



## La Paloma Academy September Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9/4/17</b>	<b>9/5/17</b>	<b>9/6/17</b>	<b>9/7/17</b>	<b>9/8/17</b>
Labor Day No School	Whole-Wheat Pan Dulce with a Cheddar Stick or Apple Strudel with a Cheddar Cheese Stick and an Apple	Maple French Toast or Fruity Cheerios with a Cheese Stick and Applesauce	Pancake Wrapped with Sausage On a Stick or Bug Bites Graham Crackers with a Cheese Stick and Fresh Grapes	Raspberry Churro or Trix with a Cheese Stick 100% Orange Juice
<b>9/11/17</b>	<b>9/12/17</b>	<b>9/13/17</b>	<b>9/14/17</b>	<b>9/15/17</b>
Strawberry/Banana Yogurt Mini Grahams and Cocoa Puffs with a Cheese Stick 100% Grape Juice	Mini Strawberry Bagel with a Cheddar Cheese Stick or Whole-Grain Cinnamon Pop-Tart with a Cheese Stick and an Apple	Apple Churro or Apple Jacks with a Cheese Stick and Mixed Fruit Bowl	Pancake Wrapped with Sausage On a Stick or Apple Cinnamon Muffin with a Cheddar Stick and Fresh Grapes	Mini Maple Waffles or Cheerios with a Cheese Stick 100% Orange Juice
<b>9/18/17</b>	<b>9/19/17</b>	<b>9/20/17</b>	<b>9/21/17</b>	<b>9/22/17</b>
Strawberry/Banana Yogurt Mini Grahams and Lucky Charms with a Cheese Stick 100% Grape Juice	Whole-Wheat Pan Dulce with a Cheddar Stick or Apple Strudel with a Cheddar Cheese Stick and an Apple	Maple French Toast or Fruity Cheerio with a Cheese Stick and Applesauce	Pancake Wrapped with Sausage On a Stick or Bug Bites Graham Crackers with a Cheese Stick and Fresh Grapes	Raspberry Churro or Trix with a Cheese Stick 100% Orange Juice
<b>9/25/17</b>	<b>9/26/17</b>	<b>9/27/17</b>	<b>9/28/17</b>	<b>9/29/17</b>
Strawberry/Banana Yogurt Mini Grahams and Cocoa Puffs with a Cheese Stick 100% Grape Juice	Mini Strawberry Bagel with a Cheddar Cheese Stick or Whole-Grain Cinnamon Pop-Tart with a Cheese Stick and an Apple	Apple Churro or Apple Jacks with a Cheese Stick and Mixed Fruit Bowl	Pancake Wrapped with Sausage On a Stick or Apple Cinnamon Muffin with a Cheddar Stick and Fresh Grapes	Mini Maple Waffles or Cheerios with a Cheese Stick 100% Orange Juice

Choice of Fat-Free or 1% White Milk available for breakfast.  
 Fat-Free Chocolate, Fat-Free White, or 1% White Milk available for lunch.  
 "This institution is an equal opportunity provider."  
 Menus are subject to change without notice.



## La Paloma Academy September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9/4/17</b>	<b>9/5/17</b>	<b>9/6/17</b>	<b>9/7/17</b>	<b>9/8/17</b>
Labor Day No School	Whole-Grain Chicken Nuggets Whipped Potatoes Chilled Diced Peaches Whole-Grain Biscuit Milk	Bean and Cheese Nacho Bites Carrot Sticks Mixed Fruit Salsa Milk	Barbecue Chicken Drumstick Broccoli Florets Banana Whole-Grain Biscuit Milk	Cheese Ravioli Green Beans Applesauce Wheat Breadstick Milk
<b>9/11/17</b>	<b>9/12/17</b>	<b>9/13/17</b>	<b>9/14/17</b>	<b>9/15/17</b>
Barbecue Chicken Sandwich on a Whole-Wheat Bun Whipped Potatoes Chilled Diced Peaches Milk	Turkey-Cheese Sandwich on a Whole-Grain Bun Green Beans Apple Milk	Lit'l Smokies Ranch Beans Mixed Fruit Whole-Grain Tortilla Milk	Chicken Taco Bowl Carrot Sticks Fresh Grapes Milk	Beef Mac Garden Salad with Italian Dressing Diced Pears Wheat Breadstick Milk
<b>9/18/17</b>	<b>9/19/17</b>	<b>9/20/17</b>	<b>9/21/17</b>	<b>9/22/17</b>
Cheeseburger on a Whole-Grain Bun Smile Potatoes Chilled Diced Peaches Milk	Ham & Cheese Sandwich on a Whole-Grain Goldfish Bun Sweet Potato Fries Banana Milk	Cheese Quesadilla Celery Sticks Mixed Fruit Salsa Milk	Mini Corn Dogs Baked Beans Orange Slices Milk	Cheese Stick with Sauce Garden Salad with Italian Dressing Applesauce Milk
<b>9/25/17</b>	<b>9/26/17</b>	<b>9/27/17</b>	<b>9/28/17</b>	<b>9/29/17</b>
Hamburger on a Whole-Grain Bun Crinkle-Cut French Fries Chilled Diced Peaches Milk	Orange Chicken with Rice Steamed Broccoli Florets Apple Milk	Turkey Hot Dog on a Whole-Grain Bun Sweet Potato Tots Mixed Fruit Milk	Cheese Enchilada with Green Chile Sauce Refried Beans Fresh Grapes Salsa Milk	Pepperoni Pizza on a Whole-Grain Crust Green Beans Diced Pears Milk

Fat-Free Chocolate, Fat-Free White, or 1% White Milk available for lunch.

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