

September 2019

TURQUOISE TRAILS



Your school cafeteria is managed by Canteen. We are an equal opportunity employer.



School Information: Breakfast is served with fresh fruit daily. All lunch meals are served with a salad bar and your choice of low-fat flavored or white milk. We use whole grain products, which are baked daily.



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

2

CINNI MINIS

STEAK FINGERS

POTATOES AU GRATIN
MANDARIN ORANGES
DINNER ROLL

3

BREAKFAST COMBO BAR
TORTILLA

CORN DOG

BROCCOLI
CELERY STICKS
PEACHES

4

COLD CEREAL, VARIETY
YOGURT

ORANGE CHICKEN

CARROTS
APRICOTS
DINNER ROLL

5

PANCAKE WRAP

BBQ CHICKEN ON A BUN

BAKED BEANS
APPLESAUCE

9

POP TART
YOGURT

CHICKEN STICKS

CARROTS
PEARS
BREADSTICK

10

CREAM OF WHEAT
TOAST, 1 SLICE

CHILI CHEESE DOG

BAKED BEANS
PEACHES

11

MINI WAFFLE EGGO BITES

PIZZA

CAPRI BLEND VEGETABLES
MIXED FRUIT

12

PEANUT BUTTER & JELLY

MACARONI AND CHEESE

BROCCOLI
MANDARIN ORANGES
BREADSTICK

13

CRUMBLE CAKE

MEAT LOAF

PINEAPPLE CHUNKS
CORN
DINNER ROLL

16

BREAKFAST BURRITO

SLOPPY JOE ON A ROLL

PEARS
MIXED VEGETABLES

17

PLAIN BAGEL
CREAM CHEESE

PHILLY STEAK SANDWICH

SWEET POTATO FRIES
MIXED FRUIT

18

COLD CEREAL, VARIETY
STRING CHEESE

CHICKEN TACOS (SOFT SHELL)

PINTO BEANS
APRICOTS

19

OATMEAL & TOAST, 1 SLICE

FIESTA BURRITO

CORN
PEACHES

20

CHEESE OMELET

ENGLISH MUFFIN, TOASTED

CHICKEN PARMESAN

BROCCOLI
APPLE WEDGES
GARLIC BREADSTICKS

23

MINI PANCAKE EGGO BITES

POPCORN CHICKEN

GREEN BEANS
PEARS
CORN BREAD

24

POP TART & STRING CHEESE

FRENCH TOAST STICKS

SAUSAGE PATTIE
HASH BROWNS
FRUIT SALAD

25

EGG, HAM & CHEESE
CROISSANTS

PIZZA

BROCCOLI
STRAWBERRIES

26

SAUSAGE PATTIE
TOAST, 1 SLICE

RED CHILE ENCHILADA CASSEROLE

PINTO BEANS
JELL-O WITH FRUIT
TORTILLA

27

CHERRY FRUDEL

COUNTRY FRIED STEAK

CARROTS
SIDEKICKS
DINNER ROLL

30

BREAKFAST PIZZA

BBQ BEEF SANDWICH

FRENCH FRIES
PEACHES

