

SEPTEMBER 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW

The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.

Bagel w cream cheese
Chicken sandwich
Daily fruit & veggie bar

No School (LABOR DAY)

BREAKFAST BURRITO
MEATBALL SUB
MOZARELLA
DAILY FRUIT & VEGGIE BAR

UBR COOKIE
FLORENTINE SOUP
BREADSTICK
DAILY FRUIT & VEGGIE BAR

PANCAKE ON STICK
CHICKEN TENDERS
DINNER ROLL
DAILY FRUIT & VEGGIE BAR

BREAKFAST PIZZA
CHEESE
QUESADILLA
DAILY FRUIT & VEGGIE BAR

BANANA BREAD
GRILLED CHEESE
SANDWICH
DAILY FRUIT & VEGGIE BAR

BELGIAN WAFFLE
DRUMSTICK
RICE
DAILY FRUIT & VEGGIE BAR

MINI CINAMON ROLLS
PULLED BBQ
CHICKEN SANDWICH
DAILY FRUIT & VEGGIE BAR

FRENCH TOAST STICKS
TOSTITOS W/BEAN
DIP
DAILY FRUIT & VEGGIE BAR

MUFFIN
MINI CORN DOGS
CRINKLE FRIES
DAILY FRUIT & VEGGIE BAR

MINI BREAKFAST BITES
CHICKEN
SANDWICH
DAILY FRUIT & VEGGIE BAR

POP TART
CRUNCHY TACOS
DAILY FRUIT & VEGGIE BAR

BREAKFAST BURRITO
CHILI DOG
TATOR TOTS
DAILY FRUIT & VEGGIE BAR

PANCAKE SAUSAGE
HAM & CHEESE
SANDWICH
DAILY FRUIT & VEGGIE BAR

CEREAL BAR
FISH NUGGETS
PICADILLY FRIES
DAILY FRUIT & VEGGIE BAR

WAFFLES
BBQ PORK RIBLET
CORN IN COB
DAILY FRUIT, & VEGGIE BAR

BREAKFAST SMOOTHIE
BEAN & CHEESE
BURRITO
DAILY FRUIT & VEGGIE BAR

BERRIES & CREAM
TWIN PEPPERONI
RIPPERS
DAILY FRUIT & VEGGIE BAR

DONUT
ORANGE CHICKEN
RICE
FORTUNE COOKIE
DAILY FRUIT & VEGGIE BAR

YOGURT PARFAIT
PB&J SANDWICH
GRANOLA BAR
DAILY FRUIT & VEGGIE BAR

REMEMBER**** SEVERAL ITEMS CAN CHANGE DUE TO ABILITY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

The Community Eligibility Provision (CEP) is a school meal funding option of the National School Lunch Act that enables schools to provide free meals to all students. school meals are available to all students at no cost to them at Pacific Heritage Academy.