

Archdiocese School Food Service  
Breakfast Menu K-8

# September 2022



All entrees served with choice of 1% milk, fat free unflavored or flavored milk. All grain items offered are Whole Grain Rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>Welcome back to</i></p>		1 <b>Bean &amp; Cheese Breakfast Burrito</b> Fresh Fruit Whole Fruit Milk	2 <b>String Cheese &amp; Strawberry Nutrigrain Bar</b> Fresh Fruit Whole Fruit Milk
5 	6 <b>Trix Cereal</b> <b>Whole Grain Crackers</b> Fresh Fruit Whole Fruit Milk	7 <b>Blueberry Muffin</b> Fresh Fruit Whole Fruit Milk	8 <b>Pancakes</b> Fresh Fruit Whole Fruit Milk	9 <b>Bagel &amp; Cream Cheese</b> Fresh Fruit Whole Fruit Milk
12 <b>Mexican Concha</b> Fresh Fruit Whole Fruit Milk	13 <b>Coco Puffs Cereal</b> <b>Whole Grain Crackers</b> Fresh Fruit Whole Fruit Milk	14 <b>Banana Muffin</b> Fresh Fruit Whole Fruit Milk	15 <b>Egg &amp; Soyrito Breakfast Burrito</b> Fresh Fruit Whole Fruit Milk	16 <b>String Cheese &amp; Graham Crackers</b> Fresh Fruit Whole Fruit Milk
19 <b>Yogurt</b> <b>Graham Crackers</b> Fresh Fruit Whole Fruit Milk	20 <b>Trix Cereal</b> <b>Whole Grain Crackers</b> Fresh Fruit Whole Fruit Milk	21 <b>Mini Bagel &amp; Sunbutter</b> Fresh Fruit Whole Fruit Milk	22 <b>Cheese Quesadilla</b> Fresh Fruit Whole Fruit Milk	23 <b>Coffee Cinnamon Crumble</b> Fresh Fruit Whole Fruit Milk
26 <b>Mexican Concha</b> Fresh Fruit Whole Fruit Milk	27 <b>Cinnamon Toast Crunch Cereal</b> <b>Whole Grain Crackers</b> Fresh Fruit Whole Fruit Milk	28 <b>Strawberry Muffin</b> Fresh Fruit Whole Fruit Milk	29 <b>Maple Waffle</b> Fresh Fruit Whole Fruit Milk	30 <b>String Cheese &amp; Graham Crackers</b> Fresh Fruit Whole Fruit Milk

Menu subject to change without notice.

Menu items may change due to supply chain issues, including limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.

This institution is an equal opportunity provider.



Archdiocese School Food Service  
Lunch Menu K-8

# September 2022



All entrees served with choice of 1% milk, fat free unflavored or flavored milk. All grain items offered are Whole Grain Rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beans & Peas	Red & Orange	Starchy	Dark Green	Other
<p><i>Welcome back to</i></p>				
			1 <b>Chicken Nuggets</b> Whole Kernel Corn (3/4c) 100% Fruit Juice Milk	2 <b>Ham and Cheese Hoagie Sandwich</b> w/ Carrot Sticks (3/4c) Fresh Fruit Milk
5 	6 <b>Turkey Hot Dog on Bun</b> w/ Baked Beans (3/4c) Fresh Fruit Milk	7 <b>Oriental Chicken Tortilla Wrap</b> Broccoli Salad (1c) Fresh Fruit Milk	8 <b>Chicken Mole w/ Spanish Rice</b> w/ Whole Kernel Corn (3/4c) 100% Fruit Juice Milk	9 <b>Cheeseburger</b> w/ Carrot Sticks (3/4c) Fresh Fruit Milk
12 <b>Beef Picadillo w/ Spanish Rice</b> Pinto Beans (3/4c) 100% Fruit Juice Milk	13 <b>Caesar Chicken Tortilla Wrap</b> w/ Carrot Sticks (3/4c) Fresh Fruit Milk	14 <b>Chicken Nuggets w/</b> Whole Kernel Corn (3/4c) Fresh Fruit Milk	15 <b>Chef Turkey &amp; Ham Salad w/ Wheat Dinner Roll</b> 100% Fruit Juice Milk	16 <b>Ham &amp; Cheese Hoagie Sandwich</b> w/ Carrot Sticks (3/4c) Fresh Fruit Milk
19 <b>Chicken Tamal</b> w/ Pinto Beans (3/4c) 100% Fruit Juice Milk	20 <b>Turkey &amp; Cheese Panini Sandwich</b> w/ Carrot Sticks (3/4c) Fresh Fruit Milk	21 <b>Spaghetti and Meatballs</b> w/ Whole Kernel Corn (3/4c) Fresh Fruit Milk	22 <b>Parmesan Cheese Pasta Salad</b> w/ Broccoli Salad (1c) 100% Fruit Juice Milk	23 <b>Pepper Jack Cheeseburger</b> w/ Carrot Sticks (3/4c) Fresh Fruit Milk
26 <b>Chicken Fajitas w/ Spanish Rice</b> Pinto Beans (3/4c) 100% Fruit Juice Milk	27 <b>Oriental Chicken Tortilla Wrap</b> w/ Carrot Sticks (3/4c) Fresh Fruit Milk	28 <b>Beef &amp; Bean Chili w/</b> Whole Kernel Corn (3/4c) Dinner Roll Fresh Fruit Milk	29 <b>Chipotle Cheese Pasta Salad</b> w/ Broccoli Salad (1c) 100% Fruit Juice Milk	30 <b>Italian, Turkey, Ham &amp; Cheese Hoagie Sandwich</b> w/ Carrot Sticks (3/4c) Fresh Fruit Milk

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