

SEPTEMBER 2021: MENU V2.



	6 MONDAY	7 TUESDAY	8 WEDNESDAY	9 THURSDAY	10 FRIDAY
Breakfast		Cinnamon Toast Crunch Meal Kit Milk	Turkey Ham & Cheese on Hawaiian Bun Apple Slices Orange Juice, Milk	WG Apple Cinnamon Muffin Fresh Fuji Apple Fruit Punch Juice, Milk	Homemade Zucchini Muffin Assorted Fruit From Week Apple Juice, Milk
Lunch		Nachos Supreme Green Chili Refried Beans Shredded Lettuce & Diced Tomatoes Fresh Strawberry Sour Cream / Jalapenos Milk Optional	Pillow Pull-Aparts Marinara Cup Salad Mix Applesauce Milk Optional	Spaghetti & Meatballs with Texas Toast Fresh Broccoli Florets / Ranch Orange Wedges Homemade Chocolate Chip Cookie Milk Optional	Cheeseburger Seasoned Wedge Fries Carrot Sticks Mixed Fruit Ketchup, Mustard, Mayonnaise Milk Optional
Snack		Sunflower Seeds Goldfish - Extra Cheese	Soft Baked Bar - Berry Apple Fruit Punch 4.23 oz	Roasted Chickpeas Cinnamon Elf Grahams	Cookies & Cream Chewy Bar Fruit Punch 4.23 oz
	13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY	17 FRIDAY
Breakfast	Mateys Cereal Peach Cup Fruit Punch Juice, Milk	Vanilla Yogurt & Gripz Apple Slices Orange Juice, Milk	WG Oatmeal Chocolate Chip Benefit Bar Plain Applesauce Cup Fruit Punch Juice, Milk	Homemade Pumpkin Muffin Whole Orange Apple Juice, Milk	Bagel & Cream Cheese Assorted Fruit From Week Orange Juice, Milk
Lunch	Bean & Cheese Burrito Jicama Sticks/ tajin Fresh Broccoli / Ranch Homemade Salsa Diced Pears Milk Optional	Turkey Ham and Cheese Melt Steamed Green Beans Fresh Kiwi Milk Optional	Ruiz Food Chicken Cheese Taquitos Cucumber Slices, Homemade Salsa Fresh Strawberries Green Chili Black Beans Birthday Cake Cone - Happy Birthday! Milk Optional	Breaded Chicken Drumstick Dinner Roll Pasta Salad Elote (Mexican Street Corn) Sour Raisins, watermelon (no added sugar) Milk Optional	Mac and Snack Baby Carrots Diced Peaches Milk Optional
Snack	Sunflower Seeds Cheez - Its	Soft Baked Bar - Blueberry Lemon Fruit Punch 6.75 oz*	Hummus Heartzel Pretzel	Roasted Chickpeas Animal Crackers	Tix Cereal Bar / Cocoa Puff Apple Juice 6.75 oz*
	20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY	24 FRIDAY
Breakfast	Trix Cereal Meal kit Fruit Punch Juice, Milk	Snack N Waffle Apple Slices Orange Juice, Milk	Banana Chocolate Chip Oatmeal Round Pear Cup Fruit Punch Juice, Milk	Homemade Blueberry Muffin Fresh Fuji Apple Apple Juice, Milk	Coffee Cake Assorted Fruit From Week Orange Juice, Milk
Lunch	Orange Chicken & Homemade Veggie Brown Rice (NEW) Celery Sticks Baby Carrots Diced Peaches Milk Optional	Fiesta Quesadilla Green Chili Refried Beans Sliced Cucumber Homemade Salsa Homemade Mooncake Cookies (Mid-Autumn Festival) (NEW) Mixed Fruit Milk Optional	Crispy Chicken Bites Homemade Dinner Roll Mixed Green Salad Fresh Grapes** Milk Optional	Mini Cheeseburger Sliders Shredded Lettuce & Sliced Tomato Pickles Seasoned Curly Fries Applesauce Milk Optional	Chicken Parm Fresh Broccoli Florets / Ranch Peaches and blueberries Milk Optional
Snack	Sunflower Seeds Goldfish - Extra Cheese	Soft Baked Bar - Strawberry Fruit Punch 6.75 oz*	Baked Cheetos Apple Juice 6.75 oz*	Fruit Punch 6.75 oz* Cinnamon Elf Grahams	Cookies & Cream Chewy Bar Fruit Punch 6.75 oz*
	27 MONDAY	28 TUESDAY	29 WEDNESDAY	30 THURSDAY	1 FRIDAY
Breakfast	Honey Scooters Mixed Fruit Cup Fruit Punch Juice, Milk	Strawberry Mini Bagels Apple Slices Orange Juice, Milk	WG French Toast Benefit Bar Mango Peach Applesauce Cup Fruit Punch Juice, Milk	Homemade Banana Muffin Whole Orange Apple Juice, Milk	Blueberry Glazed Pancakes Assorted Fruit From Week Orange Juice, Milk
Lunch	Cheese Pizza Wedge Mixed Green Salad Sliced Zucchini Diced Pears Milk Optional	Beef Tacos Green Chili Refried Beans Shredded Lettuce & Diced Tomatoes Fresh Kiwi Homemade Salsa Milk Optional	Chocolate Spread To Go Chickpea Chocolate Spread, String Cheese Vanilla Goldfish Graham Fresh Strawberries 1/2 cup celery, 1/4 cup Jicama Milk Optional	Crispy Chicken Sandwich Shoestring French Fries Grape Tomatoes** Whole Red Apple Milk Optional	Chicken Tenders & Waffles (Dutch Waffle) Celery Sticks Baby Carrots Diced Peaches Milk Optional
Snack	Sunflower Seeds Cheez - Its	Soft Baked Bar - Strawberry Fruit Punch 6.75 oz*	Hummus Heartzel Pretzel	Fruit Punch 6.75 oz* Animal Crackers	Mixed Berry Cereal Bar Apple Juice 6.75 oz

Notes:

Fat-Free White Milk & 1% White Milk offered every day for breakfast and lunch

Menu subject to change. Substitutions may be made daily at individual cafeterias.

For menu substitutions, visit the online menu at <https://family.titank12.com/menu/6TR85Qlang=English>

* Preschool receives 4.23 oz juice for snack **Please contact cafeteria manager for preschool substitutions

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OCTOBER 2021: MENU V2



	4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY	8 FRIDAY
Breakfast			WG Cheerios California Mixed Fruit Cup (Del Monte) Fruit Punch Juice, Milk	WG Apple Cinnamon Muffin Fuji Apple Fruit Punch Juice, Milk	Homemade Zucchini Muffin Assorted Fruit From Week Apple Juice, Milk
Lunch			WG Ardella's Sicilian Style Cheese Pizza Grape Tomatoes Salad Mix / Ranch Applesauce Milk Optional	WG Spaghetti & Meatballs with Texas Toast Fresh Broccoli Florets / Ranch Orange Wedges Homemade Chocolate Chip Cookie Milk Optional	WG Cheeseburger Seasoned Wedge Fries Carrot Sticks Mixed Fruit Ketchup, Mustard, Mayonnaise Milk Optional
Snack			WG Baked Cheetos Apple Juice 6.75 oz*	Roasted Chickpeas WG Cinnamon Elf Grahams	WG Cookies & Cream Chewy Bar Fruit Punch 6.75 oz
	11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 FRIDAY
Breakfast	WG Rice Krispies Peach Cup Fruit Punch Juice, Milk	Vanilla Yogurt & WG Grippz Apple Slices Orange Juice, Milk	WG Oatmeal Chocolate Chip Benefit Bar Cinnamon Applesauce Cup Fruit Punch Juice, Milk	WG Homemade Pumpkin Muffin Whole Orange Apple Juice, Milk	WG Bagel & Cream Cheese Assorted Fruit From Week Orange Juice, Milk
Lunch	WG Bean & Cheese Burrito Jicama Sticks/ tajin Lettuce and tomato Homemade Salsa Diced Pears WG Raspberry Churros (New!) Milk Optional	WG Breaded Chicken Drumstick Homemade Dinner Roll Pasta Salad Elote (Mexican Street Corn) Fresh grapes Milk Optional	WG Ruiz Food Chicken Cheese Taquitos Cucumber Slices, Homemade Salsa Green Chili Black Beans Homemade Pao de Queijo (Latinx Heritage Month) (New) Peach cup Milk Optional	WG Turkey & Cheese Deli Sandwich Baby Carrots Homemade Oatmeal Raisin Cookie Sour Raisins - watermelon Mayo, Mustard Milk Optional	Yogurt Pack - Yogurt, WG Graham Cracker, String Cheese Broccoli Florets / Ranch Vanilla Goldfish Graham Frozen strawberry cup Milk Optional
Snack	Sunflower Seeds WG Cheez - Its	WG Goldfish Pretzels Fruit Punch 6.75 oz*	Hummus WG Heartzel Pretzel	WG Animal Crackers Fruit Punch 6.75 oz*	WG Tix Cereal Bar Apple Juice 6.75 oz*
	18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 FRIDAY
Breakfast	WG Cocoa Puffs Cereal Banana Fruit Punch Juice, Milk	WG Snack N Waffle Apple Slices Orange Juice, Milk	WG Banana Chocolate Chip Oatmeal Round Peach Cup Fruit Punch Juice, Milk	WG Homemade Blueberry Muffin Fresh Fuji Apple Apple Juice, Milk	WG Coffee Cake Assorted Fruit From Week Orange Juice, Milk
Lunch	WG Mini Cheeseburger Sliders Shredded Lettuce & Tomato Pickles Seasoned Curly Fries Mixed Fruit Milk Optional	WG Mac and Smack Broccoli w/ Ranch Peaches and Blackberries Milk Optional	WG Crispy Chicken Bites w/BBQ sauce Homemade Dinner Roll Mixed Green Salad Fresh Grapes** Birthday Cake Cone - Happy Birthday! Milk Optional	WG Fiesta Quesadilla Green Chili Refried Beans Sliced Cucumber Homemade Salsa Tangerines Milk Optional	WG Orange Chicken & Homemade Veggie Brown Rice Celery Sticks Baby Carrots Diced Peaches Milk Optional
Snack	Sunflower Seeds WG Goldfish	WG Food & Fitness Cookies Fruit Punch 6.75 oz*	WG Baked Cheetos Apple Juice 6.75 oz*	Roasted Chickpeas WG Cinnamon Elf Grahams	WG Blueberry Lemon Soft Baked Bar Fruit Punch 6.75 oz*
	25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY	29 FRIDAY
Breakfast	WG Honey Scooters Mixed Fruit Cup Fruit Punch Juice, Milk	WG Strawberry Mini Bagels Apple Slices Orange Juice, Milk	WG French Toast Benefit Bar Mango Peach Applesauce Cup Fruit Punch Juice, Milk	WG Homemade Banana Muffin Whole Orange Apple Juice, Milk	WG Blueberry Glazed Pancakes Assorted Fruit From Week Orange Juice, Milk
Lunch	WG Beef Pepperoni Pizza Wedge Mixed Green Salad Sliced Zucchini Diced Pears Milk Optional	WG Beef Tacos Green Chili Refried Beans Shredded Lettuce & Diced Tomatoes Fresh Kiwi Homemade Salsa Milk Optional	Chocolate Spread To Go Chickpea Chocolate Spread, String Cheese WG Vanilla Goldfish Graham Fresh Strawberries 1/2 cup celery, 1/4 cup jicama Milk Optional	WG Crispy Chicken Sandwich Shoestring French Fries Grape Tomatoes** Whole Red Apple Milk Optional	Chicken Tenders & WG Waffles (Dutch Waffle) Celery Sticks Baby Carrots Homemade Peach Crisp (New!) Milk Optional
Snack	WG Birthday Cake Soft Baked Bar Sunflower Seeds	WG Elf Grahams Fruit Punch 6.75 oz*	Hummus WG Heartzel Pretzel	WG Animal Crackers Fruit Punch 6.75 oz*	WG Mixed Berry Cereal Bar Apple Juice 6.75 oz*

Notes:

WG = Whole Grain

Fat-Free White Milk & 1% White Milk offered every day for breakfast and lunch

Menu subject to change. Substitutions may be made daily at individual cafeterias.

For menu substitutions, visit the online menu at <https://family.titank12.com/menu/6TR85Qlang=English>

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NOVEMBER 2021: MENU



	1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY MEXICAN INSPIRED THANKSGIVING	5 FRIDAY
Breakfast	WG Cheerios California Mixed Fruit Cup Fruit Punch Juice, Milk	WG Turkey Ham & Cheese on Hawaiian Bun Apple Slices Orange Juice, Milk	WG Apple Cinnamon Muffin Pear Cup Fruit Punch Juice, Milk	WG Michele's Cornbread Muffin Fuji Apple Fruit Punch Juice, Milk	WG French Toast Sticks Assorted Fruit From Week Apple Juice, Milk
Lunch	WG Ardella's Sicilian Style Cheese Pizza Grape Tomatoes Salad Mix / Ranch Applesauce Milk Optional	Nachos Supreme Bean Dip Shredded Lettuce & Diced Tomatoes Homemade Salsa Red Pear Sour Cream / Jalapenos Milk Optional	Yogurt and Granola Pack String Cheese Strawberry Banana Yogurt and Granola Sour Raisins Roasted Chickpeas Fresh Baby carrots Milk Optional	Chicken Tamales (NEW!) Arroz Rojo Refried Beans with Cotija Cheese Fresh Strawberries & Broccoli Florets Chocoflan (NEW!)  Milk Optional	WG Cheeseburger Seasoned Wedge Fries Carrot Sticks Mixed Fruit Ketchup, Mustard, Mayonnaise Milk Optional
Snack	Sunflower Seeds WG Cheez - Its	WG Coco Puff Cereal Bar Fruit Punch 6.75 oz*	WG Baked Cheetos Apple Juice 6.75 oz*	Roasted Chickpeas WG Cinnamon Elf Grahams	WG Cookies & Cream Chewy Bar Fruit Punch 6.75 oz
	8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY VETERANS DAY	12 FRIDAY
Breakfast	WG Rice Krispies Peach Cup Fruit Punch Juice, Milk	Vanilla Yogurt & WG Gripz Apple Slices Orange Juice, Milk	WG Oatmeal Chocolate Chip Benefit Bar Cinnamon Applesauce Cup Fruit Punch Juice, Milk		WG Bagel & Cream Cheese Assorted Fruit From Week Orange Juice, Milk
Lunch	WG Ruiz Food Chicken Cheese Taqitos Jicama Sticks/ tajin Lettuce and tomato Homemade Salsa Diced Pears Milk Optional	WG Breaded Chicken Drumstick Homemade Dinner Roll Pasta Salad Elote (Mexican Street Corn) Sour Raisins Milk Optional	WG Bean & Cheese Burrito Cucumber Slices, Tajin, Homemade Salsa Green Chili Black Beans Fresh Strawberries Birthday Cake Cone - Happy Birthday! Milk Optional		Winter Chili and Cornbread Peaches and Blueberries Celery Sticks Baby Carrots Milk Optional
Snack	Sunflower Seeds WG Cheez - Its	WG Tix Cereal Bar Apple Juice 6.75 oz*	Roasted Chickpeas Heartzel Pretzel		WG Goldfish Pretzels Fruit Punch 6.75 oz*

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NOVEMBER 2021: MENU



	15 MONDAY	16 TUESDAY	17 WEDNESDAY	18 THURSDAY TRADITIONAL THANKSGIVING	19 FRIDAY
Breakfast	WG Cocoa Puffs Cereal Mandarin Orange Cup Fruit Punch Juice, Milk	WG Snack N Waffle Apple Slices Orange Juice, Milk	WG Banana Chocolate Chip Oatmeal Round Pear Cup Fruit Punch Juice, Milk	WG Harvest Crumb Muffin Fresh Fuji Apple Apple Juice, Milk	WG Coffee Cake Assorted Fruit From Week Orange Juice, Milk
Lunch	Chocolate Spread To Go Chickpea Chocolate Spread, String Cheese Vanilla Goldfish Graham Watermelon Raisins Baby Carrots Milk Optional	WG Turkey and Cheese Melt Peaches and Blueberries Mixed Green Salad and Garbanzo beans w/ Italian Dressing Milk Optional	WG Pillow Pull Aparts Marinara Sauce Cup Applesauce Red Pepper Hummus Cup Fresh Broccoli Florets w/ Ranch Milk Optional	Roast Turkey and Gravy WG Homemade Dinner Rolls Yummy in My Tummy Green Beans Homemade Pumpkin Pie Mashed Potatoes Red Pear Milk Optional 	WG Mac and Smack Diced Peaches Diced Tomatoes Sliced Cucumber Manager's Choice Milk Optional
Snack	Sunflower Seeds WG Goldfish	WG Food & Fitness Cookies Fruit Punch 6.75 oz*	WG Baked Cheetos Apple Juice 6.75 oz*	Roasted Chickpeas WG Cinnamon Elf Grahams	WG Cookies & Cream Chewy Bar Fruit Punch 6.75 oz*
	22 MONDAY	23 TUESDAY	24 WEDNESDAY THANKSGIVING RECESS	25 THURSDAY THANKSGIVING RECESS	26 FRIDAY THANKSGIVING RECESS
Breakfast	WG Honey Scooters Mixed Fruit Cup Fruit Punch Juice, Milk	WG Strawberry Mini Bagels Apple Slices Orange Juice, Milk			
Lunch	WG Beef Pepperoni Pizza Wedge Broccoli Florets Sliced Zucchini Diced Pears Milk Optional	Manager's Choice Milk Optional			
Snack	WG Cheez-Its Bar Sunflower Seeds	WG Elf Grahams Fruit Punch 6.75 oz*			

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NOV/DEC 2021: MENU



	29 MONDAY	30 TUESDAY	1 WEDNESDAY	2 THURSDAY	3 FRIDAY
Breakfast	WG Cheerios California Mixed Fruit Cup Fruit Punch Juice, Milk	WG Turkey Ham & Cheese on Hawaiian Bun Apple Slices Orange Juice, Milk	WG Apple Cinnamon Muffin Pear Cup Fruit Punch Juice, Milk	WG Michele's Cornbread Muffin Fuji Apple Fruit Punch Juice, Milk	WG French Toast Sticks Assorted Fruit From Week Apple Juice, Milk
Lunch	WG Ardella's Sicilian Style Cheese Pizza Grape Tomatoes Salad Mix / Ranch Applesauce Milk Optional	Nachos Supreme Green Chili Refried Beans Shredded Lettuce & Diced Tomatoes Homemade Salsa Fresh Strawberries Sour Cream / Jalapenos Milk Optional	Buena Vista Meal Bundle Celery Sticks Jicama Sticks w/ Tajin Manager's Choice Milk Optional	WG Spaghetti & Meatballs with Texas Toast Fresh Broccoli Florets / Ranch Orange Wedges Homemade Sunbutter Cookies Milk Optional	WG Mini Cheeseburger Sliders Seasoned Wedge Fries Mixed Fruit Shredded Lettuce & Tomatoes Pickle Chips Ketchup, Mustard, Mayo Milk Optional
Snack	Sunflower Seeds WG Cheez - Its	WG Coco Puff Cereal Bar Fruit Punch 6.75 oz*	WG Baked Cheetos Apple Juice 6.75 oz*	Roasted Chickpeas WG Cinnamon Elf Grahams	WG Cookies & Cream Chewy Bar Fruit Punch 6.75 oz

Notes:

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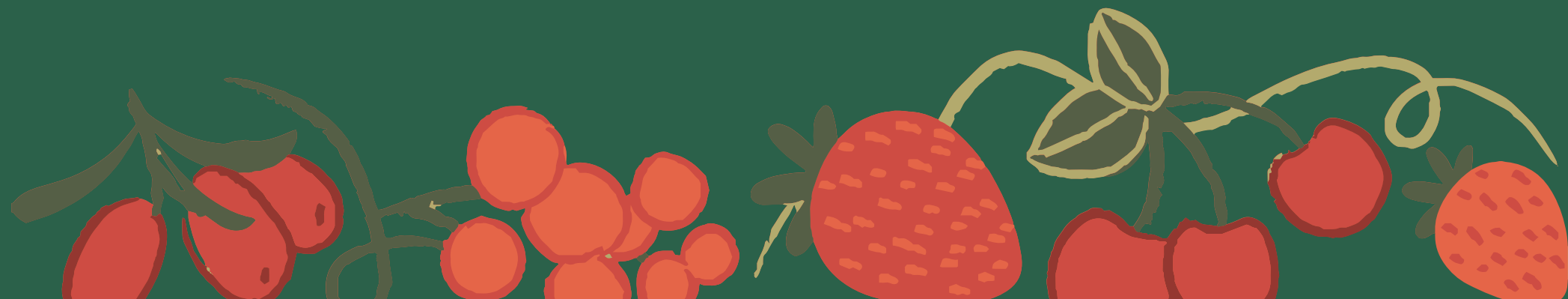
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Manager's Choice Day



DECEMBER 2021 MENU

6
MONDAY

7
TUESDAY

8
WEDNESDAY

9
THURSDAY
HOLIDAY MEAL!

10
FRIDAY

Breakfast

WG Brown Rice Krispies
Peach Cup
Fruit Punch Juice, Milk

WG Snack N Waffle
Apple Slices
Orange Juice, Milk

WG Oatmeal Chocolate Chip Benefit Bar
Strawberry Applesauce Cup
Fruit Punch Juice, Milk

WG Homemade Pumpkin Muffin
Whole Fresh Orange
Apple Juice, Milk

Bagel & Cream Cheese
Assorted Fruit From Week
Orange Juice, Milk

Lunch

Mac & Smack
Jicama Sticks w/ Low Sodium Tajin
Lettuce & Tomato
Diced Pears

WG Bean & Cheese Burrito
Lentil Pasta Salad
Elote (Mexican Street Corn) w/ Low Sodium Tajin
Fresh Grapes
Homemade Salsa

WG Chicken & Cheese Taquitos
Cucumber Slices
Fresh Strawberries
Green Chili Black Beans
Homemade Salsa

Homemade Meat Lasagna
White Cake
Mixed Green Salad with Italian Dressing
Homemade Garlic Breadsticks
Fresh Banana

WG Breaded Chicken Drumstick & Dinner Roll
Baby Carrots
Fresh Read Pear

Milk Optional

Milk Optional

Milk Optional

Milk Optional

Milk Optional

13
MONDAY

14
TUESDAY

15
WEDNESDAY

16
THURSDAY

17
FRIDAY
HALF DAY

Breakfast

WG Cocoa Puffs Cereal
Pear Cup
Fruit Punch Juice, Milk

Vanilla Yogurt & WG Gripz
Apple Slices
Orange Juice, Milk

WG Banana Chocolate Chip Oatmeal Round
Cinnamon Applesauce Cup
Fruit Punch Juice, Milk

WG Homemade Blueberry Muffin
Fresh Fuji Apple
Apple Juice, Milk

WG Coffee Cake
Assorted Fruit From Week
Orange Juice, Milk

Lunch



Manager's Choice

Milk Optional



Manager's Choice

Milk Optional



Manager's Choice

Milk Optional



Manager's Choice

Milk Optional

WG Yogurt Pack
Yogurt, String Cheese, WG Graham Crackers, WG Vanilla Goldfish
Roasted Chickpeas
Fresh Broccoli
Diced Peaches & Blueberries

Milk Optional

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