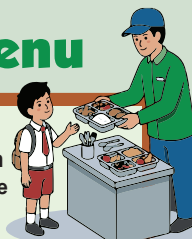




September



Elementary Menu



MENU CHOICES

NATIONAL FRUIT & VEGGIES MONTH! **BETTER BREAKFAST MONTH!**

BREAKFAST: Entrée,
Fruit, Juice, Milk

LUNCH: Entrée,
Veggie (Pick 2), Fruit, Milk

* Indicates pork product
+ Possible trace of sesame due to manufacturer
++ Possible trace of tree nuts due to manufacturer

Choice of milk with breakfast & lunch
• 1% White
• Lactose-Free
• Fat-Free Chocolate
• Soy Milk

MONDAY

**School Nutrition
Services is hiring
\$14.11 hour starting**



**Menu subject to change
No fees for cash or checks
paid directly to the cafeteria**

Visit: schoolcafe.com/NorthEastSD or download the School Café App to access meal account information, make payments & apply for free reduced-price meals.



TUESDAY

1
Ham & Cheese Croissant* OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Pepperoni Pizza*
Cheese Pizza
Turkey Lunchbox

Savory Green Beans
Mixed Green Salad w/Ranch
Hummus & Carrots
Seedless Grapes OR Natural Applesauce

WEDNESDAY

2
Chicken & Waffles OR
Pick 2: Cereal, Yogurt or NutriGrain Bar
Fruit, Juice & Milk

Cheese Enchiladas w/Spanish Rice
Corn Dog
Italian Salad*

Ranchero Beans
Cucumber & Jicama Sticks w/Tajin
Red Bell Peppers & Grape Tomatoes
Sliced Apples OR Sour Watermelon Raisins

THURSDAY

3
Blueberry Muffin & Sausage* OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

BBQ Boneless Wings & Mac N Chz
Macaroni & Cheese
Pepperoni Pizza Pack*

Buttered Corn
Red Bell Pepper & Crispy Carrots
Tossed Salad w/Ranch
Fresh Banana OR Strawberries w/Cream

FRIDAY

4
Dutch Waffle OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Sausage Dog+
Yogurt & Cheese Stick Combo
Crispy Chicken Salad

Tater Tots
Crispy Carrots w/Dip
Cucumber Slices w/Tajin
Orange Smiles OR Sliced Peaches



14
Sausage & Cheese Flatbread OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Chicken & Waffles
Wowbutter Sandwich+ w/Cheese Stick
Crispy Chicken Salad

Sweet Potato Fries
Cucumber Slices w/Tajin
Celery Sticks & Grape Tomatoes
Fresh Watermelon OR Natural Applesauce

15
Sunrise Egg, Sausage & Potato Bowl* OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Fettuccine Chicken Alfredo w/Garlic Bread
Yogurt & Cheese Stick Combo
Pepperoni Pizza Pack*

Savory Green Beans
Raw Veggie Medley w/Dip
Hummus & Celery
Seedless Grapes OR Sliced Pears

16
Biscuit & Sausage* OR
Pick 2: Cereal, Yogurt or NutriGrain Bar
Fruit, Juice & Milk

Crispy Beef Tacos w/Spanish Rice
Wowbutter Sandwich+ w/Cheese Stick
Italian Salad*

Ranchero Beans
Taco Trimmings
Crispy Carrots & Grape Tomatoes
Sliced Apples OR Sliced Peaches

17
Pumpkin Bread OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

Chicken Drumstick w/Mac N Chz
Macaroni & Cheese
Turkey Lunchbox

Baked Beans
Cucumber & Jicama Sticks w/Tajin
Celery Sticks & Crispy Carrots
Fresh Banana OR Strawberry Applesauce

18 **National Cheeseburger Day!**
Sausage Kolache* OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Hamburger++ or **Cheeseburger++**
Toasted Cheese Sandwich
Pepperoni Pizza Pack*

Tater Tots
Burger Trimmings
Crispy Carrots w/Dip
Gala Apple OR Fruit Cocktail



21
Pancake Sausage Wrap OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Chicken Tenders w/Cornbread
Baked Potato w/Cheese
Pepperoni Pizza Pack*

Mashed Potatoes w/Gravy
Broccoli w/Cheese
Crispy Carrots w/Dip
Orange Smiles OR Sliced Pears

22
Sausage, Potato & Egg Taco* OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Breaded Cheese Sticks w/Marinara
Pepperoni Pizza*
Crispy Chicken Salad

Savory Green Beans
Mixed Green Salad w/Ranch
Red Bell Pepper & Crispy Carrots
Fresh Watermelon OR Strawberries w/Cream

23
Biscuit & Chicken OR
Pick 2: Cereal, Yogurt or NutriGrain Bar
Fruit, Juice & Milk

Beef & Cheese Nachos
Cheese Nachos
Italian Salad*

Ranchero Beans
Buttered Corn
Celery Sticks & Grape Tomatoes
Seedless Grapes OR Natural Applesauce

24
Homemade Cinnamon Roll OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

General Tso Chicken+ w/Fried Rice
Toasted Cheese Sandwich
Turkey Lunchbox

Savory Green Peas
Raw Veggie Medley w/Dip
Tossed Salad w/Ranch
Fresh Banana OR Strawberry Craisins

25 **National Quesadilla Day!** **NEW NEW NEW**
Beef & Cheese Quesadilla OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Corn Dog
Pizza Cheese Sticks w/Marinara
Pepperoni Pizza Pack*

Spicy Hashbrowns
Celery Sticks & Crispy Carrots
Cucumber Slices w/Tajin
Granny Smith Apple OR Raspberry Passion Slush

28
Confetti Pancakes OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Steak Fingers w/Homemade Roll
Wowbutter Sandwich+ w/Cheese Stick
Pepperoni Pizza Pack*

Mashed Potatoes w/Gravy
Raw Veggie Medley w/Dip
Celery Sticks & Grape Tomatoes
Fresh Pear OR Fruit Cocktail

29
Ham & Cheese Croissant* OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Pepperoni Pizza*
Cheese Pizza
Turkey Lunchbox

Savory Green Beans
Mixed Green Salad w/Ranch
Crispy Carrots w/Dip
Seedless Grapes OR Natural Applesauce

30
Chicken & Waffles OR
Pick 2: Cereal, Yogurt or NutriGrain Bar
Fruit, Juice & Milk

Cheese Enchiladas w/Spanish Rice
Corn Dog
Italian Salad*

Ranchero Beans
Cucumber & Jicama Sticks w/Tajin
Red Bell Peppers & Grape Tomatoes
Sliced Apples OR Sour Watermelon Raisins

Celebrate Food Service Workers Sept. 25!



This institution is an equal opportunity provider. Esta institución da servicio a todos por igual.

