

# La Paloma Academy

## Central Campus

### September Menu



1% milk, fat free flavored & skim milk are available for breakfast and lunch. Craisins, raisins, and dried apple chips are also available in addition to breakfast menu items.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Paid Lunch Price - \$2.85 Reduced Lunch Price - \$0.40 Breakfast is FREE for all !</p>			<p>1</p> <p>Strawberry Bagel Bar Apple Sauce Cup Cheesy Scrambled Eggs Rib-BQ Sandwich Cheesy Enchiladas Steamed Broccoli Melon Medley</p>	<p>2</p> <p>No School!</p>
<p>5</p> <p>Happy Labor Day To ALL Of You</p>	<p>6</p> <p>Cinnamon Buns Sweet Orange Slices Potato Baby Cakes Bosco Pizza Stick Chicken Tenders/Roll Mixed Vegetables Fresh Strawberries</p>	<p>7</p> <p>French Toast Sticks Red Grapes Cheesy Scrambled Eggs Grilled Cheese Carrot Coins Melon Medley</p>	<p>8</p> <p>Mini Donuts Dice Peaches Hash Brown Patties Porky Nachos Baked Chicken/Roll Refried Beans Mixed Berries</p>	<p>9</p> <p>Breakfast Pizza Apple Slices Yogurt Variety Cheesy Burger Hot Diggity Dog French Fries Sweet Orange Slices</p>
<p>12</p> <p>Lemon Chip Crunch Fruit Cocktail Sausage Links Cheese Or Pepperoni Pizza Carrot Sticks / Ranch Peach Slices</p>	<p>13</p> <p>Breakfast Burrito Mixed Berries String Cheese Sloppy Joes Beefy Mac/Cheese BBQ Baked Beans Cinnamon Apples</p>	<p>14</p> <p>Glazed Breakfast Bites Red Grapes Crispy Bacon Taco Stick Elote Corn Mixed Berries</p>	<p>15</p> <p>Breakfast Sandwich Apple Slices Yogurt Variety Spaghetti &amp; Meatballs Bean/Cheese Chalupa Zesty Green Beans Sweet Orange Slices</p>	<p>16</p> <p>Egg &amp; Cheese Wrap Diced Pears Potato Baby Cakes Fish Tacos Hot Ham/Cheese Bun Steamed Broccoli Fuzzy Peaches</p>
<p>19</p> <p>Strawberry Pop - Tart Sliced Peaches Yogurt variety Breakfast 4 Lunch Chicken Nuggets/Roll Curly Q Potatoes Sliced Pears</p>	<p>20</p> <p>Mini Belgium Waffles Red Grapes Sausage Links Mandarin Chicken Bowl Baked Mozzarella Vegetable Medley Fresh Strawberries</p>	<p>21</p> <p>French Toast Sticks Mixed Berries Scrambled Eggs Regular or Spicy Chicken Sandwich Broccoli Bites Mixed Fruit Cup</p>	<p>22</p> <p>Pancake Sandwich Apple Slices String Cheese Mesquite Chicken/Roll Italian Meatball Sub BBQ Baked Beans Mixed Berries</p>	<p>23</p> <p>Breakfast Pizza Melon Medley Yogurt Variety Filet O' Fish Sandwich Deli Sub Sandwich Carrot Coins Sweet Orange Slices</p>
<p>26</p> <p>Trix Cereal Bar Diced Pears Potato Baby Cakes Cheese Or Pepperoni Pizza Mixed Vegetables Fruit Cocktail</p>	<p>27</p> <p>Pancake on a Stick Sweet Orange Slices Cheesy Scrambled Eggs Bacon Turkey Burger Chicken Quesadilla Refried Beans Apple Slices</p>	<p>28</p> <p>Breakfast Burrito Golden Apple Grins Yogurt Variety Mini Corn Dogs Carrot Sticks / Ranch Mixed Berries</p>	<p>29</p> <p>Cherry Muffin Fresh Strawberries Sausage Links Big Cheese Ravioli Chicken Fajitas Steamed Broccoli Melon Medley</p>	<p>30</p> <p>Egg &amp; Cheese Wrap Red Grapes Crispy Bacon Crispy Fish Sticks Meatloaf Sandwich Mashed Taters Fuzzy Peaches</p>
<p>29</p>	<p>30</p>	<p>31</p>		

#### September Food Trivia: 4 Fun Food Facts !

#### \*\*\*\*\* Featuring: Raspberries \*\*\*\*\*

\* Raspberry juice was used as red stain for art in the Middle Ages

\* An average raspberry has 100-120 seeds

\*One cup of raspberries contains 60.28 calories

\* The raspberry is a member of the rose family

This Institution Is An Equal Opportunity Provider

WE ARE EXPERIENCING SUPPLY CHAIN ISSUES - THIS MENU IS SUBJECT TO CHANGE



# SEPTEMBER PM SNACK MENU 2022

## La Paloma Academy

Monday

Tuesday

Wednesday

Thursday

Friday



No School Today!

5

WG Cheez-Its

100 % Fruit Juice

6

Graham Crackers  
String Cheese

100 % Fruit Juice

7

WG Baked  
Funyuns

100 % Fruit Juice

8

WG Strawberry  
Chex Mix

100 % Fruit Juice

2

No School Today!

Rainbow  
Goldfish Crackers

100 % Fruit Juice

12

WG Nacho Cheese  
Doritos

100 % Fruit Juice

13

WG Hartzel  
Pretzels

100 % Fruit Juice

14

WG Cheddar  
Chex Mix

100 % Fruit Juice

15

Strawberry  
Nutri-Grain Bar

100 % Fruit Juice

16

Cinnamon Elf  
Grahams

100 % Fruit Juice

19

Cheddar  
Goldfish Crackers

100 % Fruit Juice

20

WG Baked  
Funyuns

100 % Fruit Juice

21

Blueberry  
Nutri-Grain Bar

100 % Fruit Juice

22

Graham Crackers  
String Cheese

100 % Fruit Juice

23

WG Goldfish  
Pretzels

100 % Fruit Juice

26

WG Strawberry  
Chex Mix

100 % Fruit Juice

27

WG Nacho Cheese  
Doritos

100 % Fruit Juice

28

WG Goldfish  
Pretzels

100 % Fruit Juice

29

WG Cheez-Its

100 % Fruit Juice

30

**This Institution Is an Equal Opportunity Provider**

**\*\*This Menu Is Subject to Change\*\***

MY  
SCHOOL  
BUCKS

PAY FOR MEALS ONLINE  
MySchoolBucks.com