

Elementary Breakfast & Lunch

Each Child May Select: 1 Entree per meal, Seasonal Fruits & Veggies, Milk

Breakfast: Daily Entree, Breakfast Bun, or Cereal Variety, with Fruit and Milk

Lunch: Choice of Entree with Fruit, Veggies, and Milk, Plus a Snack

* May contain pork ^ Meatless option

September 2021



School Day Cafe

EAT | PLAY | LEARN

USDA extended meal waivers to enable School Day Cafe to serve breakfast and lunch at **NO cost to all children 18 years and younger** through June 2022.

*All menu items are subject to change according to availability.



Harvest of the Month (HOTM) provides students with opportunities to explore, taste and learn about the importance of eating fruits and vegetables. This month we are featuring colorful bell peppers!

Did you know that by weight, green bell peppers have twice as much vitamin C as citrus fruit and red bell peppers have three times as much?! Hot peppers contain over 300% more vitamin C than one orange.

Try one of the varieties of bell peppers being served at your school's School Day Cafe every Tuesday this month.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>View nutrition information, menus & more at schooldaycafe.org</p> <p>Get our mobile app "Web Menus"</p> <p>Follow Us!</p> <p> School Day Cafe @schooldaycafe</p>		<p>1 Banana Chocolate Benefit Bar Cereal Animal Crackers --- Southwest Chicken Salad Cheese Pizza[^] --- Muffin, Variety[^] Applesauce</p>	<p>2 Breakfast Bun Cereal Belly Bear Cracker --- Orange Chicken w/ Rice Cheesy Bean Burrito[^] --- Belly Bear Cracker Cheese Cube[^]</p>	<p>3 Manager's Choice* Cereal Animal Crackers --- Manager's Choice* Chicken Tenders Mama Mia Flatbread* --- Graham Crackers Craisins</p>
<p>6 HAPPY LABOR DAY</p>	<p>7 Breakfast Bun Cereal Belly Bear Cracker --- Chicken Enchilada PBJ Sandwich[^] SunWise Strawberry Sandwich String Cheese[^] HOTM - Peppers --- Belly Bear Cracker Craisins</p>	<p>8 Cinnamon Crumble Cereal Animal Crackers --- Cheesy Bean Burrito[^] Cheese Pizza[^] Meateaters Pizza* --- Belly Bear Cracker Raisins, Box</p>	<p>9 Mini Cinnis Cereal Belly Bear Cracker --- Pork Carnitas Taco* Corn Dog-chicken --- Cheese Cube[^] Applesauce</p>	<p>10 Manager's Choice* Cereal Animal Crackers --- Manager's Choice* Macaroni & Cheese[^] BBQ Chicken Panini --- Muffin, Variety[^] Craisins</p>
<p>13 Breakfast Bun Cereal Animal Crackers --- BBQ Pulled Pork Sandwich* Pizza Nada</p>	<p>14 Pancake Sausage Stick* Cereal Belly Bear Cracker --- Hot Dog (turkey) on a Bun Chicken Tenders HOTM - Peppers</p>	<p>15 Maple Burst'n Mini Pancakes Cereal Animal Crackers --- Chicken Caesar Salad Cheese Pizza[^] Meateaters Pizza*</p>	<p>16 Strawberry Pop-Tart Cereal Belly Bear Cracker --- Cheesy Bean Burrito[^] Turkey Deli Sandwich</p>	<p>17 Manager's Choice* Cereal Animal Crackers --- Manager's Choice* Cheese & Green Chile Quesadilla[^] Cheesy Garlic Toast[^]</p>
<p>20 Breakfast Bun Cereal Animal Crackers --- Chicken Sandwich Southwest Pull-Aparts[^]</p>	<p>21 Trix Yogurt[^] Cereal Belly Bear Cracker --- Beef Meatball Sub PBJ Sandwich[^] SunWise Strawberry Sandwich String Cheese[^] HOTM - Peppers</p>	<p>22 Cinnamon Toast Cereal Animal Crackers --- Fruit & Yogurt Parfait[^] Cheese Pizza[^] Meateaters Pizza*</p>	<p>23 Breakfast Bun Cereal Belly Bear Cracker --- Turkey Taco Chicken Tenders</p>	<p>24 Manager's Choice* Cereal Animal Crackers --- Manager's Choice* Macaroni & Cheese[^] Pizza Nada</p>
<p>27 Breakfast Bun Cereal Animal Crackers --- Cheeseburger Italian Cheesy Pull-Aparts[^]</p>	<p>28 Mini Bagel Pull Apart, Strawberry Cereal Belly Bear Cracker --- Sweet n' Sour Chicken over Rice Chicken Tenders HOTM - Peppers</p>	<p>29 Peachy Pancake Bowl Cereal Animal Crackers --- Asian Chicken Salad Cheese Pizza[^] Meateaters Pizza*</p>	<p>30 Breakfast Bun Cereal Belly Bear Cracker --- Chicken Taco Southwest Pull-Aparts[^]</p>	