

# September

# BREAKFAST

Hot and Cold (K-12)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 <b>Labor Day</b>	6	7 Cheese Omelet & Cornbread (V) Yogurt & Educational Snacks (V) Cinnamon Grahams & String Cheese (V)	8 Egg & Cheese English Muffin Brekwich (V) Blueberry Bagel with Cream Cheese (V) Lemon Muffin (V)	9 Cinnamon Crumble (V) Blueberry Muffin (V)
12 Cinnamon Chex & Educational Snacks (V) (DF) Cinnamon Crumble (V)	13 Waffle & Syrup (V) Cheerios & Educational Snacks (V) (DF) Banana Muffin (V)	14 Pancakes & Syrup (V) Yogurt & Cinnamon Grahams (V) French Toast Muffin (V)	15 Sausage English Muffin Brekwich Blueberry Chex (V) Plain Bagel with Cream Cheese (V)	16 Apple Berry Zee Zee Bar (V) (DF) Lemon Muffin (V)
19 Cheerios & Educational Snacks (V) (DF) Apple Berry Zee Zee Bar (V) (DF)	20 French Toast Sticks (V) Plain Bagel with Cream Cheese (V) Blueberry Muffin (V)	21 Cheese Omelet & Cornbread (V) Yogurt & Educational Snacks (V) Cinnamon Grahams & String Cheese (V)	22 Egg & Cheese English Muffin Brekwich (V) Lemon Muffin (V) Blueberry Bagel with Cream Cheese (V)	23 Cinnamon Crumble (V) Banana Muffin (V)
26 Cinnamon Chex & Educational Snacks (V) (DF) Cinnamon Crumble (V)	27 Waffle & Syrup (V) Cheerios & Educational Snacks (V) (DF) Blueberry Muffin (V)	28 Pancakes & Syrup (V) Yogurt & Cinnamon Grahams (V) Lemon Muffin (V)	29 Southwest Egg Scramble (V) Blueberry Chex (V) Plain Bagel with Cream Cheese (V)	30 Cinnamon Crisp Zee Zee Bar (V) (DF) Banana Muffin (V)

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. You can use the same link every time you eat our food!

[surveymonkey.com/r/mealsatisfactionsurvey](https://surveymonkey.com/r/mealsatisfactionsurvey)



revolution foods.

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

Choice of 0%, 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

**Dairy-Free (DF)**

**Vegetarian (V)**

# September

# LUNCH

Hot & Cold (K-12)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Meatball & Mozzarella Sub Cheese Enchilada (V) Veggie Chef Salad (V) Romaine Lettuce	2 Cheese Pizza (V) Beef & Bean Burrito (DF) Turkey Sandwich (DF) Coleslaw
5 Labor Day	6 Hot Dog (DF) Chicken Bites (DF) Cheddar Cheese Sandwich (V) Diced Carrots	7 Chicken Corn Dog Bites Cheeseburger Turkey Sandwich (DF) Carrots, Corn, & Peas	8 Beef & Bean Burrito (DF) Cheese Pizza (V) Sunbutter & Jelly Kit with String Cheese (V) Steamed Broccoli	9 Cheese Enchilada (V) Breaded Orange Chicken Turkey & Cheese Sandwich Black Beans
Hot Dog (DF) Bean & Cheese Burrito (V) Sunbutter & Jelly Kit with String Cheese (V) Green Peas	13 Hamburger (DF) Pasta Alfredo & Yogurt (V) Yogurt with Bagel & Cream Cheese (V) Diced Carrots	14 Cheese Enchilada (V) Chicken Corn Dog Bites Turkey Sandwich (DF) Chili Citrus Corn & Black Beans	15 BBQ Chicken Drumstick Oven Roasted Chicken Sandwich Veggie Chef Salad (V) Romaine Lettuce	16 Cheese Pizza (V) Chicken Bites (DF) Turkey Sandwich (DF) Coleslaw
Hamburger (DF) Bean & Cheese Burrito (V) Cheese Pizza Chef Kit (V) Diced Carrots	20 Meatball & Mozzarella Sub Crispy Chicken Sandwich (DF) Sunbutter & Jelly Kit with String Cheese (V) Lemon Pepper Green Beans	21 Chicken Corn Dog Bites Cheese Pizza (V) Breakfast for Lunch: Yogurt with Bagel & Cream Cheese (V) Carrots, Corn, & Peas	22 BBQ Chicken Drumstick Pancakes & Omelet (V) Turkey Sandwich (DF) Steamed Broccoli	Hot Dog (DF) Cheese Enchilada (V) Cheese Pizza Chef Kit (V) Falafel Tots
Cheeseburger Chicken Bites (DF) Sunbutter & Jelly Kit with String Cheese (V) Steamed Corn	27 Hot Dog (DF) Yogurt with Bagel & Cream Cheese (V) Diced Carrots	28 Kickin' Chicken Melt Pasta Alfredo & Yogurt (V) Cheddar Cheese Sandwich (V) Cilantro Lime Pinto Beans	29 Meatball & Mozzarella Sub Cheese Enchilada (V) Veggie Chef Salad (V) Romaine Lettuce	30 Cheese Pizza (V) Beef & Bean Burrito (DF) Turkey Sandwich (DF) Coleslaw

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**Vegetable of the Day**

**Dairy-Free (DF)**

**Vegetarian (V)**