





















# September 2nd - 6th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Labor Day	Welcome Freshmen!	BBQ Teriyaki Chicken w/ Brown Rice or Yakisoba Noodles	General Tso Chicken w/ Brown Rice or Yakisoba Noodles	Teriyaki Beef w/ Brown Rice or Yakisoba Noodles
	No School	Hamburger Luncheon	Chili Cheese Dog w/ French Fries	Italian Meatball Sub w/ Caesar Side Salad	Crunchy (Fritos) Beef Burrito w/ Fiesta Corn
	Labor Day	Hamburger Cheeseburger w/ French Fries	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ Tater Tots	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ French Fries	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ Tater Tots
	No School		Pepperoni Cheese Ham & Cheese Stromboli	Pepperoni Cheese Taco	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ Tater Tots
	Labor Day		Beef, Chicken or Cheese Nachos w/ Refried Beans	Beef, Chicken or Cheese Nachos w/ Refried Beans	Beef, Chicken or Cheese Nachos w/ Refried Beans
	No School		Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich
	<p>Offered with all Crossroads Café entrée selections are a variety of side items including fresh vegetables, fresh fruit and your choice of 1% white milk or non-fat chocolate milk.</p> <p>Each reimbursable breakfast meal must include an entrée and a 1/2 cup fruit.</p> <p>Each reimbursable lunch meal must include 3 components out of 5, one of which must be a half cup serving of fruit or vegetable.</p>				
	Labor Day No School	Pizza Bagel Blueberry Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	Ham Breakfast Bowl WW Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	Breakfast Burrito Blueberry Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	Cinnamon Roll WW Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake

**This institution is an equal opportunity provider.**












# September 9th - 13th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Mandarin Orange Chicken w/ Brown Rice or Yakisoba Noodles	Sweet & Sour Chicken w/ Brown Rice or Yakisoba Noodles	BBQ Teriyaki Chicken w/ Brown Rice or Yakisoba Noodles	General Tso Chicken w/ Brown Rice or Yakisoba Noodles	Teriyaki Beef w/ Brown Rice or Yakisoba Noodles
	Breakfast for Lunch: Ham Breakfast Bowl	Chili Frito Pie w/ Garden Side Salad	Tater Tot Casserole w/ Roll & Caesar Side Salad	Chicken Potato Bowl w/ Roll	Flamin' Hot Cheeto Macaroni & Cheese w/ Broccoli
	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ Curly Fries	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ French Fries	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ Tater Tots	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ French Fries	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ Curly Fries
	Pepperoni Cheese Sausage	Pepperoni Cheese Hawaiian Supreme	Pepperoni Cheese Ham & Cheese Stromboli	Pepperoni Cheese Taco	Pepperoni Cheese Garlic Chicken Calzone
	Beef, Chicken or Cheese Nachos w/ Refried Beans	Beef, Chicken or Cheese Nachos w/ Refried Beans	Beef, Chicken or Cheese Nachos w/ Refried Beans	Beef, Chicken or Cheese Nachos w/ Refried Beans	Beef, Chicken or Cheese Nachos w/ Refried Beans
	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich
	<p>Offered with all Crossroads Café entrée selections are a variety of side items including fresh vegetables, fresh fruit and your choice of 1% white milk or non-fat chocolate milk.</p> <p>Each reimbursable breakfast meal must include an entrée and a 1/2 cup fruit.</p> <p>Each reimbursable lunch meal must include 3 components out of 5, one of which must be a half cup serving of fruit or vegetable.</p>				
	Breakfast on a Stick WW Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	Apple Strudel Blueberry Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	Cinnamon Breakfast Round WW Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	Pancakes w/ Syrup Blueberry Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	Banana Muffin Top WW Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake

**This institution is an equal opportunity provider.**












# September 16<sup>th</sup> - 20<sup>th</sup>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Mandarin Orange Chicken w/ Brown Rice or Yakisoba Noodles	Sweet & Sour Chicken w/ Brown Rice or Yakisoba Noodles	BBQ Teriyaki Chicken w/ Brown Rice or Yakisoba Noodles	Dragon Fire Chicken w/ Brown Rice or Yakisoba Noodles	Teriyaki Beef w/ Brown Rice or Yakisoba Noodles
	Beef Tot'chos w/ Roll	Baja Fish Tacos w/ Mexi Slaw	Chicken Taquitos w/ Fiesta Corn	Chicken & Waffles w/ Fruit Compote	Flamin' Hot Cheeto Chicken Pizza w/ Caesar Side Salad
	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ Curly Fries	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ French Fries	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ Tater Tots	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ French Fries	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ Curly Fries
	Pepperoni Cheese Sausage	Pepperoni Cheese Hawaiian Supreme	Pepperoni Cheese Ham & Cheese Stromboli	Pepperoni Cheese Taco	Pepperoni Cheese Garlic Chicken Calzone
	Beef, Chicken or Cheese Nachos w/ Refried Beans	Beef, Chicken or Cheese Nachos w/ Refried Beans	Beef, Chicken or Cheese Nachos w/ Refried Beans	Beef, Chicken or Cheese Nachos w/ Refried Beans	Beef, Chicken or Cheese Nachos w/ Refried Beans
	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich
	<p>Offered with all Crossroads Café entrée selections are a variety of side items including fresh vegetables, fresh fruit and your choice of 1% white milk or non-fat chocolate milk.</p> <p>Each reimbursable breakfast meal must include an entrée and a 1/2 cup fruit.</p> <p>Each reimbursable lunch meal must include 3 components out of 5, one of which must be a half cup serving of fruit or vegetable.</p>				
	Breakfast Pizza WW Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	Pancake Bites Blueberry Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	Biscuit & Gravy WW Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	Ham & Cheese Frittata Blueberry Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	French Toast WW Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake

**This institution is an equal opportunity provider.**



# September 23<sup>rd</sup> - 27<sup>th</sup>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Mandarin Orange Chicken w/ Brown Rice or Yakisoba Noodles	Sweet & Sour Chicken w/ Brown Rice or Yakisoba Noodles	BBQ Teriyaki Chicken w/ Brown Rice or Yakisoba Noodles	General Tso Chicken w/ Brown Rice or Yakisoba Noodles	Teriyaki Beef w/ Brown Rice or Yakisoba Noodles
	Pork Street Tacos w/ Cilantro Lime Rice	Loaded Bacon & Cheese Fries w/ Roll	Pork Pozole w/ Tortilla Chip & Chipotle Cole Slaw	Ramen Chicken w/ Marinated Cucumbers	Nuclear Chicken Burger w/ Tater Tots
	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ Curly Fries	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ French Fries	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ Tater Tots	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ French Fries	Chicken Burger Spicy Chicken Hamburger Cheeseburger w/ Curly Fries
	Pepperoni Cheese Sausage	Pepperoni Cheese Hawaiian Supreme	Pepperoni Cheese Ham & Cheese Stromboli	Pepperoni Cheese Taco	Pepperoni Cheese Garlic Chicken Calzone
	Beef, Chicken or Cheese Nachos w/ Refried Beans	Beef, Chicken or Cheese Nachos w/ Refried Beans	Beef, Chicken or Cheese Nachos w/ Refried Beans	Beef, Chicken or Cheese Nachos w/ Refried Beans	Beef, Chicken or Cheese Nachos w/ Refried Beans
	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich	Made-to-Order Sack Lunch  Tuna, Ham or Turkey Sub Sandwich
	<p>Offered with all Crossroads Café entrée selections are a variety of side items including fresh vegetables, fresh fruit and your choice of 1% white milk or non-fat chocolate milk.</p> <p>Each reimbursable breakfast meal must include an entrée and a 1/2 cup fruit.</p> <p>Each reimbursable lunch meal must include 3 components out of 5, one of which must be a half cup serving of fruit or vegetable.</p>				
	Waffles w/ Syrup WW Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	Oatmeal Chocolate Chip Breakfast Round Blueberry Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	Crunch Wrap WW Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	Build Your Own Oatmeal Bar Blueberry Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake	Cinnamon Roll WW Bagel w/ Cream Cheese Yogurt Parfait Assorted Cereal w/ Toast Ham or Egg English Muffin Sausage Biscuit Banana or Cocoa Coffee Cake

**This institution is an equal opportunity provider.**

*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.*

*Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.*

*To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:*

*(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;*

*(2) fax: (202) 690-7442; or*

*(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).*

*This institution is an equal opportunity provider.*