

SYVCS September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 NO SCHOOL	6 Bean and Cheese Burrito Fresh fruit Veggies	7 Cheese Pizza Salad smoothie	8 Chicken Fajitas Rice Fresh fruit	9 Chicken caesar Salad (Grandparents Day)
12 Chicken Tenders Fries Veggies	13 Beef Nachos Fresh Fruit Veggies	14 Pepperoni Pizza Smoothie veggies	15 Corn Dog Baked Potatoes Fresh fruit	16 Chicken tamales Beans Salsa Fresh fruit (Mexico's Independence day)
19 Grilled cheese Sandwich Fresh Fruit Veggies	20 Grilled chicken soft tacos Fresh fruit vegies	21 Cheese Pizza Smoothie veggies	22 Cheese burger Fries Fresh fruit	23 Chicken Pot Pies Fresh Fruit veggies
26 Alfredo Pasta Salad Fresh fruit	27 Cheese quesadilla Rice Fresh Fruit	28 Pepperoni pizza Smoothie veggies	29 Homemade mac and cheese Fresh fruit veggies	30 Chicken tenders Tater tots Fresh fruit Veggies

Breakfast for September

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Graham crackers, Apple sauce, String cheese	2 Hard boil egg Quesadilla Fresh fruit
5 No School	6 Yogurt, granola, berries	7 Breakfast sandwich, Fresh fruit	8 Cereal, Banana, Cheese stick	9 Oatmeal, Toast, Fresh fruit
12 Scramble eggs, Sausage Tater tots Fresh fruit	13 Bagels w/ Cream cheese Turkey bacon Fresh fruit	14 Cereal String cheese Fresh fruit	15 French toast w/ light syrup Fresh fruit	16 Yogurt, Gold fish Fresh fruit
19 Egg bites Tater tots Fresh fruit	20 Waffles Sausage Fresh berries	21 Oatmeal String cheese Toast Fresh fruit	22 Cereal Apple sauce fresh fruit	23 Bagel w/ cream cheese Hard boil egg fresh fruit
26 Breakfast burrito, fresh fruit	27 Pancakes w/ apples String cheese	28 Yogurt parfait Crackers Carrot sticks	29 Scramble eggs Toast fresh fruit	30 Cold cereal Banana Turkey bacon