

September

LUNCH NSLP K-12

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> • southwest veggie wrap (VG) <p>1</p>
<ul style="list-style-type: none"> • labor day <p>4</p>	<ul style="list-style-type: none"> • chicken salad sandwich (DF) <p>5</p>	<ul style="list-style-type: none"> • santa fe chile chicken and black bean wrap <p>6</p>	<ul style="list-style-type: none"> • honey mustard chicken wrap <p>7</p>	<ul style="list-style-type: none"> • taco dippers kit (VG) <p>8</p>
<ul style="list-style-type: none"> • garden ranch salad with chicken breast <p>11</p>	<ul style="list-style-type: none"> • turkey and cheddar sandwich <p>12</p>	<ul style="list-style-type: none"> • sunbutter & jelly sandwich kit (VG) <p>13</p>	<ul style="list-style-type: none"> • cheddar cheese sandwich (VG) <p>14</p>	<ul style="list-style-type: none"> • southwest veggie wrap (VG) <p>15</p>
<ul style="list-style-type: none"> • mighty meaty deli combo sandwich <p>18</p>	<ul style="list-style-type: none"> • chicken salad sandwich (DF) <p>19</p>	<ul style="list-style-type: none"> • santa fe chile chicken and black bean wrap <p>20</p>	<ul style="list-style-type: none"> • honey mustard chicken wrap <p>21</p>	<ul style="list-style-type: none"> • ctaco dippers kit (VG) <p>22</p>
<ul style="list-style-type: none"> • garden ranch salad w/ chicken breast <p>25</p>	<ul style="list-style-type: none"> • turkey and cheddar sandwich <p>26</p>	<ul style="list-style-type: none"> • sunbutter & jelly sandwich kit <p>27</p>	<ul style="list-style-type: none"> • honey mustard chicken wrap <p>28</p>	<ul style="list-style-type: none"> • southwest veggie wrap (VG) <p>29</p>

What's New?

Welcome back to school!

Kid tested and chef crafted NEW meals:

- * Buffalo Chicken Pizza
- * Uncle Ted's BBQ Chicken Drumstick with Cheesy Rice
- * Honey Mustard Salad with Grilled Chicken Bites

Look for them on the menu in September!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day



September

HARMONY BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> blueberry muffin <p>1</p>
<ul style="list-style-type: none"> labor day <p>4</p>	<ul style="list-style-type: none"> yogurt/granola <p>5</p>	<ul style="list-style-type: none"> lemon muffin <p>6</p>	<ul style="list-style-type: none"> cinnamon toast bagel <p>7</p>	<ul style="list-style-type: none"> blueberry burst whole grain bagel <p>8</p>
<ul style="list-style-type: none"> corn chex (DF) <p>11</p>	<ul style="list-style-type: none"> omelet w/ cheese <p>12</p>	<ul style="list-style-type: none"> french toast muffin <p>13</p>	<ul style="list-style-type: none"> plain whole wheat bagel <p>14</p>	<ul style="list-style-type: none"> blueberry muffin <p>15</p>
<ul style="list-style-type: none"> cheerios (DF) <p>18</p>	<ul style="list-style-type: none"> yogurt/granola <p>19</p>	<ul style="list-style-type: none"> lemon muffin <p>20</p>	<ul style="list-style-type: none"> breakfast cinnamon crumble assorted cereal (DF) <p>21</p>	<ul style="list-style-type: none"> blueberry burst whole grain bagel <p>22</p>
<ul style="list-style-type: none"> corn chex (DF) <p>25</p>	<ul style="list-style-type: none"> breakfast cinnamon crumble <p>26</p>	<ul style="list-style-type: none"> french toast muffin <p>27</p>	<ul style="list-style-type: none"> plain whole wheat bagel <p>28</p>	<ul style="list-style-type: none"> blueberry muffin <p>29</p>

What's New?

Welcome back to school!

We have some of your favorites new on our menu (Cheerios and Chex!).

Look for them on the menu every Friday!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

