















# La Paloma Academy

## Marana Campus

# September Menu



1% milk, fat free flavored & skim milk are available for breakfast and lunch. A variety of cereal, cereal bars, craisins, raisins, or apple chips will be offered 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> 			1	2
			<p>Strawberry Bagel Bar Apple Sauce Cup Cherry Craisins</p> <p><b>Rib-BQ Sandwich</b> <b>Broccoli Bites</b> <b>Melon Medley</b></p>	<p>Breakfast Bites Glazed Rainbow Gala Apple Raisins</p> <p><b>Sun butter Sandwich</b> <b>Carrot Sticks / Ranch</b> <b>Fresh Grapes</b></p>
5	6	7	8	9
<p><b>Happy Labor Day To ALL Of You</b></p> 	<p>Cherry Frudel Apple Sauce Raspberry Raisins</p> <p><b>Bosco Pizza Stick</b> <b>Mixed Vegetables</b> <b>Fresh Strawberries</b></p>	<p>Blueberry Muffin Grape Escapes Apple Chips</p> <p><b>Deli Sub Sandwich</b> <b>Celery Sticks</b> <b>Melon Medley</b></p> 	<p> Mini Donuts 100% Fruit Juice Orange Craisins</p> <p><b>Nacho Supreme</b> <b>Refried Beans</b> <b>Mixed Berries</b></p>	<p>Cinnamon UBR Sweet &amp; Sour Apples Golden Raisins</p> <p><b>Hot Diggity Dog</b> <b>Broccoli Bites</b> <b>Sweet Orange Slices</b></p>
12	13	14	15	16
<p>Lemon Chip Crunch 100% Fruit Juice Lemonade Craisins</p> <p><b>Baked Mozzarella</b> <b>Celery Sticks /Ranch</b> <b>Peach Slices</b></p> 	<p> Mini Donuts Fruit Cup Watermelon Raisins</p> <p><b>Beefy Mac/Cheese</b> <b>BBQ Baked Beans</b> <b>Cinnamon Apples</b></p>	<p>Apple Cinnamon Loaf Gala Apple Grins Strawberry Apple Chips</p> <p><b>BYO Pizza Kit</b> <b>Carrot Sticks / Ranch</b> <b>Mixed Berries</b></p>	<p> Wild Berry Waffle 100% Fruit Juice Blueberry Craisins</p> <p><b>Spaghetti &amp; Meatballs</b> <b>Zesty Green Beans</b> <b>Sweet Orange Slices</b></p>	<p> Cherry Muffin Red Delicious Apple Strawberry Raisins</p> <p><b>Fish Tacos</b> <b>Steamed Broccoli</b> <b>Fuzzy Peaches</b></p>
19	20	21	22	23
<p>Strawberry Pop -Tart 100% Fruit Juice Cranberry Craisins</p> <p><b>Breakfast 4 Lunch</b> <b>Curly Q Potatoes</b> <b>Sliced Pears</b></p>	<p>Breakfast Bites Glazed Apple Sauce Strawberry Raisins</p> <p><b>Mandarin Chicken Bowl</b> <b>Vegetable Medley</b> <b>Fresh Strawberries</b></p>	<p> Super Pumpkin Bread Grape Escapes Apple Chips</p> <p><b>Sun Butter Sandwich</b> <b>Broccoli Bites</b> <b>Mixed Fruit Cup</b></p>	<p>Co Co Dot Muffin 100% Fruit Juice Cherry Craisins</p> <p><b>Italian Meatball Sub</b> <b>BBQ Baked Beans</b> <b>Mixed Berries</b></p>	<p>French Toast Sticks Rainbow Gala Apple Raisins</p> <p> <b>Filet O' Fish Sandwich</b> <b>Carrot Coins</b> <b>Sweet Orange Slices</b></p>
26	27	28	29	30
<p> Trix Cereal Bar 100% Fruit Juice Lemonade Craisins</p> <p><b>Bosco Pizza Stick</b> <b>Mixed Vegetables</b> <b>Fruit Cocktail</b></p>	<p> Apple Frudel Fruit Cup Watermelon Raisins</p> <p><b>Bacon Turkey Burger</b> <b>Fresh Salad Mix</b> <b>Apple Slices</b></p>	<p>Mini Donuts Golden Apple Grins Strawberry Apple Chips</p> <p><b>Deli Sub Sandwich</b> <b>Carrot Sticks / Ranch</b> <b>Mixed Berries</b></p>	<p>Maple Waffles 100% Fruit Juice Orange Craisins</p> <p><b>Big Cheese Ravioli</b> <b>Steamed Broccoli</b> <b>Melon Medley</b></p> 	<p>Super Banana Loaf Sweet &amp; Sour Apple Golden Raisins</p> <p> <b>Meatloaf Sandwich</b> <b>Mashed Taters</b> <b>Fuzzy Peaches</b></p>

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

- \* Raspberry juice was used as red stain for art in the Middle Ages
- \* One cup of raspberries contains 60.28 calories

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

- \* An average raspberry has 100-120 seeds
- \* The raspberry is a member of the rose family



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

# September Snack Menu 2022

## La Paloma Academy Marana



Monday

Tuesday

Wednesday

Thursday

Friday



5

No School Today

Rainbow Goldfish Crackers

6

100 % Fruit Juice

Strawberry Nutri-Grain Bar

7

100 % Fruit Juice

Graham Crackers  
String Cheese

1

100 % Fruit Juice

WG Cinna mania  
Grahams

2

100% Fruit Juice

Cinnamon Elf  
Grahams

8

100 % Fruit Juice

WG Hartzel  
Pretzels

9

100 % Fruit Juice

WG Strawberry  
Chex Mix

12

100 % Fruit Juice

Blueberry  
Nutri-Grain Bar

13

100 % Fruit Juice

Graham Crackers  
String Cheese

14

100 % Fruit Juice

WG Baked  
Funyuns

15

100 % Fruit Juice

Cheddar  
Goldfish Crackers

16

100 % Fruit Juice

WG Cheez-Its

19

100 % Fruit Juice

Strawberry  
Nutri-Grain Bar

20

100 % Fruit Juice

WG Nacho Cheese  
Doritos

21

100 % Fruit Juice

Rainbow  
Goldfish Crackers

22

100 % Fruit Juice

WG Cheddar  
Chex Mix

23

100 % Fruit Juice

Blueberry  
Nutri-Grain Bar

26

100 % Fruit Juice

WG Baked  
Funyuns

27

100 % Fruit Juice

Graham Crackers  
String Cheese

28

100 % Fruit Juice

WG Strawberry  
Chex Mix

29

100 % Fruit Juice

WG Goldfish  
Pretzels

30

100 % Fruit Juice

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MySchoolBucks.com