

# September

# BREAKFAST

## NSLP Cold Grab & Go Breakfast

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
|   |   |  | <b>1</b><br>BlueBerry Chex (V)<br>(DF)<br>Plain Bagel with<br>Cream Cheese (V)  | <b>2</b><br>Banana Muffin (V)<br>Zee Zees Cinnamon<br>Crisp Bar (V) (DF)                  |
| <b>5</b><br>Cinnamon Chex with<br>Educational Snacks<br>(V)<br>Cinnamon Crumble<br>(V)                | <b>6</b><br>Blueberry Burst<br>Muffin (V)<br>Cheerios &<br>Educational Snacks<br>(V)  | <b>7</b><br>Lemon Muffin (V)<br>Yogurt & Cinnamon<br>Grahams (V)                                 | <b>8</b><br>BlueBerry Chex (V)<br>(DF)<br>Plain Bagel with<br>Cream Cheese (V)  | <b>9</b><br>Vanilla Concha<br>Bread (V)<br>Zee Zees Cinnamon<br>Crisp Bar (V) (DF)        |
| <b>12</b><br>Cheerios &<br>Educational Snacks<br>(V)<br>Zee Zees Berry<br>Apple Crisp Bar (V)<br>(DF) | <b>13</b><br>Banana Muffin (V)<br>Plain Bagel with<br>Cream Cheese (V)                | <b>14</b><br>String Cheese &<br>Cinnamon Grahams<br>(V)<br>Yogurt &<br>Educational Snacks<br>(V) | <b>15</b><br>Banana Muffin (V)<br>Blueberry Burst<br>Bagel (V)                  | <b>16</b><br>Cinnamon Crumble<br>(V)<br>Lemon Muffin (V)                                  |
| <b>19</b><br>Cinnamon Chex with<br>Educational Snacks<br>(V)<br>Cinnamon Crumble<br>(V)               | <b>20</b><br>Blueberry Burst<br>Muffin (V)<br>Cheerios &<br>Educational Snacks<br>(V) | <b>21</b><br>Lemon Muffin (V)<br>Yogurt & Cinnamon<br>Grahams (V)                                | <b>22</b><br>BlueBerry Chex (V)<br>(DF)<br>Plain Bagel with<br>Cream Cheese (V) | <b>23</b><br>Vanilla Concha<br>Bread (V)<br>Zee Zees Berry<br>Apple Crisp Bar (V)<br>(DF) |
| <b>26</b><br>Cheerios &<br>Educational Snacks<br>(V)<br>Zee Zees Berry<br>Apple Crisp Bar (V)<br>(DF) | <b>27</b><br>Banana Muffin (V)<br>Plain Bagel with<br>Cream Cheese (V)                | <b>28</b><br>String Cheese &<br>Cinnamon Grahams<br>(V)<br>Yogurt &<br>Educational Snacks<br>(V) | <b>29</b><br>Banana Muffin (V)<br>Blueberry Burst<br>Bagel (V)                  | <b>30</b><br>Cinnamon Crumble<br>(V)<br>Lemon Muffin (V)                                  |

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. You can use the same link every time you eat our food!

[surveymonkey.com/r/mealsatisfactionsurvey](https://surveymonkey.com/r/mealsatisfactionsurvey)



revolution foods.

This institution is an equal opportunity provider.  
All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

**Dairy-Free (DF)**  
**Vegetarian (V)**

# September

# LUNCH

NSLP Hot & Cold Lunch

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
|  |  |   | <b>1</b><br>BBQ Beef Rib Sandwich (DF)<br>Green Chile Cheese & Chicken Quedilla<br>Veggie Chef Salad (V) | <b>2</b><br>Cheese Pizza (V)<br>Chicken Teriyaki with Brown Rice (DF)<br>Turkey Sandwich (DF)                    |
| <b>5</b><br>Chicken Bites (DF)<br>Flame-Broiled Beef Cheeseburger<br>SunButter & Jelly Sliced Sandwich Kit (V) | <b>6</b><br>All Beef Hot Dog (DF)<br>Cheese Pizza (V)<br>Bagel with Cream Cheese (V)                       | <b>7</b><br>Classic Spaghetti & Meatballs (DF)<br>Oven Roasted Chicken Sandwich (DF)<br>Cheese Sub Sandwich (V) | <b>8</b><br>BBQ Beef Rib Sandwich (DF)<br>Cheese Enchilada (V)<br>Veggie Chef Salad (V)                  | <b>9</b><br>Beef & Bean Burrito (DF)<br>Cheese Pizza (V)<br>Turkey Sandwich (DF)                                 |
| <b>12</b><br>Bean & Cheese Burrito (V)<br>Crispy Chicken Sandwich (DF)<br>Cheese Pizza Kit (V)                 | <b>13</b><br>All Beef Hot Dog (DF)<br>Chicken Bites (DF)<br>Cheese Sub Sandwich (V)                        | <b>14</b><br>Pancakes & Cheesy Omelet (V)<br>Flame-Broiled Beef Cheeseburger<br>Turkey Sandwich (DF)            | <b>15</b><br>Beef & Bean Burrito (DF)<br>Pepperoni Pizza<br>SunButter & Jelly Sliced Sandwich Kit (V)    | <b>16</b><br>Cheese Enchilada (V)<br>Chicken Tamale with Seasoned Rice (DF)<br>Classic Turkey & Cheddar Sandwich |
| <b>19</b><br>All Beef Hot Dog (DF)<br>Bean & Cheese Burrito (V)<br>SunButter & Jelly Sliced Sandwich Kit (V)   | <b>20</b><br>Creamy Pasta Alfredo (V)<br>Flame-Broiled Beef Hamburger (DF)<br>Bagel with Cream Cheese (V)  | <b>21</b><br>Cheese Enchilada (V)<br>Pepperoni Pizza<br>Turkey Sandwich (DF)                                    | <b>22</b><br>BBQ Beef Rib Sandwich (DF)<br>Pizza Panada Pie (V)<br>Veggie Chef Salad (V)                 | <b>23</b><br>Cheese Pizza (V)<br>Pasta with Zesty Beef<br>Turkey Sandwich (DF)                                   |
| <b>26</b><br>Bean & Cheese Burrito (V)<br>Flame-Broiled Beef Hamburger (DF)<br>Cheese Pizza Kit (V)            | <b>27</b><br>Crispy Chicken Sandwich (DF)<br>Hot Meatball Sub<br>SunButter & Jelly Sliced Sandwich Kit (V) | <b>28</b><br>Cheese Pizza (V)<br>Chicken Bites (DF)<br>Bagel with Cream Cheese (V)                              | <b>29</b><br>Pancakes & Cheesy Omelet (V)<br>Pepperoni Pizza<br>Turkey Sandwich (DF)                     | <b>30</b><br>Cheese Enchilada (V)<br>Hot Meatball Sub<br>Tuna Sandwich Kit (DF)                                  |

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. You can use the same link every time you eat our food!

[surveymonkey.com/r/mealsatisfactionsurvey](https://www.surveymonkey.com/r/mealsatisfactionsurvey)



revolution foods.

This institution is an equal opportunity provider.  
All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

**Vegetable of the Day**

**Dairy-Free (DF) & Vegetarian (V) options available daily. If not listed on the menu, available upon request**