



SEPTEMBER

Elementary Schools

Did you know?



Most of our produce is purchased from local family-owned farms!



Seasonal produce is served in the cafeteria straight from our school gardens

Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 9/5-9/9 9/19-9/23	Breakfast				
	Whole Grain Banana Muffin	Cage Free Egg & Cheese Taco	Maple Chicken Sandwich on a Whole Grain Pancake	Whole Grain Blueberry Muffin	Whole Grain Mini Pancakes
	Lunch				
	*Cheesy Enchiladas in Red Sauce *Vegetarian *Made with Whole Grain Corn Tortilla	Tony's Personal *Cheese or Turkey Pepperoni Galaxy Pizza *Vegetarian *Made with Whole Grain Flour	Breaded Chicken Drumstick Served with a Whole Grain Cheesy Focaccia	Yangs Orange Chicken Served Over Brown Rice	Shredded Chicken Tamale Individually Wrapped in a Corn Husk
Week 2 8/29-9/2 9/12-9/16 9/26-9/30	Breakfast				
	Strawberry-Banana Yogurt & Whole Grain Granola	Whole Grain Cinnamon Waffles	Chicken Waffle Breakfast Sandwich	Whole Grain Breakfast and Philadelphia Cream Cheese	Whole Grain Honey Lemon Loaf
	Lunch				
	Juicy Mighty Nuggets Served with Cheez-ITs *Vegetarian	BBQ Teriyaki Chicken * Served Over Brown Rice	Bean and Cheese Popups * Made with Whole Grain White Corn Masa Flour *Vegetarian	Crispy Chicken Sandwich *Served on a whole grain brioche bun	Land O Lakes Mac & Cheese * Served with a whole grain garlic breadstick *Vegetarian

Other Yummy Daily Offerings at Breakfast & Lunch

1% White Milk & Non-Fat Milk **Local (San Marcos, CA Hollandia Dairy)**

Farm Fresh Fruit Variety: Organic oranges, cantaloupe, watermelon, honeydew, peach, nectarines! **Local (Redlands, CA Old Grove Orange Farms)**
Veggie Variety

*Menu is subject to change

*This institution is an equal opportunity provider and employer

Connect with Our Nutrition Services Team :)

@uusdfarmtoschool

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