

September 2019

LAGUNA



Your school cafeteria is managed by Canteen. We are an equal opportunity employer.



School Information: Breakfast is served with fresh fruit daily. All lunch meals are served with a salad bar and your choice of low-fat flavored or white milk. We use whole grain products, which are baked daily.



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

2

CINNI MINIS

3

STEAK FINGERS
POTATOES AU GRATIN
MANDARIN ORANGES
DINNER ROLL

OATMEAL & TOAST

4

CORN DOG
BROCCOLI
CELERY STICKS
PEACHES

PEANUT BUTTER & JELLY

5

ORANGE CHICKEN
CARROTS
APRICOTS
DINNER ROLL

PANCAKE WRAP

6

BBQ CHICKEN ON A BUN
BAKED BEANS
APPLESAUCE

MUFFINS, ASSORTED

9

CHICKEN STICKS
CARROTS
PEARS
BREADSTICK

CREAM OF WHEAT & TOAST

10

CHILE CHEESE DOG
BAKED BEANS
PEACHES

MINI WAFFLE EGGO BITES

11

PIZZA
CAPRI BLEND VEGETABLES
MIXED FRUIT

PEANUT BUTTER & JELLY

12

MACARONI AND CHEESE
BROCCOLI
APPLES
DINNER ROLL

CRUMBLE CAKE

13

MEAT LOAF
PINEAPPLE CHUNKS
CORN
DINNER ROLL

BREAKFAST BURRITO

16

SLOPPY JOE ON A ROLL
PEARS
MIXED VEGETABLES

BAGEL & CREAM CHEESE

17

PHILLY STEAK SANDWICH
TATER TOTS
MIXED FRUIT

COLD CEREAL &
STRING CHEESE

18

QUESADILLA
PINTO BEANS
APRICOTS

19

CHEESE OMELET/ENGLISH MUFFIN
LASAGNA WITH MEAT SAUCE
BROCCOLI
CARROTS
APPLE WEDGES
GARLIC BREADSTICKS

PANCAKES

23

HOAGIE SANDWICH
GREEN BEANS
PEARS

POP TART / STRING CHEESE

24

FRENCH TOAST STICKS
SAUSAGE PATTIE
HASH BROWNS
FRUIT SALAD

EGG, HAM & CHEESE
CROISSANTS

25

PIZZA
BROCCOLI
FRESH STRAWBERRIES

SAUSAGE PATTIE & TOAST

26

BEEF TAQUITOS
PINTO BEANS 1/2 CUP
JELL-O WITH FRUIT

CHERRY FRUDEL

27

STEAK FINGERS
CARROTS
SIDEKICKS
DINNER ROLL

BREAKFAST PIZZA

30

BBQ BEEF SANDWICH
FRENCH FRIES
PEACHES

