

LA PALOMA ACADEMY

September

BREAKFAST & LUNCH

LAKESIDE & SOUTH

Free School Meals Rock!

All households should still apply for free & reduced meals in order to qualify for P-EBT benefits, and other school funding opportunities!

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Crunchmania OR Graham Cracker & Cheese and Applesauce Corn Dog Fresh Veggies Mixed Fruit	Pancake & Sausage OR Muffin & Cheese Stick and Grapes Cheese Pizza Stick Steamed Broccoli Orange Slices	
6	7	8	9	10
	Bagel with Cream Chs OR Pop-Tart and Fresh Apple Mac & Smac Mixed Vegetables Banana	Crunchmania OR Mini Donuts & Cheese and Applesauce Ham Deli Sub Sweet Pot Tots Mixed Fruit	Pancake & Sausage OR Muffin & Cheese Stick and Grapes Chs. Sticks w/Sauce Broccoli Grapes	Breakfast Pizza OR Yogurt & Crackers and 100% Juice Chicken Patti Sandwich Whipped Potatoes Diced Pears
13	14	15	16	17
Egg & Chs. Omelet OR Variety of Cereal and 100% Juice Bean & Chs Burrito Corn Diced Peaches 	Pancake Sausage Sand. OR Benefit Bar and Fresh Apple Chicken & Waffles BBQ Beans Banana 	Blueberry Waffle Graham Cracker & Cheese and Applesauce Corn Dog Carrots & Celery Mixed Fruit	Egg & Cheese Wrap OR Crunchmania with Cheese and Grapes Pepperoni Pizza Broccoli Grapes 	Breakfast Pizza OR Yogurt & Crackers and 100% Juice Bacon Cheeseburger Sweet Tots Diced Pears
20	21	22	23	24
Egg & Chs. Burrito OR Variety of Cereal and 100% Juice Walking Taco Refried Beans Diced Peaches	Bagel with Cream Chs OR Pop-Tart and Fresh Apple Orange Chx w/Rice Honey Carrots Banana	Crunchmania OR Mini Donuts & Cheese and Applesauce Meatball Sandwich Green Beans Mixed Fruit	Pancake & Sausage OR Muffin & Cheese Stick and Grapes Pepperoni Calzone Broccoli Grapes	Breakfast Pizza OR Yogurt & Crackers and 100% Juice Hotdog Smile Potatoes Diced Pears
27	28	29	30	1
Egg & Chs. Omelet OR Variety of Cereal and 100% Juice Chicken Taco Bowl Refried Beans Diced Peaches	Pancake Sausage Sand. OR Benefit Bar and Fresh Apple Brunch for Lunch Sweet Potato Banana	Blueberry Waffle Graham Cracker & Cheese and Applesauce Turkey Deli Sub Carrots & Celery Mixed Fruit	Egg & Cheese Wrap OR Variety of Cereal and Grapes Cheese Pizza Broccoli Grapes 	Breakfast Pizza OR Yogurt & Crackers and 100% Juice Hamburger Tator Tots Diced Pears



1% Milk, Fat Free Flavored & Skim available for Breakfast and Lunch
Craisin, Raisins or Dried Apple Crisp will be served with Breakfast.

THIS MENU IS SUBJECT TO CHANGE
This Institution Is An Equal Opportunity Employee & Provider

