

September 2019

Calendar Month

Calendar Year



Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
02 CLOSED	03 Scrambled eggs w/ spinach ² Whole wheat bread ³⁶ Banana Milk*	04 Low-fat yogurt ¹ Melon Milk*	05 Whole-grain cereal Pineapple Milk*	06 Chilaquiles ² Whole wheat bread ³⁶ Apple Milk*
09 Hard Boiled Eggs ² Whole wheat bread ³⁶ Orange Milk*	10 English Muffin ³⁶ Low-fat Cream Cheese ¹ Pineapple Milk*	11 Oatmeal w/ toppings ¹ Banana Milk*	12 Whole-grain cereal Melon Milk*	13 Refried Beans ⁵ Plantains Watermelon Milk*
16 Turkey Sausage Whole grain waffle ¹³⁶ Melon Milk*	17 Low-fat yogurt ¹ Orange Milk*	18 Mini Bagel ³⁶ Low-fat Cream Cheese ¹ Pineapple Milk*	19 Oatmeal w/ toppings ¹ Melon Milk*	20 Scrambled eggs w/ spinach ² Whole wheat bread ³⁶ Banana Milk*
23 Chilaquiles ² Whole wheat bread ³⁶ Melon Milk*	24 English Muffin ³⁶ Low-fat Cream Cheese ¹ Banana Milk*	25 Oatmeal w/ toppings ¹ Orange Milk*	26 Whole-grain cereal Pineapple Milk*	27 Hard Boiled Eggs ² Whole wheat bread ³⁶ Apple Milk*
30 Scrambled eggs w/ spinach ² Whole wheat bread ³⁶ Orange Milk*	01 Low-fat yogurt ¹ Melon Milk*	02 Mini Bagel ³⁶ Low-fat Cream Cheese ¹ Pineapple Milk*	03 Whole-grain cereal Banana Milk*	04 Refried Beans ⁵ Plantains Watermelon Milk*

Notes: This menu is subject to change

Green: Local Products

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷Lentils

*Milk: 1 yr-old children (Unflavored Whole Milk)

2-5 yrs-old (Unflavored 1% Milk)




Breakfast

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Monday	Tuesday	Wednesday	Thursday	Friday
02 Closed	03 Black Beans ⁵ Green Salad Brown Rice Apple Milk* ¹	04 Whole wheat pasta ³ w/ Beef Sausage ⁶ Mushroom & Tomato Peach Milk* ¹	05 Chicken Stew w/ Green beans and Carrots Barley ³ Orange Milk* ¹	06 Egg Fried Rice ^{2,6} Broccoli Melon Milk* ¹
09 Lentils ⁷ Brown Rice Apple Milk* ¹	10 Chicken Alfredo ¹ w/ Whole wheat pasta ³ Zucchini Melon Milk* ¹	11 Beans and Cheese Tacos ¹⁵ Green Salad Whole Wheat tortilla ³ Watermelon Milk* ¹	12 Chicken Legs ⁶ Cucumber Salad Whole Wheat Pita ³ Pineapple Milk* ¹	13 Fish Fried Rice ⁴ Green Salad Peach Milk* ¹
16 Macaroni and Cheese ¹³ with Broccoli Apple Milk* ¹	17 Hawaiian Chicken w/ Pineapple Whole Wheat tortilla ³ Melon Milk* ¹	18 Beef Paella ⁶ w/ Beef Sausage and Green beans Barley/Quinoa ³ Peach Milk* ¹	19 Vegetarian Enchiladas ⁵ Whole Wheat tortilla ³ Green Salad Orange Milk* ¹	20 Pasta with vegetables and chicken Whole wheat pasta ³ Pineapple Milk* ¹
23 Chickpea Curry ⁵ Green Salad Brown Rice Apple Milk* ¹	24 Whole wheat pasta ³ w/ Beef Sausage ⁶ Mushroom & Tomato Pineapple Milk* ¹	25 Chicken Stir Fry ⁶ with Zucchini Barley/Quinoa ³ Peach Milk* ¹	26 International Day: Cuba Picadillo 	27 Salvadorian Chicken Salad w/ Cabbage ² Whole Wheat Roll ³ Orange Milk* ¹
30 Pasta Salad with Tomatoes and Feta Cheese ¹ Whole wheat pasta ³ Apple Milk* ¹	01 Egg Fried Rice ^{2,6} Zucchini Peach Milk* ¹	02 Chicken Legs ⁶ Cucumber Salad Whole Wheat Pita ³ Plum Milk* ¹	03 Tofu Teriyaki Stir-fry w/ Broccoli and Carrots ⁶ Brown Rice Pineapple Milk* ¹	04 Beans and Cheese Tacos ¹⁵ Whole Wheat tortilla ³ Orange Milk* ¹

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Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
02 Closed	03 String Cheese ¹ Orange	04 Apple Muffin ¹²³⁶ Pineapple	05 Bread with Chocolate ¹³⁶ Peach	06 Whole Wheat Animal Crackers ³ Strawberries
09 String Cheese ¹ Watermelon	10 Bread with Cheese ¹³⁶	11 Graham Crackers ³ Peach	12 Low Fat Yogurt ¹ Strawberries	13 Whole Wheat Animal Crackers ³ Orange
16 Bread with Chocolate ¹³⁶ Pineapple	17 Sweet potato bread pudding ¹³ Banana	18 Apple Muffin ¹²³⁶ Strawberries	19 Whole Wheat Animal Crackers ³ Plum	20 String Cheese ¹ Melon
23 Whole Wheat Animal Crackers ³ Watermelon	24 Bread with Cheese ¹³⁶	25 Low Fat Yogurt ¹ Banana	26 String Cheese ¹ Orange	27 Graham Crackers ³ Plum
30 Whole Wheat Animal Crackers ³ Pineapple	01 Bread with Chocolate ¹³⁶ Orange	02 Apple Muffin ¹²³⁶ Watermelon	03 Sweet potato bread pudding ¹³ Strawberries	04 Low Fat Yogurt ¹ Melon

Notes: This menu is subject to change

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Snack