





# SEPTEMBER | 2017

## VASD-ES-BREAKFAST & LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>4</b>  PANCAKES SYRUP STRAWBERRY YOGURT HASHBROWN KETCHUP CARROT STICKS STRAWBERRIES	<b>5</b> <u>NO BREAKFAST ON 1<sup>ST</sup> DAY</u> EGG OMELETTE PANCAKES W/SYRUP CARROTS STICKS CUCUMBER SLICES ORANGE JUICE CUP	<b>6</b> TACO SALAD~TORTILLA BOWL, CHEESE, LETTUCE, MEAT & SALSA JUICE BOX FRUIT SNACK	<b>7</b> HOT DOG W/ FRIES BAKED BEANS KETCHUP FRESH APPLE SLICES w/ CARAMEL	<b>8</b> CHICKEN NUGGETS w/ MAC & CHEESE KETCHUP OR BBQ SAUCE FRESH MELON FRESH GREEN BEANS
<b>11</b> PANCAKES SYRUP STRAWBERRY YOGURT HASHBROWN KETCHUP CARROT STICKS STRAWBERRIES	<b>12</b> BBQ PORK TORTILLA CHIPS SHREDDED CABBAGE & CARROT JUICE BOX STRAWBERRY BANANA JONNY POP	<b>13</b> ROASTED CHICKEN W/ MASHED POTATOES & GRAVY COLESLAW BREADSTICK FRESH APPLE SLICES	<b>14</b> TERIYAKI CHICKEN ASIAN RICE CHOCOLATE CHIP COOKIE MIXED FRUIT CUCUMBER SLICES GREEN PEPPER STRIPS	<b>15</b> FRENCH BREAD PIZZA GREEN SALAD W/CHICK PEAS & RANCH CUP FRUIT SNACK CHILLED DICED PEACHES
<b>18</b> STRAWBERRY YOGURT BLUEBERRIES STRAWBERRY CHEX CELERY W/ PEANUT BUTTER CHERRY TOMATOES	<b>19</b> BREADED CHICKEN SANDWICH W/ FRIES BAKED BEANS MIXED FRUIT KETCHUP OR BBQ SAUCE	<b>20</b> <sup>EARLY RELEASE/NO</sup> <u>ALTERNATE MEAL</u> <sup>2</sup> HAM & CHEESE "SUBWAY" SUB CARROT STICKS W/ HUMMUS CUP CHOCOLATE CHIP COOKIE JUICE BOX	<b>21</b> MEATBALLS & MARINARA CHERRY SIDEKICK <u>CHERRY SUNFLOWER</u> SALAD *new FRESH MELON	<b>22</b> FOOTBALL NUGGETS W/ MAC & CHEESE FRESH APPLE SLICES KETCHUP OR BBQ SAUCE SLICED CUCUMBERS <u>LEMON CHICK PEAS</u> *new
<b>25</b> MINI CORN DOGS W/ KETCHUP OR HONEY MUSTARD CUP CHEESY POTATOES STRAWBERRIES CARROT STICKS	<b>26</b> TURKEY RANCH WRAP CHOCOLATE CHEX TOMATO & CORN <u>SALAD</u> *new CUCUMBER SLICES CHILLED PEARS	<b>27</b> HAMBURGER OR CHEESEBURGER PICKLE CHIPS KETCHUP <u>CHERRY SUNFLOWER</u> SALAD* new JUICE BOX	<b>28</b> CREAMY CHICKEN & NOODLES STRAWBERRY BANANA JONNY POP FRESH GRAPES GREEN SALAD W/ CHICK PEAS & RANCH	<b>29</b> FRENCH BREAD PIZZA FRESH APPLE SLICES CELERY & CARROT STICKS W/ PEANUT BUTTER

**K-4 BREAKFAST PRICE IS \$1.30  
 INCLUDES A WHOLE GRAIN RICH  
 ENTRÉE, 100% JUICE OR FRUIT &  
 CHOICE OF 1% WHITE OR FAT  
 FREE CHOCOLATE MILK**

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**MONDAY'S-WHOLE GRAIN  
 PANCAKE W/ SYRUP & SAUSAGE  
 PATTY**

**TUESDAY'S-BACON BREAKFAST  
 PIZZA**

**WEDNESDAY'S-BREAKFAST  
 SANDWICH**

**THURSDAY'S-FRESHLY BAKED  
 CINNAMON ROLL**

**FRIDAY'S-VIKING SCRAMBLER W/  
 WHOLE GRAIN TOAST**

**ADDITIONAL ENTRÉE'S  
 AVAILABLE DAILY: REDUCED**

**SUGAR CEREAL, ASSORTED  
 MUFFINS & SUPER BAKERY**

**ITEMS, BENEFIT BARS, CEREAL  
 BARS, MINI CINNI'S, FRUELS &**

**PBJ JAMMERS**

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**K-4 LUNCH PRICE IS \$2.05  
 ~INCLUDES A MILK~**

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**ALTERNATE MEALS ARE LIMITED**

**MON~TURKEY & CHEESE**

**TUES~CHEESE & CRACKERS**

**WED~TURKEY & CHEESE**

**THURS~PBJ**

**FRIDAY~TURKEY & CHEESE**