**SEPTEMBER 2021 MENU**

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|  |  | 1**BREAKFAST**Mini Blueberry PancakesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**BBQ Chicken SandwichBBQ Baked BeansCrisp Garden SaladFresh Apple Slices(1 for Elem/2 for secondary)Assorted Low Fat Milk | 2**BREAKFAST**Yogurt Smoothie w/graham100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tuscan Chicken AlfredoSteamed broccoliCarrots w/ranchApplesauce Cup(1 for Elem/2 for Secondary)Assorted low Fat Milk | 3**BREAKFAST**Banana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tasty Brands Turkey, Turkey Pepperoni, & Cheese CroissantCucumbers with Ranch-2 pks eachFresh Orange Smiles(1 for Elem/2 for Secondary)Assorted Low Fat Milk |
| 6**NO SCHOOL****LABOR DAY** | 7**BREAKFAST**Celebration Benefit BarRaisins 100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Southern Style Chicken Bites with Cheez its® Seasoned Black BeansCelery w/RanchApplesauce Cup(1 for Elem/2 for Secondary) Assorted Low Fat Milk | 8**BREAKFAST**Eggo® Mini Cinnamon WafflesApplesauce 100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Teriyaki Chicken w/ Fried RiceCrisp Garden SaladHerbed Green BeansPeach Cup( 1 for Elem/2 for Secondary)Assorted Low Fat Milk | 9BREAKFASTBlueberry Belgian WaffleRaisins100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Turkey & Cheese Sliders (2)Peas & CarrotsCarrots with RanchFresh Apple Slices(1 for Elem/2 for Secondary) Assorted Low Fat Milk | 10BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Macaroni and CheeseHerbed CauliflowerCrisp Garden SaladApplesauce Cup1 for Elem/2 for Secondary)Assorted Low Fat Milk |
| 13**BREAKFAST**Yogurt Smoothie w/Strawberry Graham100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tasty Brands Turkey, Turkey Pepperoni& Cheese Croissant SandwichSweet Kernel CornCucumbers with Ranch100% Fruit Juice(Elem&Secondary)Applesauce Cup(Secondary only)Assorted Low Fat Milk | 14 **BREAKFAST**Celebration Benefit BarRaisins100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Popcorn ChickenCheez itsCreamed SpinachGrape Tomatoes with Ranch Peach Fruit Cup(1 for Elem/2 for Secondary)Assorted low Fat Milk | 15BREAKFASTMini Blueberry PancakesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Chicken & Yellow Rice Seasoned Black beansHerbed Green BeansBerry Blue Applesauce(1 for Elem/2 for Secondary)Assorted Low Fat Milk | 16 BREAKFASTBlueberry Belgian WaffleRaisins100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tuscan Rotini w/ Meat SauceHerbed CauliflowerCelery with Ranch Applesauce Cup(Elem & Secondary)100% Fruit Juice(Secondary only)Assorted Low Fat Milk | 17BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Meatball & Marinara SubSteamed BroccoliCarrots with RanchStrawberry Fruit Cup(1 for Elem/2 for Secondary)Assorted Low Fat Milk |
| 20**BREAKFAST**Mini Loaf & Cheese Stick Buddy Fruit Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Sweet & Sour Chicken w/ Yellow RiceSeasoned Peas & Carrots  Carrots with RanchPeach Cup(1 for Elem/2 for Secondary)Assorted Low Fat Milk | 21**BREAKFAST**Celebration Benefit BarRaisins100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tuscan Chicken AlfredoSweet Kernel CornCelery with Ranch 100% Fruit Juice (Elem and Secondary) Strawberry Apple Crisps (Secondary only)Assorted Low Fat Milk | 22**BREAKFAST**Eggo® Mini Cinnamon WafflesApplesauce 100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**BBQ Chicken SandwichBBQ Baked BeansCrisp Garden SaladFresh Apple Slices(1 for Elem/2 for Secondary)Assorted Low Fat Milk  | 23BREAKFASTYogurt Smoothie w/ Graham 100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Macaroni & Cheese Steamed BroccoliGrape Tomatoes with Ranch  Applesauce Cup(1 for Elem/2 for Secondary)Assorted Low Fat Milk | 24BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tasty Brands Turkey, Turkey Pepperoni, & Cheese Croissant Veggie Juice Box Cucumbers with RanchFresh Orange Smiles(1 for Elem/2 for Secondary)Assorted Low Fat Milk |
| 27 BreakfastYogurt Smoothie w/Strawberry Graham100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tuscan Rotini & MeatballsSteamed BroccoliCelery with RanchApplesauce Cup(1 for Elem/2 for Secondary)Assorted Low Fat Milk | 28 BreakfastCelebration Benefit BarRaisins100% JuiceWhite Milk(Low Fat or Skim)**LUNCH**Cuban SandwichSeasoned Black BeansCucumbers with Ranch100% Fruit Juice(Elem and Secondary)Apple Crisps(Secondary only)Assorted Low Fat Milk | 29 BreakfastMini Blueberry PancakesBuddy Fruit Cinnamon Applesauce100% JuiceWhite Milk(Low Fat or Skim)LUNCHTeriyaki Chicken w/Fried RiceVeggie Juice BoxHerbed Green BeansPeach Cup(1 for Elem/2 for Secondary)Assorted Low Fat Milk | 30BREAKFASTBlueberry Belgian WaffleRaisins100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Turkey & Cheese Sliders (2)Peas & CarrotsCarrots with RanchFresh Apple Slices (1 for Elem/2 for Secondary)Assorted Low Fat Milk | 1 BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Macaroni & CheeseHerbed CauliflowerCrisp Garden SaladApplesauce Cup(1 for Elem/2 for Secondary)Assorted Low Fat Milk |
| **Secondary sites MUST serve an additional 1/2c serving of fruit daily.** 8/26/2021 |