



September 9th-September 13th (Menu is subject to change upon availability of produce)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> • Cornmeal* 	<ul style="list-style-type: none"> • Oatmeal* 	<ul style="list-style-type: none"> • Coconut Cornstarch* 	<ul style="list-style-type: none"> • Cream of Wheat* 	<ul style="list-style-type: none"> • French Toast
SNACK	<ul style="list-style-type: none"> • 4onz Seasonal Fresh Fruits • Milk 	<ul style="list-style-type: none"> • 4onz Seasonal Fresh Fruits • Milk 	<ul style="list-style-type: none"> • 4onz Seasonal Fresh Fruits • Milk 	<ul style="list-style-type: none"> • 4onz Seasonal Fresh Fruits • Milk 	<ul style="list-style-type: none"> • Smoothie (Fruits and Apple Juice) • Milk
LUNCH	<ul style="list-style-type: none"> • Roasted Chicken Tenders • White Rice • Pink Beans 	<ul style="list-style-type: none"> • Oven Roasted Pork Pieces • Mozzarella Oven Sticks* 	<ul style="list-style-type: none"> • Turkey & Cheese Quesadillas* • Onion Rice 	<ul style="list-style-type: none"> • Turkey Meatballs • Spaghetti w\Tomato Sauce 	<ul style="list-style-type: none"> • Stewed Rice w\Ham • White Beans w/Pumpkin

Carbs (rice, potato, pasta etc.) portion consists of 1/3 cup cooked
 beans or vegetables portion consists of 1/3 cup cooked
 Protein is 3onz raw which becomes 2onz cooked=1/4 cup cooked

ALLERGIES: Dairy and Egg (identified with *) Morning creams will be made with water for particular students

Carbohidratos (arroz, papa, pasta etc.) debe ser una porción de 1/3 taza ya cocido
 Granos y Vegetales debe ser una porción de 1/3 taza ya cocida
 Proteína es 3onz. crudas que se convierte en 2 onz= 1/4 taza cocida