



## SEPTEMBER 2018: Pre-K - 8 Breakfast Menu

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| <b>JUMPSTART MONDAY</b>   | <b>EGG SANDWICH</b>  | <b>FROM THE GRIDDLE</b>  | <b>NEW YORK THURSDAY</b>   | <b>BAKERY FRESH</b>  |
| Labor Day 3   |  | First Day of Classes 4   | New York Thursday 5  |  |
| <p><b>Apple Cinnamon Muffin</b></p> <p>Land O'Lakes® Colby Cheese Stick</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>Egg &amp; Turkey Sausage Sandwich</b><br/>on an English Muffin</p> <p>Organic Stonyfield® Yogurt Served with Grains &amp; Granola</p> <p>100% Fruit Juice<br/>Fresh Fruit</p>                                | <p><b>Buttermilk Pancakes</b><br/>Served with Syrup</p> <p>Turkey Canadian Bacon</p> <p>100% Fruit Juice<br/>Fresh Fruit</p>     | <p><b>Fresh Fruit Bar</b></p> <p><b>New York Bagel Thursday</b></p> <p>Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese &amp; Jelly</p> <p>Yogurt Parfait</p> <p>100% Fruit Juice<br/>New York Apple Slices</p>               | <p><b>Cheese Omelet</b></p> <p>Hot Cinnamon Knot</p> <p>Back to the Roots® Purple Corn Flakes</p> <p>100% Fruit Juice<br/>Fresh Fruit</p>  |
| Rosh Hashanah 10  | Rosh Hashanah 11   |  | New York Thursday 12   |  |
| <p><b>Honey Corn Muffin</b></p> <p>Land O'Lakes® Cheddar Cheese Stick</p> <p>100% Fruit Juice<br/>Fresh Fruit</p>   | <p><b>Turkey Canadian Bacon, Egg &amp; Cheese</b><br/>on a Whole Grain Bagel</p> <p>Organic Stonyfield® Yogurt</p> <p>100% Fruit Juice<br/>Fresh Fruit</p>   | <p><b>French Toast Dippers</b><br/>Served with Syrup</p> <p>Turkey Sausage Patty</p> <p>100% Fruit Juice<br/>Fresh Fruit</p>     | <p><b>Fresh Fruit Bar</b></p> <p><b>New York Bagel Thursday</b></p> <p>Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese &amp; Jelly</p> <p>Upstate Farms® Yogurt Choice</p> <p>100% Fruit Juice<br/>Fresh New York Apples</p> | <p><b>Cheese Omelet</b></p> <p>English Muffin</p> <p>Back to the Roots® Purple Corn Flakes</p> <p>100% Fruit Juice<br/>Fresh Fruit</p>   |
|   |  | Yom Kippur 18  | New York Thursday 19   |  |
| <p><b>Blueberry Muffin</b></p> <p>Land O'Lakes® Mozzarella Cheese Stick</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>Fresh Fruit Bar</b></p> <p><b>Turkey Sausage Crumble, Egg &amp; Cheese</b><br/>on Ciabatta Bread</p> <p>Organic Stonyfield® Yogurt Honey Roasted Sunflower Seeds</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>Cinnamon Burst Pancakes</b><br/>Served with Syrup</p> <p>Turkey Canadian Bacon</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>New York Bagel Thursday</b></p> <p>Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese &amp; Jelly</p> <p>Upstate Farms® Yogurt Choice</p> <p>100% Fruit Juice<br/>Fresh New York Apples</p>                               | <p><b>Fresh Fruit Bar</b></p> <p><b>Tasty Waffles</b><br/>Served with Syrup</p> <p>Turkey Sausage Patty</p> <p>Back to the Roots® Cinnamon Cluster</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> |
|   |  |  | New York Thursday 26   |  |
| <p><b>Apple Cinnamon Muffin</b></p> <p>Land O'Lakes® Colby Cheese Stick</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>Fresh Fruit Bar</b></p> <p><b>Egg &amp; Turkey Sausage Sandwich</b><br/>on an English Muffin</p> <p>Organic Stonyfield® Yogurt Served with Grains &amp; Granola</p> <p>100% Fruit Juice<br/>Fresh Fruit</p>  | <p><b>Buttermilk Pancakes</b><br/>Served with Syrup</p> <p>Turkey Canadian Bacon</p> <p>100% Fruit Juice<br/>Fresh Fruit</p>     | <p><b>Fresh Fruit Bar</b></p> <p><b>New York Bagel Thursday</b></p> <p>Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese &amp; Jelly</p> <p>Yogurt Parfait</p> <p>100% Fruit Juice<br/>New York Apple Slices</p>               | <p><b>Cheese Omelet</b></p> <p>Hot Cinnamon Knot</p> <p>Back to the Roots® Purple Corn Flakes</p> <p>100% Fruit Juice<br/>Fresh Fruit</p>  |



EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD

| OFFERED DAILY   |   | Cold Cereal Choices   |
|---|---|---|
| <p><b>Milk</b></p> <p>1% Low-fat Fat Free</p> <p>Fat Free Chocolate</p> <p>Grab and Go Breakfast Pack</p>       | <p><b>Fresh Fruit</b></p> <p><b>Canned Fruit</b><br/>Peaches, Pears, Applesauce</p> | <p>Explosive Blue Wheat</p> <p>Cinnamon Flakes</p> <p>Milk-Cocoa Cinnamon Toasty Oats</p> <p>Back to the Roots® Organic Purple Corn Flakes &amp; Cinnamon Cluster</p> |
| <p>No Artificial flavors, colors, or sweeteners in all School Food Products</p> <p>Pre-K - 8 Breakfast Menu</p> |   | <p><b>100% Fruit Juice</b><br/>Apple, Fruit Punch, Cranberry, Orange</p> <p><b>Breakfast Dipped Sticks</b><br/>Cinnamon, Hot Sauce, Barbeque</p>                      |

### ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK and Can Only Have JUICE on MONDAYS



**MENUS ARE SUBJECT TO CHANGE  
SCHOOLFOOD MENUS ARE PORK FREE**



## SEPTEMBER 2018: Pre-K - 8 Lunch Menu

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| JUMPSTART MONDAY   | BURGER   | CHICKEN  | NEW YORK THURSDAY   | PIZZA   |
| Labor Day 3  |  | First Day of Classes 5   | New York Thursday 6   |   |
| <b>Mozzarella Sticks</b><br>Marinara Sauce<br><br><b>Pasta Choice</b><br><br><b>Slow Roasted Carrots</b><br><br><b>Salad Bar</b><br>Garden Greens                                    | <b>100% Beef New York Hamburgers &amp; Cheeseburgers</b><br><br><b>Turkey Burgers</b><br><br><b>French Fries</b><br><br><b>Hot Confetti Corn</b><br><br><b>Salad Bar</b><br>Burger Fixin's | <b>Popcorn Chicken</b><br>Served With<br>Mac-n-Cheese<br><br><b>Broccoli Trees</b><br><br><b>Salad Bar</b><br>Traditional  | <b>Chicken Dumplings</b><br>Served with<br>Vegetable Fried Rice & Egg Roll<br><br><b>New York Cookie Treat</b><br><br><b>Fresh New York Apples</b><br><br><b>Salad Bar</b><br>Local New York                                  | <b>Classic Cheese Pizza</b><br><br><b>Meat Lovers Pizza</b><br><br><b>Garlic Knot</b><br>Marinara Sauce<br><br><b>Roasted Chickpeas with Spinach Cilantro Pesto</b><br><br><b>Salad Bar</b><br>Pizza Toppings |
| Rosh Hashanah 10   | Rosh Hashanah 11   |  | New York Thursday 12  | New York Thursday 13  |
| <b>Veggie Tacos</b><br>A Blend of Veggies & Mexican Beans<br>Served in a Hard Taco Shell<br><br><b>Sweet Plantains</b><br><br><b>Salad Bar</b><br>Taco Station                       | <b>100% Beef Hamburgers &amp; Cheeseburgers</b><br><br><b>Turkey Burgers</b><br><br><b>Bruschetta Tomato Salad</b><br><br><b>French Fries</b><br><br><b>Salad Bar</b><br>Burger Fixin's    | <b>Crispy Chicken Waffle Sandwich</b><br><br><b>Home Fries</b><br><br><b>Creamed Spinach</b><br><br><b>Salad Bar</b><br>Traditional  | <b>Jamaican Beef Patty</b><br><br><b>Fish &amp; Cheese Sandwich</b><br><br><b>Roasted Zucchini</b><br><br><b>New York Chocolate Chip Cookie</b><br><br><b>New York Apple Slices</b><br><br><b>Salad Bar</b><br>New York Local | <b>Classic Cheese Pizza</b><br><br><b>Ranch Chicken Pizza</b><br><br><b>Garlic Knot</b><br>Marinara Sauce<br><br><b>Marinated Bean Salad</b><br><br><b>Salad Bar</b><br>Pizza Toppings                        |
|  |  | Yom Kippur 19  | New York Thursday 20  |   |
| <b>Grilled Cheese</b><br><br><b>Onion Rings</b><br><br><b>Garlicky Green Beans</b><br><br><b>Frito-Lay® SunChips®</b><br><br><b>Salad Bar</b><br>Garden Greens                       | <b>100% Beef New York Hamburgers &amp; Cheeseburgers</b><br><br><b>Turkey Burgers</b><br><br><b>Sweet Potato Waffle Fries</b><br><br><b>Salad Bar</b><br>Burger Fixin's                    | <b>Popcorn Chicken</b><br><br><b>Garlic Toast</b><br><br><b>Mashed Potatoes with Gravy</b><br><br><b>Broccoli Trees</b><br><br><b>New York Cookie Treat</b><br><br><b>Salad Bar</b><br>Traditional | <b>Bite Size Beef Tacos</b><br>Served with<br>Baked! Tostitos® Scoops®<br><br><b>Stewed Pinto Beans</b><br><br><b>New York Apple Slices</b><br><br><b>Salad Bar</b><br>Taco Station   | <b>Classic Cheese Pizza</b><br><br><b>Supreme Pizza</b><br><br><b>Garlic Knot</b><br>Marinara Sauce<br><br><b>Crispy Kale Chips</b><br>Ranch Carrot Snacker<br><br><b>Salad Bar</b><br>Pizza Toppings         |
|  |  |  | New York Thursday 27  |   |
| <b>Mozzarella Sticks</b><br>Marinara Sauce<br><br><b>Pasta Choice</b><br><br><b>Slow Roasted Carrots</b><br><br><b>Frito-Lay® SunChips®</b><br><br><b>Salad Bar</b><br>Garden Greens | <b>100% Beef Hamburgers &amp; Cheeseburgers</b><br><br><b>Turkey Burgers</b><br><br><b>French Fries</b><br><br><b>Hot Confetti Corn</b><br><br><b>Salad Bar</b><br>Burger Fixin's          | <b>Popcorn Chicken</b><br>Served With<br>Mac-n-Cheese<br><br><b>Broccoli Trees</b><br><br><b>Salad Bar</b><br>Traditional  | <b>Chicken Dumplings</b><br>Served with<br>Vegetable Fried Rice & Egg Roll<br><br><b>New York Cookie Treat</b><br><br><b>Fresh New York Apples</b><br><br><b>Salad Bar</b><br>Local New York                                  | <b>Classic Cheese Pizza</b><br><br><b>Meat Lovers Pizza</b><br><br><b>Garlic Knot</b><br>Marinara Sauce<br><br><b>Roasted Chickpeas with Spinach Cilantro Pesto</b><br><br><b>Salad Bar</b><br>Pizza Toppings |

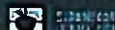


EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD

| OFFERED DAILY  |   |   |  |
|--|---|---|--|
| <b>Entree Alternatives</b><br><ul style="list-style-type: none"> <li>• PB&amp;J Sandwich</li> <li>• Cheese Sandwich</li> <li>• Assorted Deli Sandwiches</li> <li>• Hummus Grab &amp; Go</li> <li>• Grab and Go Salads Available on Tuesday &amp; Thursday</li> </ul> | <b>Milk</b><br>1% Low fat<br>Fat Free<br>Fat Free Chocolate | <b>Dressings</b><br>Chipotle Ranch<br>Balsamic Vinaigrette<br>Ranch<br>Asian Sesame<br>Honey Mustard<br>Caesar<br>French<br>Italian Vinaigrette | <b>Flavor Station</b><br>Granulated Garlic<br>Red Pepper Flakes<br>Parmesan Cheese<br><br>Pre-K - 8 Lunch Menu |
|  | <b>Dipping Sauce Cups</b><br>BBQ, Ranch<br>Honey Mustard    | <b>Fresh Fruit</b><br>No Artificial flavors, colors or sweeteners in all SchoolFood Products  |  |

### ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK



MENUS ARE SUBJECT TO CHANGE  
SCHOOLFOOD MENUS ARE PORK FREE