

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 Smac 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	Crunchy 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

This institution is an equal opportunity provider.