

# September 2016

M	T	W	T	F
			<p><b>Sep 1</b></p> <ul style="list-style-type: none"> <li>- Crispy Chicken Sandwich with Ketchup</li> <li>- <b>NEW!! Baked Mac &amp; Cheese and Chicken Sausage Lunch Combo</b> with Revolution Foods Rumbles Whole Grain Crisps: Cinnamon</li> <li>- <b>Southwest Veggie Wrap</b> with Yogurt Ranch Dressing</li> <li>- <b>Revolution Foods Flurries</b> with Fresh Fruit</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Chilled, Seasoned Green Beans</li> </ul>	<p><b>Sep 2</b> <b>OFF</b></p>
<p><b>Sep 5</b> <b>OFF</b></p>	<p><b>Sep 6</b></p> <ul style="list-style-type: none"> <li>- <b>NEW!! Egg and Cheese Panada Pie</b> with Ketchup and Revolution Foods Rumbles Whole Grain Crisps: Ranch</li> <li>- <b>NEW!! Lone Star Oven Roasted Chicken Breast Sandwich</b> with BBQ Sauce Packet on the Side and Rev Foods Whole Grain Crackers</li> <li>- <b>UPDATED!! Chicken Caesar Salad</b> with Caesar Dressing, Whole Grain Dinner Roll and Rev Foods Whole Grain Crackers</li> <li>- <b>All Natural Granola</b> with Yogurt and Fresh Fruit</li> <li>- <b>Revolution Foods Cocoa Bops</b> with Fresh Fruit</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Ranch Dressing (for vegetable of the day)</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> </ul>	<p><b>Sep 7</b></p> <ul style="list-style-type: none"> <li>- <b>NEW!! Baked Mac &amp; Cheese and Chicken Bites Lunch Combo</b> with BBQ Sauce Packet on the Side</li> <li>- <b>Chicken Enchiladas</b> with Brown Rice</li> <li>- <b>Chicken Salad Sub on Whole Grain Bun</b></li> <li>- <b>Banana Muffin</b> with Orange Juice</li> <li>- <b>Blueberry Burst Whole Grain Bagel</b> with Cream Cheese and Orange Juice</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Pinto Beans</li> <li>- Seasoned Blanched Broccoli Florets</li> </ul>	<p><b>Sep 8</b></p> <ul style="list-style-type: none"> <li>- <b>All Natural Hot Dog on a Whole Grain Bun</b> with Ketchup</li> <li>- <b>Cheese Pizza on Whole Grain Crust</b> with All Natural Raisins (K-12 only) and 2nd Fruit Component</li> <li>- <b>BBQ Chicken Wrap</b> with BBQ Ranch Yogurt Dressing</li> <li>- <b>Lemon Muffin</b> with Fresh Fruit</li> <li>- <b>Mini Dipperdoodle Bar</b> with String Cheese and Fresh Fruit</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Coleslaw</li> </ul>	<p><b>Sep 9</b></p> <ul style="list-style-type: none"> <li>- <b>Chicken Fajita Burrito on a Whole Wheat Tortilla</b></li> <li>- <b>Cheese Ravioli with Marinara Sauce</b> and Dick and Jane Smart Crackers</li> <li>- <b>Chillin Chinese Chicken Noodles</b> with Sesame Soy Dressing and Goldfish Pretzels</li> <li>- <b>Cinnamon Crumble</b> with Orange Juice</li> <li>- <b>Whole Wheat Bagel with Turkey, Cream Cheese and Orange Juice</b></li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Fresh Baby Carrots</li> </ul>

<p><b>Sep 12</b></p> <ul style="list-style-type: none"> <li>- Chicken Bites with Whole Grain Dinner Roll and Ketchup</li> <li>- Turkey and Cheddar Flatbread Sandwich with BBQ Sauce Packet on the Side</li> <li>- Southwest Veggie Wrap with Yogurt Ranch Dressing</li> <li>- Revolution Foods Flurries with Fresh Fruit</li> <li>- All Natural Granola with Yogurt and Fresh Fruit</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Ranch Dressing (for vegetable of the day)</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Fresh Celery Sticks</li> </ul>	<p><b>Sep 13</b></p> <ul style="list-style-type: none"> <li>- Breakfast for Lunch: Pancakes with Chicken Sausage, Syrup and Yogurt</li> <li>- Sweet Garlic Chicken Noodles</li> <li>- UPDATED!! Veggie Taco Salad with Taco Ranch Dressing and Whole Grain Dinner Roll</li> <li>- Blueberry Muffin with Fresh Fruit</li> <li>- Zac Omega Strawberry Bar with Fresh Fruit (25)</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pin</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Edamame</li> <li>- Grape Tomatoes</li> </ul>	<p><b>Sep 14</b></p> <ul style="list-style-type: none"> <li>- Meatless "Pepperoni" Calzoni with Revolution Foods Rumbles Whole Grain Crisps: Salsa Fresca</li> <li>- Jumbo Caribbean Meatball with Rice</li> <li>- Chicken Caesar Wrap with Caesar Dressing</li> <li>- Plain Whole Wheat Bagel with Cream Cheese and Orange Juice</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Seasoned Corn</li> </ul>	<p><b>Sep 15</b></p> <ul style="list-style-type: none"> <li>- All Natural Cheeseburger on a Whole Grain Bun with Ketchup</li> <li>- Buffalo Chicken Sandwich on a Whole Grain Bun with Revolution Foods Rumbles Whole Grain Crisps: Ranch</li> <li>- Chicken Pizza Party Salad with Pizza Sauce Dressing, Goldfish Pretzels and All Natural Raisins (K-12 only)</li> <li>- Apple Cinna-Grins Cereal and Hard Boiled Egg with Fresh Fruit</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Chopped Romaine Lettuce</li> <li>- Sliced Tomatoes</li> </ul>	<p><b>Sep 16</b></p> <ul style="list-style-type: none"> <li>- NEW!! Kickin Chicken Parm Pasta</li> <li>- Cheese Tamale with Brown Rice and Seasoned Black Beans</li> <li>- Roast Turkey and Cheese Sub on Whole Grain Roll with Mayonnaise on the Side</li> <li>- NEW!! French Toast Muffin with Orange Juice</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Glazed Carrots</li> </ul>
<p><b>Sep 19</b></p> <ul style="list-style-type: none"> <li>- Pizza Panada Pie</li> <li>- NEW!! Baked Mac &amp; Cheese and Chicken Bites Lunch</li> <li>- Combo with BBQ Sauce Packet on the Side</li> <li>- Chicken Salad Sub on Whole Grain Bun</li> <li>- Revolution Foods Cocoa Bops with Fresh Fruit</li> <li>- Zac Omega Apple Bar with Fresh Fruit</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Seasoned Corn</li> </ul>	<p><b>Sep 20</b></p> <ul style="list-style-type: none"> <li>- All Natural Hot Dog on a Whole Grain Bun with Ketchup</li> <li>- Sloppy Joe on a Whole Grain Bun</li> <li>- BBQ Chicken Wrap with BBQ Ranch Yogurt Dressing</li> <li>- Cinnamon Crumble with Fresh Fruit</li> <li>- All Natural Granola with Yogurt and Fresh Fruit</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Three Bean Salad</li> <li>- Fresh Baby Carrots</li> </ul>	<p><b>Sep 21</b></p> <ul style="list-style-type: none"> <li>- Firecracker Chicken with Spicy Sesame Noodles and Goldfish Pretzels</li> <li>- Chicken Taco Trio with Brown Rice</li> <li>- Ham and Cheese Sub on a Whole Grain Roll with Mayonnaise on the Side</li> <li>- Banana Muffin with Orange Juice</li> <li>- English Muffin with Turkey and Cheese and Orange Juice</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Chilled, Seasoned Green Beans (50)</li> </ul>	<p><b>Sep 22</b></p> <ul style="list-style-type: none"> <li>- Crispy Chicken Sandwich with Ketchup</li> <li>- Cheese Lasagna With Whole Grain Pasta with Rev Foods Whole Grain Crackers</li> <li>- Roast Turkey and Cheese Sub on Whole Grain Roll with Mayonnaise on the Side</li> <li>- Revolution Foods Honey Buttons with Fresh Fruit</li> <li>- Mini Dipperdoodle Bar with String Cheese and Fresh Fruit</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Ranch Dressing (for vegetable of the day)</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Chopped Romaine Lettuce</li> </ul>	<p><b>Sep 23</b></p> <ul style="list-style-type: none"> <li>- Jumbo Italian Meatball with Penne Pasta and Mozzarella Cheese</li> <li>- Cheesy Chicken Quesadilla with Dick and Jane Smart Crackers</li> <li>- NEW!! Garden Ranch Salad with Chicken, Ranch Dressing, Whole Grain Dinner Roll and Rev Foods Whole Grain Crackers</li> <li>- Lemon Muffin with Orange Juice</li> <li>- Plain Whole Wheat Bagel with Cream Cheese and Orange Juice</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Steamed Carrots</li> </ul>

<p><b>Sep 26</b></p> <ul style="list-style-type: none"> <li>- <b>Chicken Bites</b> with Whole Grain Dinner Roll and Ketchup</li> <li>- <b>BBQ Meatballs</b> with Cheesy Rice and Whole Grain Dinner Roll</li> <li>- <b>Chicken Caesar Wrap</b> with Caesar Dressing</li> <li>- <b>Zac Omega Strawberry Bar</b> with Fresh Fruit</li> <li>- <b>Yogurt</b> with Skeeter Whole Grain Cinnamon Grahams and Fresh Fruit</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Pinto Beans</li> <li>- Grape Tomatoes</li> </ul>	<p><b>Sep 27</b></p> <ul style="list-style-type: none"> <li>- <b>NEW!! Baked Mac &amp; Cheese and Chicken Sausage Lunch Combo</b> with Revolution Foods Rumbles Whole Grain Crisps:Cinnamon</li> <li>- <b>NEW!! Egg and Cheese Panada Pie</b> with Ketchup and Revolution Foods Rumbles Whole Grain Crisps: Ranch</li> <li>- <b>Ham and Cheese Sub on a Whole Grain Roll</b> with Mayonnaise on the Side</li> <li>- <b>NEW!! French Toast Muffin</b> with Fresh Fruit</li> <li>- <b>Revolution Foods Cocoa Bops</b> with Fresh Fruit</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Fresh Cucumber Slices</li> </ul>	<p><b>Sep 28</b></p> <ul style="list-style-type: none"> <li>- <b>All Natural Cheeseburger on a Whole Grain Bun</b> with Ketchup</li> <li>- <b>Cheese Pizza on Whole Grain Crust</b> with All Natural Raisins (K-12 only) and 2nd Fruit Component</li> <li>- <b>Chicken Salad Sub on Whole Grain Bun</b></li> <li>- <b>Revolution Foods Flurries</b> with Orange Juice</li> <li>- <b>Blueberry Burst Whole Grain Bagel</b> with Cream Cheese and Orange Juice</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Ranch Dressing (for vegetable of the day)</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Chopped Romaine Lettuce</li> <li>- Sliced Tomatoes</li> </ul>	<p><b>Sep 29</b></p> <ul style="list-style-type: none"> <li>- <b>Breakfast for Lunch: Pancakes with Cheese Omelet</b>, Dick and Jane Smart Crackers, Syrup and Ketchup</li> <li>- <b>Chicken Teriyaki</b> with Brown Rice</li> <li>- <b>Roast Turkey and Cheese Sub on Whole Grain Roll</b> with Mayonnaise on the Side</li> <li>- <b>Blueberry Muffin</b> with Fresh Fruit</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Seasoned Corn</li> </ul>	<p><b>Sep 30</b></p> <ul style="list-style-type: none"> <li>- <b>NEW!! Kickin Chicken Parm Pasta</b></li> <li>- <b>Beef, Bean, and Cheese Burrito</b></li> <li>- <b>Chillin Chinese Chicken Noodles</b> with Sesame Soy Dressing and Goldfish Pretzels</li> <li>- <b>Cinnamon Crumble</b> with Orange Juice</li> <li>- <b>Whole Wheat Bagel with Cheddar Cheese</b> and Orange Juice</li> <li>- Fresh Fruit - 2nd Piece</li> <li>- Milk: 0%, half-pint</li> <li>- Milk: 1%, half-pint</li> <li>- Fresh Fruit with 2nd Fruit Component</li> <li>- Glazed Carrots</li> </ul>
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