

September

K-12 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> • rf snow flurries cereal (df) <p>1</p>
<p>no school for students</p> <p>4</p>	<ul style="list-style-type: none"> • yogurt/educational snacks • rf honey buttons cereal (df) <p>5</p>	<ul style="list-style-type: none"> • hot pancakes w/ syrup <p>6</p>	<ul style="list-style-type: none"> • hot southwest chicken chorizo and cheese bagel sandwich <p>7</p>	<ul style="list-style-type: none"> • blueberry muffin <p>8</p>
<ul style="list-style-type: none"> • rf cocoa critters cereal (df) <p>11</p>	<ul style="list-style-type: none"> • breakfast cinnamon crumble <p>12</p>	<ul style="list-style-type: none"> • hot rise & shine breakfast burrito (egg & cheese) <p>13</p>	<ul style="list-style-type: none"> • blueberry burst whole grain bagel/cream cheese <p>14</p>	<ul style="list-style-type: none"> • zee zees berry apple crisp bar (df) <p>15</p>
<ul style="list-style-type: none"> • yogurt/educational snacks <p>18</p>	<ul style="list-style-type: none"> • hot french toast sticks <p>19</p>	<ul style="list-style-type: none"> • hot omelet w/ cheese <p>20</p>	<ul style="list-style-type: none"> • zee zees berry apple crisp bar (df) <p>21</p>	<ul style="list-style-type: none"> • lemon muffin <p>22</p>
<ul style="list-style-type: none"> • rf honey buttons cereal (df) <p>25</p>	<ul style="list-style-type: none"> • breakfast cinnamon crumble <p>26</p>	<ul style="list-style-type: none"> • hot breakfast panada pie with eggs, cheese, and green chilies <p>27</p>	<ul style="list-style-type: none"> • rf snow flurries cereal (df) <p>28</p>	<ul style="list-style-type: none"> • french toast muffin <p>29</p>

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day



September

PSN BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> breakfast cinnamon crumble <p>1</p>
<p>no school for students</p> <p>4</p>	<ul style="list-style-type: none"> multigrain cheerios (df) <p>5</p>	<ul style="list-style-type: none"> hot pancakes w/ syrup <p>6</p>	<ul style="list-style-type: none"> hot southwest chicken chorizo and cheese bagel sandwich <p>7</p>	<ul style="list-style-type: none"> blueberry muffin yogurt/educational snacks <p>8</p>
<ul style="list-style-type: none"> cinnamon rumbles and string cheese <p>11</p>	<ul style="list-style-type: none"> breakfast cinnamon crumble <p>12</p>	<ul style="list-style-type: none"> hot rise & shine breakfast burrito (egg & cheese) <p>13</p>	<ul style="list-style-type: none"> blueberry burst whole grain bagel/cream cheese <p>14</p>	<ul style="list-style-type: none"> string cheese/skeeter cinn grahams <p>15</p>
<ul style="list-style-type: none"> yogurt/educational snacks <p>18</p>	<ul style="list-style-type: none"> hot french toast sticks <p>19</p>	<ul style="list-style-type: none"> hot omelet w/ cheese <p>20</p>	<ul style="list-style-type: none"> multigrain cheerios (df) <p>21</p>	<ul style="list-style-type: none"> lemon muffin <p>22</p>
<ul style="list-style-type: none"> cheerios (df) <p>25</p>	<ul style="list-style-type: none"> breakfast cinnamon crumble <p>26</p>	<ul style="list-style-type: none"> hot breakfast panada pie with eggs, cheese, and green chilies <p>27</p>	<ul style="list-style-type: none"> yogurt/granola/ fruit <p>28</p>	<ul style="list-style-type: none"> french toast muffin <p>29</p>

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September

K-12 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> cheesy ravioli (vg) chilled, seasoned green beans <p>1</p>
<p>no school for students</p> <p>4</p>	<ul style="list-style-type: none"> chicken bites (df) cheddar cheese sandwich (vg) <p>5</p>	<ul style="list-style-type: none"> chicken taco trio sweet potatoes <p>6</p>	<ul style="list-style-type: none"> the revolution hot dog (df) egg salad sandwich (vg) (df) chopped lettuce and sliced tomatoes with ranch <p>7</p>	<ul style="list-style-type: none"> buffalo chicken pizza sunny sandwich kit (sunbutter and jelly) (vg) chilled, seasoned green beans <p>8</p>
<ul style="list-style-type: none"> turkey and cheddar sandwich green peas <p>11</p>	<ul style="list-style-type: none"> cheese enchiladas (vg) chilled, seasoned green beans <p>12</p>	<ul style="list-style-type: none"> spaghetti marinara with mozzarella (vg) crispy chicken sandwich (df) baby carrots and edamame <p>13</p>	<ul style="list-style-type: none"> pepper jack cheeseburger veggie taco salad (vg) chopped lettuce and sliced tomatoes with ranch <p>14</p>	<ul style="list-style-type: none"> cheese pizza (vg) sunny sandwich kit (sunbutter and jelly) (vg) sweet potatoes <p>15</p>
<ul style="list-style-type: none"> chicken bites (df) chilled, seasoned green beans <p>18</p>	<ul style="list-style-type: none"> jerk drumstick with pineapple carrot rice (df) sweet potatoes <p>19</p>	<ul style="list-style-type: none"> five cheese lasagna (vg) veggie chef's salad (vg) baby carrots and edamame <p>20</p>	<ul style="list-style-type: none"> flame broiled beef cheeseburger sunny sandwich kit (sunbutter and jelly) (vg) chopped lettuce and sliced tomatoes with ranch <p>21</p>	<ul style="list-style-type: none"> firecracker chicken with sesame noodles southwest veggie wrap (vg) green peas <p>22</p>
<ul style="list-style-type: none"> chicken taco trio sunny sandwich kit (sunbutter and jelly) (vg) steamed corn <p>25</p>	<ul style="list-style-type: none"> kickin chicken melt sandwich cheddar cheese sandwich (vg) chilled, seasoned green beans <p>26</p>	<ul style="list-style-type: none"> *new* italian "sausage" calzoni (vg) pinto beans and baby carrots <p>27</p>	<ul style="list-style-type: none"> oven roasted chicken sandwich (df) southwest veggie wrap (vg) chopped lettuce and sliced tomatoes with ranch <p>28</p>	<ul style="list-style-type: none"> (hot) turkey and cheese flatbread sandwich hummus dippers (vg) sweet potatoes <p>29</p>

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<p>no school for students</p> <p>4</p>	<ul style="list-style-type: none"> chicken bites (df) cheddar cheese sandwich (vg) steamed corn <p>5</p>	<ul style="list-style-type: none"> chicken taco trio sweet potatoes <p>6</p>	<ul style="list-style-type: none"> oven roasted chicken sandwich chopped lettuce and sliced tomatoes with ranch <p>7</p>	<ul style="list-style-type: none"> buffalo chicken pizza sunny sandwich kit (sunbutter and jelly) (vg) chilled, seasoned green beans <p>8</p>
<ul style="list-style-type: none"> turkey and cheddar sandwich green peas <p>11</p>	<ul style="list-style-type: none"> cheese enchiladas (vg) chilled, seasoned green beans <p>12</p>	<ul style="list-style-type: none"> spaghetti marinara with mozzarella (vg) crispy chicken sandwich (df) diced carrots and pinto beans <p>13</p>	<ul style="list-style-type: none"> pepper jack cheeseburger sunny sandwich kit (sunbutter and jelly) (vg) chopped lettuce and sliced tomatoes with ranch <p>14</p>	<ul style="list-style-type: none"> cheese pizza (vg) sweet potatoes <p>15</p>
<ul style="list-style-type: none"> chicken bites (df) cheese pizza panada pie (vg) chilled, seasoned green beans <p>18</p>	<ul style="list-style-type: none"> kickin chicken melt sandwich cheese sandwich (vg) sweet potatoes <p>19</p>	<ul style="list-style-type: none"> five cheese lasagna (vg) baby carrots and edamame <p>20</p>	<ul style="list-style-type: none"> flame broiled beef cheeseburger sunny sandwich kit (sunbutter and jelly) (vg) chopped lettuce and sliced tomatoes with ranch <p>21</p>	<ul style="list-style-type: none"> firecracker chicken with sesame noodles southwest veggie wrap (vg) green peas <p>22</p>
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