

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>MENU IS SUBJECT TO CHANGE</i> <i>BREAKFAST IS SERVED WITH JUICE AND MILK</i> <i>LUNCH IS SERVED WITH MILK</i>	2 No School	3 WG Cereal/WG Toast Fruit WG Quesadilla Refried Beans Garden Salad/Ranch Tomato Salsa Pineapple	4 WG Nutri Grain Bar Yogurt/Fruit Cheese Omelet Breakfast Potatoes Red & Green Pepper Strips WG Muffin Apple Juice	5 WG Mini Pancakes Sausage Links/Fruit Tator Tot Casserole Fresh Baby Carrots WG Dinner Roll Mixed Fruit	6 WG Cinnamon Roll Yogurt/Fruit WG Pepperoni Pizza Caesar Salad Fresh Cucumber Slices Orange Wedges	7
8	9 WG Cereal/WG Toast Fruit Mini Meatball Sub Garden Salad/Ranch Green Beans Diced Pears	10 WG Breakfast Pizza Fruit Walking Tacos WG Doritos Diced Tomatoes Dark Green Lettuce Mandarin Oranges	11 WG Granola Bar Yogurt/String Cheese Fruit WG Chicken Patty/Bun Baked Beans Smiley Potatoes Strawberries	12 WG Breakfast Boat Fruit Chicken Alfredo Steamed Broccoli Tossed Salad/Ranch WG Breadstick Diced Peaches	13 WG Bagel Yogurt/Fruit Mozzarella Cheese Bites Marinara Sauce Fresh Baby Carrots Celery Sticks Fresh Fruit Choice	14
15	16 No School	17 WG Breakfast Sliders Fruit WG Crispito WG Tortilla Chips Corn w/Peppers Fresh Broccoli Tomato Salsa Mixed Fruit	18 Scrambled Eggs WG Toast/Ham Patty Fruit Hawaiian Chicken Wrap Garden Salad/Ranch Cucumber Slices Applesauce	19 Pancake on a Stick Fruit Mandarin Orange Chicken Stir Fry Veggies WG Brown Rice Mandarin Oranges Fortune Cookies	20 WG Donut Yogurt/Fruit WG Cheese Pizza Tossed Salad/Ranch Fresh Baby Carrots Apple Slices	21
22	23 WG Cereal/WG Toast Fruit Pork Rib/WG Bun Celery Sticks Creamy Coleslaw Diced Pears	24 WG Breakfast Sliders Fruit Super Nachos Refried Beans Cherry Tomatoes Black Bean & Corn Salsa Pineapple	25 WG Cinnamon Sugar Toast Yogurt/Fruit Italian Chicken/WG Bun Mixed Greens Salad/Ranch Fresh Baby Carrots Diced Peaches	26 WG French Toast Sticks Sausage Links/Fruit WG Chicken Chunks Mashed Potatoes Corn Applesauce	27 WG Muffin Yogurt/Fruit WG Corn Dog Fresh Broccoli Tossed Salad/Ranch Fresh Fruit Choice	28
29	30 WG Cereal/WG Toast Fruit Hamburger/WG Bun Tomato Slice Dark Green Leaf Lettuce French Fries Fruit Choice					
Application for Free/Reduced Meals is available www.unitedcomets.org or in the district office						**This Institution is an Equal Opportunity Provider**

Please Note: All meals include milk, fruit, vegetable, grain, and meat/meat alternate. Milk choice includes choice of non-fat (flavored or unflavored) or 1% (unflavored) milk. Reduced fat dressing is served with salads and fresh vegetables. All grain items are Whole Grain Rich