuce with Parmesan Cheese
Choices of Veggies	<i>Sopa Azteca</i> <i>Carrots, Green Beans</i>	Pico de Gallo Salad Refried Beans, Corn	Roasted Broccoli <i>Carrots & Cucumbers</i>	Local Roasted Potatoes & Carrots, Mixed Greens Salad
Choice of Fruit	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day

Fresh Fruit & Vegetable Program (FFVP)

FFVP	Pears, Yali Asian From Aravaipa Farms	Zucchini Slices From Rhiba Farms	Watermelon red or white flesh From Rhiba Farms	Green Beans from Aguiar Farms
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This institution is an equal opportunities provider. Menu subject to change without prior notice.
Choice of 1% or fat-free milk offered with every meal.