



Grab N Go Breakfast MENU

**Menu subject to change
based on food availability.*

SEPTEMBER

Insert text here

Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

Bacon Egg & Cheese
Biscuit Blueberry Yogurt
House Granola
Fresh Strawberry
1% Milk or Skim Milk

Assorted Breads & Spreads
Banana & Mandarin
1% Milk or Skim Milk

Key Lime Yogurt
House Granola
Fresh Tropical fruit
1% Milk or Skim Milk

Banana Foster's Oatmeal
Whole Grain Cereal
Mixed Berry Cup
1% Milk or Skim Milk

Key Lime Yogurt
House Granola
Whole Grain Cereal
Fresh Tropical fruit
1% Milk or Skim Milk

Whole Grain Cereal
Banana Bread Muffins
Diced Peaches
1% Milk or Skim Milk

Whole Grain Cereal
Creamy Hummus
Sliced Pita Bread
Sliced Peaches
1% Milk or Skim Milk

Sliced Zucchini Bread
Whole Grain Cereal
Whole Banana or Mandarin
1% Milk or Skim Milk

Creamy Hummus
Pita Bread
Cranberry Orange
Muffin Diced Peaches
1% Milk or Skim Milk

Scrambled Eggs
Cinnamon Apple Muffins
Sliced Apple or Pears
1% Milk or Skim Milk

Whole Wheat Toast
Boiled Eggs
Banana & Mandarin
1% Milk or Skim Milk

Banana Foster's Oatmeal
Cranberry Orange Muffin
Mixed Berry Cup
1% Milk or Skim Milk

Cheese Omelet
Double Chocolate Chip
Muffins
Whole Apple & Pears
1% Milk or Skim Milk

Assorted Bread & Spreads
Honey Wheat Croissant
Banana & Mandarin
1% Milk or Skim Milk

Honey Wheat Croissant
Sausage and Cheese English
Muffin Whole Banana or
Mandarin 1% Milk or Skim Milk

Honey Wheat Croissant
Mixed Berry Muffins
Assorted Fruit Cup
1% Milk or Skim Milk

Cinnamon Tortilla Chips
Honey Wheat Croissant
Fresh Fruit Salad
Plain Greek Yogurt
1% Milk or Skim Milk

Whole Grain Cereal
Lemon Poppy Seed Muffins
Whole Apple & Pears
1% Milk or Skim Milk

Sliced Zucchini Bread
Whole Grain Cereal
Assorted Fruit Cup
1% Milk or Skim Milk

Plain Oatmeal
Dried Cranberries
Whole Grain Cereal
Whole Apple & Pears
1% Milk or Skim Milk

Whole Grain Cereal
Blueberry Muffins
Sliced Apple & Pears
1% Milk or Skim Milk

AM Snack Monday
Week 1, 3 & 5
Apple Sauce cup

AM Snack
Week 2 & 4
Kettle Popped
Popcorn

AM Snack Tuesday
Week 1 & 3
Sun-butter & Jelly
Sandwich

AM Snack
Week 2 & 4
Shortbread Biscuit Bites

AM Snack
Wednesday
Week 1 & 3
Whole-Grain Cheddar
Goldfish

AM Snack
Week 2 & 4
Assorted Sun Chips

AM Snack Thursday
Week 1 & 3
Raisin Snack Pack

AM Snack
Week 2 & 4
Sun-butter & Jelly
Sandwich

AM Snack Friday
Week 1 & 3
Whole Grain Fruit bar

AM Snack
Week 2 & 4
Strawberry Chex Mix



Daily Breakfast Snack

Classroom Delivery: 9:45am



Family-Style Lunch MENU

Insert text here

**Menu subject to change
based on food availability.*

SEPTEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

Pork Carnita Nacho Bowl **01**
Roasted Corn Salsa
Mango Strawberry
1% Milk or Skim Milk

Tandoori Chicken **02**
Basmati Rice Wheat Pita Bread,
Cucumber & Avocado Salad
Fresh Mixed Melon
1% Milk or Skim Milk

Pork Sausage Patties **03**
Buttermilk Pancakes; Roast
Rainbow Carrots & Potatoes
Kiwi & Blueberry
1% Milk or Skim Milk

Assorted Ham, Turkey Or **04**
Roast Beef Sub
Shredded Lettuce, Tomatoes,
Onions; Assorted Fruit Salad
1% Milk or Skim Milk

Grilled Cheese Sandwich **08**
House Tomato Soup
Seasonal Fall Salad
Pineapple & Blackberry
1% Milk or Skim Milk

Turkey Chili with Pinto **09**
Bean & Cheese
Honey Butter Cornbread
Cantaloupe & Honeydew
1% Milk or Skim Milk

Cheese Tortellini w/ **10**
Butternut Squash Sauce
Chilled Sweet Green Peas
Blueberries & Strawberry
1% Milk or Skim Milk

Korean BBQ Pork Sliders **11**
Asian Spiral Cumber Salad
Assorted Fruit
1% Milk or Skim Milk

Lemon Pepper Chicken **14**
Steamed Broccoli & Brown rice
Fresh Strawberry & Blueberries
1% Milk or Skim Milk

Beef Taco Tuesday **15**
Shredded lettuce; Cheese;
Salsa; Hard & Soft Taco Shells
Fresh Honeydew
1% Milk or Skim Milk

Honey BBQ Chicken **16**
Wings; Roasted Brussels
Baked Mac & Cheese
Blackberries & Kiwi
1% Milk or Skim Milk

Beef Sausage Lasagna **17**
Ceasar Salad with
Whole Wheat Croutons
Pineapple Wedges
1% Milk or Skim Milk

Jamaican Curry Chicken **18**
Braised Carrot & Potatoes
Caribbean Rice & Peas
Fresh Mixed Fruit
1% Milk or Skim Milk

Chicken & Spinach **21**
Quesadillas
Steamed Black Beans
Watermelon
1% Milk or Skim Milk

Ground Chicken lettuce **22**
Wrap; Pico de Gallo
Steamed Quinoa
Fresh Orange Wedges
1% Milk or Skim Milk

Herbed Baked Chicken **23**
Wild Garden Rice Pilaf
Roasted Multicolor Cauliflower
Kiwi & Mango
1% Milk or Skim Milk

Mediterranean Ground **24**
Turkey Bowl
Chilled Farro Salad
Honeydew & Pineapple
1% Milk or Skim Milk

Maple French Toast **25**
Chicken Apple Sausage
Breakfast Potatoes
Assorted Fruit
1% Milk or Skim Milk

Chicken Orzo Pasta Bake **28**
Garlic Breadsticks
Diced Peach And Pears
1% Milk or Skim Milk

Shredded Mexican Chicken **29**
Spanish Rice; Refried Beans
Diced Watermelon & Kiwi
1% Milk or Skim Milk

Chicken Meatball & Brown **30**
Gravy; Mashed Potato Corn on
cob; Strawberry Blackberry
Wheat Dinner Roll
1% Milk or Skim Milk

*Daily Alternative Entrée

- Grilled Chicken
- Hard-Boiled eggs
- Yogurt Parfait

YMCA Snack
Monday
Cinnamon Pita
Chips & Apple
Slices

YMCA Snack
Tuesday
Veggie Sticks
with Cheese Cubes
& Ranch Dip

YMCA Snack
Wednesday
Assorted
Grape Cup

YMCA Snack
Thursday
Nutri grain Bar &
Cheese Sticks

YMCA Snack
Friday
Tropical Fruit Cup

