



# MENU

SEPTEMBER

Tree of Life International Charter School

**LABOR  
DAY  
NO SCHOOL**

|  |  |  |   |   |
|--|--|--|---|---|
| 01<br><b>LABOR DAY NO SCHOOL</b>   | 02<br><b>BREAKFAST:</b><br>FRUIT & YOGURT PARFAIT<br><b>LUNCH:</b><br>BBQ CHICKEN SANDWICH<br>SALAD BAR<br>CORN, FRUIT   | 03<br><b>BREAKFAST:</b><br>HOMEMADE MUFFIN<br>FRUIT<br><b>LUNCH:</b><br>EGG MCMUFFIN<br>HASHBROWN<br>SALAD BAR & FRUIT                   | 04<br><b>BREAKFAST:</b><br>EGGS & TOAST<br>FRUIT<br><b>LUNCH:</b><br>NACHOS<br>REFRIED BEANS<br>FRUIT & SALAD BAR | 05<br><b>BREAKFAST:</b><br>WAFFLES<br>FRUIT<br><b>LUNCH:</b><br>CHICKEN PATTY SANDWICH<br>SALAD BAR<br>FRUIT  |
| 08<br><b>BREAKFAST:</b><br>BREAKFAST PIZZA<br>FRUIT<br><b>LUNCH:</b><br>MAC & CHEESE<br>SALAD BAR<br>GREEN BEANS, FRUIT        | 09<br><b>BREAKFAST:</b><br>FRUIT & YOGURT<br><b>LUNCH:</b><br>CHICKEN RICE & BEAN BURRITO<br>SALAD BAR<br>FRUIT          | 10<br><b>BREAKFAST:</b><br>HOMEMADE MUFFIN & FRUIT<br><b>LUNCH:</b><br>★ BBQ CHICKEN SANDWICH ★<br>CORN ON THE COB<br>BAKED BEANS, FRUIT | 11<br><b>BREAKFAST:</b><br>EGGS & TOAST<br>FRUIT<br><b>LUNCH:</b><br>GRILLED CHEESE<br>SALAD BAR<br>FRUIT         | 12<br><b>BREAKFAST:</b><br>WAFFLES<br>FRUIT<br><b>LUNCH:</b><br>PAPA MURPHY'S<br>SALAD BAR<br>FRUIT<br>                          |
| 15<br><b>BREAKFAST:</b><br>BREAKFAST PIZZA<br>FRUIT<br><b>LUNCH:</b><br>HOMEMADE BEAN BURRITO<br>SALAD BAR<br>FRUIT            | 16<br><b>BREAKFAST:</b><br>FRUIT & YOGURT PARFAIT<br><b>LUNCH:</b><br>HOT DOG<br>FRIES<br>SALAD BAR & WHOLE FRUIT        | 17<br><b>BREAKFAST:</b><br>HOMEMADE MUFFIN<br>FRUIT<br><b>LUNCH:</b><br>DELI SANDWICH & CHIPS<br>SALAD BAR & FRUIT                       | 18<br><b>BREAKFAST:</b><br>EGGS & TOAST<br>FRUIT<br><b>LUNCH:</b><br>TACO BAR<br>REFRIED BEANS, FRUIT             | 19<br><b>BREAKFAST:</b><br>WAFFLES<br>FRUIT<br><b>LUNCH:</b><br>CORN DOGS<br>SALAD BAR<br>FRUIT   |
| 22<br><b>BREAKFAST:</b><br>BREAKFAST PIZZA<br>FRUIT<br><b>LUNCH:</b><br>CHICKEN TENDER<br>MASHED POTATOES<br>SALAD BAR & FRUIT | 23<br><b>BREAKFAST:</b><br>FRUIT & YOGURT PARFAIT<br><b>LUNCH:</b><br>COOK'S CHOICE                                      | 24<br><b>BREAKFAST:</b><br>HOMEMADE MUFFIN<br>FRUIT<br><b>LUNCH:</b><br>EGG MCMUFFIN<br>HASHBROWN<br>SALAD BAR & FRUIT                   | 25<br><b>BREAKFAST:</b><br>EGGS & TOAST<br>FRUIT<br><b>LUNCH:</b><br>GRILLED CHEESE<br>SALAD BAR<br>FRUIT         | 26<br><b>BREAKFAST:</b><br>WAFFLES & FRUIT<br><b>LUNCH:</b><br>PAPA MURPHY'S<br>SALAD BAR<br>FRUIT<br>HAPPY BIRTHDAY TREAT<br> |
| 29<br><b>BREAKFAST:</b><br>BREAKFAST PIZZA<br>FRUIT<br><b>LUNCH:</b><br>MAC & CHEESE<br>SALAD BAR<br>GREEN BEANS, FRUIT        | 30<br><b>BREAKFAST:</b><br>FRUIT & YOGURT PARFAIT<br><b>LUNCH:</b><br>CHICKEN, RICE & BEAN BURRITO<br>SALAD BAR<br>FRUIT |  |   |   |

**Menus are subject to change**  
This institution is an equal opportunity provider.  
Student meals provided at no charge

**Breakfast:** \*Optional breakfast is cereal & crackers\*  
All breakfasts include the following components: 2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk  
**Lunch:** All lunches include the following components: 1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz Grains, Fruit, & vegetables

**BBQ Chicken Sandwich on  
9/10  
Made by Semper-Fi Catering!**

Happy Birthday to everyone with a birthday in August!  
Birthday treat comes with hot lunch only

