



# TOIS 2019 September

Our menus are aligned with the USDA's Healthy Hunger Free Kids Act.

## Weekly Breakfast Menu

Monday – WG Cereal and Graham Crackers  
 Tuesday – Mini Pancakes  
 Wednesday – Whole Grain Mini Cinni Pastry  
 Thursday – Breakfast Pizza  
 Friday – WG Muffin and Graham Crackers

All Breakfasts come with Fruit and 1% or Skim Milk

Questions or concerns: Please contact Jacqueline.wagner@ Sodexo.com		Applications for free and reduced lunches must be completed each year.	9/5 Twin Taco's with cheese, lettuce and tomato Roasted Chick Peas	9/6 Big Daddy Pizza with Plain and Toppings Mixed Green Salad
9/9 French Toast w/Sausage Sweet Fries	9/10 Chicken Nuggets & Roll Smile Fries	9/11 Macaroni & Cheese with a soft pretzel Broccoli Bites	9/12 Boneless Chicken Bites with a dinner roll Southwest Baked Beans	9/13 Big Daddy Pizza with Plain and Toppings Mixed Green Salad
9/16 Mozzarella Sticks with Marinara Sauce Steamed Carrot Coins	9/17 Crispy Chicken Tenders with a dinner roll Mashed Potatoes	9/18 Chicken Parmesan Sandwich Roasted Vegetables	9/19 Meatball Hoagies Vegetarian Beans	9/20 Big Daddy Pizza with Plain and Toppings Mixed Green Salad
9/23 Fluffy Pancakes w/Sausage Patty Sweet Potatoes	9/24 Roasted Chicken w/roll Potato Puffs	9/25 Spaghetti and Meatsauce with a breadstick Broccoli Spears	9/26 Chicken Waffle Poppers Home Style Beans	9/27 Big Daddy Pizza with Plain and Toppings Mixed Green Salad
9/30 School Closed Rosh Hashanah				To set up a breakfast or lunch account go to: <a href="http://www.schoolcafe.com">www.schoolcafe.com</a>



A MINIMUM OF 4 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety

Locally Grown items are offered whenever seasonally available

Low Fat or Fat Free Milk included with all meals



See Daily Entrée Selections above.  
 All entrees served with a Milk, Vegetable and Fruit or Juice



**EVERYDAY CHOICES**  
 Flame Broiled Beef Burgers,  
 Chicken Patties, Hotdogs,  
 Cheese Steaks & BBQ Riblettes



### WEEKLY CHOICES

**Week #1** : Ham&Cheese, Turkey Club Salad, Bagel Boat  
**Week #2** : Tuna Salad, Crispy Chicken Caesar Salad, Pretzel Boat  
**Week #3** : Turkey Club Sandwich, Fiesta Salad, Cereal Bag  
**Week #4**: Italian Sub, Crispy Chicken Salad, Egg and Muffin Box



**Available Daily:** Bagels, Turkey & Cheese & Peanut Butter & Jelly



Vegetarian

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, & calories.



Smart Pick

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 30350-9413 or call (800) 795-3373 (voice)

or (303) 730-6383 (TTY). USDA is an equal opportunity provider and employer.