

Sun. Mon. Tue. Wed. Thu. Fri. Sat.

SEPTEMBER

2016

1					2	3
4	5 No school Labor Day Week 1 Menu	6 A-DAY First Day of School <i>4pm Dismissal</i>	7 B-DAY <i>4pm Dismissal</i>	8 A-DAY <i>4pm Dismissal</i>	9 B-DAY <i>4pm Dismissal</i>	10
11	12 No school Eid al-Adha Week 2 Menu	13 A-DAY <i>School Uniform Fitting 10:30am</i> <i>4pm Dismissal</i>	14 B-DAY <i>4pm Dismissal</i>	15 A-DAY <i>Back to School/Title I 5:30-7:00pm</i> <i>4pm Dismissal</i>	16 B-DAY <i>4pm Dismissal</i>	17
18	19 A-DAY Week 3 Menu	20 B-DAY	21 A-DAY	22 B-DAY	23 A-DAY	24
25	26 B-DAY Week 4 Menu	27 A-DAY	28 B-DAY <i>PAPA BOARD ELECTIONS 6-7pm</i>	29 A-DAY	30 B-DAY	

Notes:

Week 1 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Main	Build Your Own Parfait: Yogurt D , Granola & Berries	Assorted NY Bagels with Cream Cheese G	Assorted Fresh Baked Bread with Turkey Sausages	Assorted NY Bagels w/Cream Cheese W Assorted Bread	Breakfast Sweet Potato Hash, Turkey Sausage, Chefs Eggs E
Hot Cereal	Oatmeal with Fruit	Farina W	Grits	Oatmeal with Fruit	Grits
Cold Cereal	Assorted Cold Cereal W	Assorted Cold Cereal W	Assorted Cold Cereal W	Assorted Cold Cereal W	Assorted Cold Cereal W
Milk	1% and Skim	1% and Skim	1% and Skim	1% and Skim	1% and Skim
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Lunch					
Protein	Curry Chicken W/G	Beef Fajitas T	Asian Marinated Chicken S/W	Beef Chili T	Pizza W/G (pepperoni and plain)
Protein Alt.	Roasted Chicken	Chicken Fajitas T	Roasted Chicken	Turkey Chili T	
Vegetarian Entrée	Curry Seitan W	Tofu and Portobello Fajita	Asian Marinated Tofu S/W	3 Bean Chili T	
Starch/Grain	Coconut Rice	Tortillas W/G	Cold Soba Noodles and Vegetables W/E	Corn Bread E/W	
Vegetable	Vegetable Medley	Fiesta Corn	Sesame Garlic String Beans	Kale Salad	Chef Salad with Italian Vinaigrette T
Milk	1% and Skim	1% and Skim	1% and Skim	1% and Skim	1% and Skim
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Alt. Grain					
Additional Items		Queso Fresco, Salsa, Cilantro Leaves, Sour Cream D		Hot Sauce, Cheddar Cheese, Scallions, Sour Cream	
**Vegetables and Fruit may change due to seasonality					

Week 2 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Main	Build Your Own Parfait: Yogurt D , Granola & Berries	Assorted NY Bagels with Cream Cheese D	Assorted Fresh Baked Bread with Turkey Sausages	Assorted Breakfast Bread W	Breakfast Potato Hash, Turkey Sausage, Chefs Eggs E
Hot Cereal	Oatmeal with Fruit	Farina W	Grits	Oatmeal with Fruit	Grits
Cold Cereal	Assorted Cold Cereal W	Assorted Cold Cereal W	Assorted Cold Cereal W	Assorted Cold Cereal W	Assorted Cold Cereal W
Milk	1% and Skim	1% and Skim	1% and Skim	1% and Skim	1% and Skim
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Lunch					
Protein	HCZ Chicken Bowl D	Baked Ziti T/D/W	Sloppy Joe T	Arroz con Pollo T	Hamburgers
Protein Alt.		Gluten Free Pasta with Chic Pea/Kale Pesto	Turkey Sloppy Joe T		Turkey Burger
Vegetarian Entrée	HCZ Chic Pea and Seitan Bowl D		Tempeh Sloppy Joe T	Arroz con Frijoles Negros T	Veggie Burger
Starch/Grain	Whole Wheat Biscuit		Whole Wheat Potato Roll		Whole Wheat Potato Roll
Vegetable	Vegetable Medley	Caesar Salad E/D	Broccoli Florets with Cheddar Béchamel W/D	Cucumber Salad	Romaine / Corn on the Cob
Milk	1% and Skim	1% and Skim	1% and Skim	1% and Skim	1% and Skim
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Alt. Grain					
Additional Items					*Burger Bar Fixings
**Vegetables and Fruit may change due to seasonality					

Week 3 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Main	Build Your Own Parfait: Yogurt D , Granola & Berries	Assorted NY Bagels with Cream Cheese G	Assorted Fresh Baked Bread with Turkey Sausages	Assorted Breakfast Bread W	Breakfast Sweet Potato Hash, Turkey Sausage, Chefs Eggs E
Hot Cereal	Oatmeal with Fruit	Farina W	Grits	Oatmeal with Fruit	Grits
Cold Cereal	Assorted Cold Cereal W	Assorted Cold Cereal W	Assorted Cold Cereal W	Assorted Cold Cereal W	Assorted Cold Cereal W
Milk	1% and Skim	1% and Skim	1% and Skim	1% and Skim	1% and Skim
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Lunch					
Protein	Turkey Chili Mac and Cheese D/E/T/W	Honey Chipotle BBQ Chicken T	Steak and Cheese Sandwich	Cajun Chicken Alfredo D	Pizza W/T/D/G (pepperoni and plain)
Protein Alt.			Chicken and Cheese Sandwich	Cajun Chicken Marinara T	
Vegetarian Entrée	Mac and Cheese D/E/W	Honey Chipotle BBQ Seitan T	Roasted Tofu and Mushrooms Sandwich	Non Dairy Vegan	
Starch/Grain		Cornbread E	Hero Bread	WW Ziti W	
Vegetable	Broccoli Florets	Braised Greens	House Salad with Roasted Tomato Vinaigrette	Sautéed Spinach	Salad with Balsamic Vinaigrette
Milk	1% and Skim	1% and Skim	1% and Skim	1% and Skim	1% and Skim
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Alt. Grain					
Additional Items				Parmesan Cheese and Red Pepper Flakes	
**Vegetables and Fruit may change due to seasonality					

Week 4 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Main	Build Your Own Parfait: Yogurt D , Granola & Berries	Whole Wheat NY Bagels w/ Cream Cheese W	Boiled Eggs	Whole Wheat NY Bagels w/ Cream Cheese W	Breakfast Sweet Potato Hash, Turkey Sausage, Whole Wheat Tortillas, Scrambled Egg E
Hot Cereal	Oatmeal w/ Fruit (raisins & cranberries)	Farina W Creamy Bulgur	Oatmeal w/ Fruit (raisins & cranberries)	Creamy Bulgur /Oatmeal W	Grits
Cold Cereal	Assorted Cold Cereal W	Assorted Cold Cereal W	Assorted Cold Cereal W	Assorted Cold Cereal W	Assorted Cold Cereal W
Milk	1% and Skim	1% and Skim	1% and Skim	1% and Skim	1% and Skim
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Lunch					
Protein	Beef Bolognese T	Sausage and Peppers	Braised Oxtails	Tacos (turkey) T	Hamburgers
Protein Alt.			Braised Chicken / Braised Goat		Turkey Burger
Vegetarian Entrée	Tempeh Bolognese with Chickpeas T/S	Vegetarian Sausages	Stewed Chicken Peas and Seitan W/G	Tempeh & Chickpea Tacos	Veggie Burger
Starch/Grain	Pasta W/G	Whole Grain Pretzel RollW	Rice	Plantains	Whole Wheat Potato Roll
Vegetable	Tarragon Green Bean and Cannellini Salad	House Salad Roasted Tomato Vinaigrette T	House Salad with Mango Dressing	Ensalada with Black Bean Salsa	Glazed Carrot Fries
Milk	1% and Skim	1% and Skim	1% and Skim	1% and Skim	1% and Skim
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Alt. Grain					
Additional Items	Parmesan Cheese and Red Pepper Flakes			Lettuce, Tomatoes, Shredded Cheese, Salsa	

Allergen Alert Key Contains Dairy – **D** Contains Gluten – **G** Contains Egg – **E** Contains Fish – **F** Contains Soy – **S** Contains Wheat – **W** Contains Shellfish – **SF** Contains Tomato - **T**