

# September Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Beans and rice burritos Fruit Veggies	4 Alfredo pasta Garlic bread Fruit vegies	5 Torta de jamon Chips Fruits veggies	6 Pizza Fruit veggies
9 Chicken tenders Fries Fruit veggies	10 Chicken soft tacos Beans Fruit veggies	11 Grilled cheese Sandwich Tomato soup Fruit	12 Hot dog Chips Fruit Veggies	13 Pizza Fruit Veggies
16 Chicken flautas Mexican street corn Fruit  (Mexican Independence Day!)	17 Cheese enchiladas Rice Fruit veggies	18 Quesadilla Fruit veggies	19 Chicken tortilla wrap Fruits veggies	20 Pizza Fruit veggies
23 Orange chicken Steam rice Fruit veggies	24 Hard shell ground beef tacos Fruit veggies	25 Bean and cheese burrito Fruit veggies	26 Chicken wrap Fruit veggies	27 Pizza Fruit veggies
30 Chicken Caesar Salad Fruit veggies				

All lunches served with a choice of milk, either 1% fat or non-fat.

SYV Charter School is an equal opportunity provider.

# September breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>NO SCHOOL</b>	3 Bagels with Cream cheese or peanut butter fruit	4 Soft Pretzels String cheese fruit	5 Scramble eggs Hash brown Fruit	6 Yogurt parfait (yogurt,granola, And berries)
9 PBJ sandwich fruit	10 Waffles Turkey bacon fruit	11 Yogurt Graham crackers fruit	12 Breakfast burritos fruit	13 Cereal Banana
16 Pretzels String cheese fruit	17 Granola bar Apple sauce	18 Pancakes Sausage fruit	19 Bagels with cream cheese or peanut butter fruit	20 Yogurt cup Graham cracker fruit
23 Waffles Sausage fruit	24 Cereal banana	25 English muffins With fried egg fruit	26 Peanut butter and jelly fruit	27 Oatmeal Toast Fruit
30 Scramble eggs Hash brown Fruit				

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