

# SEPTEMBER

Pre-K Dora Romero Elementary

# ANNOUNCEMENTS

### Did you know?

Your café menus are created by a registered dietitian! Meals are designed to fuel your student's body with the nutrients it needs to succeed inside and outside the classroom!



Questions or Comments?  
 Rey Ovalle, Director of Dining Services  
 Phone: 555-555-5555

**ISPE** This institution is an equal opportunity provider.

## Monday      Tuesday      Wednesday      Thursday      Friday

				<p><b>1</b> <u>Breakfast</u>                  Scramble Egg w/ Buttery Toast &amp; Fresh Sliced Oranges</p> <p><u>Lunch</u>                  Tangy Teriyaki BBQ Beef Dipper Sliders                  Peppered Broccoli                  Fresh Orange Slices</p>
<p><b>4</b> <u>Breakfast</u>                  Whole Grain Waffles Sticks &amp; Fresh Apple</p> <p><u>Lunch</u>                  WG Chicken Tenders                  California Blend Veggies                  Applesauce</p>	<p><b>5</b> <u>Breakfast</u>                  Cinnamon Toast Crunch &amp; Fresh Sliced Oranges</p> <p><u>Lunch</u>                  Homemade Cheese Enchilada                  Seasoned Refried beans                  Fresh Apple Slices</p>	<p><b>6</b> <u>Breakfast</u>                  Fluffy Banana Muffin &amp; Grape Juice</p> <p><u>Lunch</u>                  Grilled Hamburger                  Crispy Tater Tots                  Juicy Pineapple Tidbits</p>	<p><b>7</b> <u>Breakfast</u>                  Whole Wheat Bagel w/ Reduced Fat Cream Cheese &amp; Apple Juice</p> <p><u>Lunch</u>                  Oven Baked Rotini w/ Veggies                  Seasoned Peas &amp; Carrots                  Juicy Tropical Fruit Salad</p>	<p><b>8</b> <u>Breakfast</u>                  Egg &amp; Cheese Breakfast Taco &amp; Fresh Apple Slices</p> <p><u>Lunch</u>                  Turkey &amp; Cheese Wrap                  Peppered Corn                  Juicy Mandarin Oranges</p>
<p><b>11</b> <u>Breakfast</u>                  Whole Grain Biscuit &amp; Gravy &amp; Fresh Apple</p> <p><u>Lunch</u>                  Breaded Beef Fingers                  Peppered Broccoli                  Fresh Apple Slices</p>	<p><b>12</b> <u>Breakfast</u>                  Whole Grain Chocolate Chip Muffin &amp; Fresh Sliced Oranges</p> <p><u>Lunch</u>                  Breaded Chicken Sandwich                  Seasoned Potato Wedges                  Fresh Orange Slices</p>	<p><b>13</b> <u>Breakfast</u>                  Egg &amp; Cheese Breakfast Taco &amp; Fresh Apple Slices</p> <p><u>Lunch</u>                  Beef Marinara Macaroni                  California Veggies                  Juicy Mandarin Oranges</p>	<p><b>14</b> <u>Breakfast</u>                  Egg &amp; Cheese Bagel Sandwich &amp; Fresh Sliced Oranges</p> <p><u>Lunch</u>                  Green Chile Chicken Enchiladas                  Seasoned Refried Beans                  Fresh Apple Slices</p>	<p><b>15</b> <u>Breakfast</u>                  Cinnamon Toast Crunch &amp; Fresh Apple</p> <p><u>Lunch</u>                  Tangy BBQ Chicken Sandwich                  Seasoned Italian Mixed Veggies                  Juicy Pineapple Tidbits</p>
<p><b>18</b> <u>Breakfast</u>                  Whole Grain Blueberry Muffin &amp; Fresh Apple</p> <p><u>Lunch</u>                  Crispy Chicken Corn Dog                  Peppered Broccoli                  Juicy Pineapple Tidbits</p>	<p><b>19</b> <u>Breakfast</u>                  Whole Grain Brown Rice Krispies Cereal                  Fresh Sliced Oranges</p> <p><u>Lunch</u>                  Zesty Orange Chicken                  Seasoned Peas &amp; Carrots                  Applesauce</p>	<p><b>20</b> <u>Breakfast</u>                  Country Biscuit &amp; Gravy w/Sausage Patty &amp; Apple</p> <p><u>Lunch</u>                  Spaghetti &amp; HM Marinara w/ Meatballs                  Fresh Baby Carrots                  Fresh Apple Slices</p>	<p><b>21</b> <u>Breakfast</u>                  Egg &amp; Cheese Biscuit Sandwich &amp; Sliced Oranges</p> <p><u>Lunch</u>                  Breaded Chicken Sandwich                  Spiced Green Beans                  Fresh Orange Slices</p>	<p><b>22</b> <u>Breakfast</u>                  Whole Grain Maple Pancakes &amp; Fresh Apple</p> <p><u>Lunch</u>                  Country Fried Steak                  Seasoned Mashed Potatoes                  Juicy Tropical Fruit Salad</p>
<p><b>25</b> <u>Breakfast</u>                  Fluffy Belgian Waffle &amp; Fresh Apple</p> <p><u>Lunch</u>                  Crispy Popcorn Chicken                  Italian Mixed Veggies                  Juicy Mandarin Oranges</p>	<p><b>26</b> <u>Breakfast</u>                  Egg &amp; Sausage Breakfast Taco &amp; Fresh Sliced Oranges</p> <p><u>Lunch</u>                  Creamy Macaroni &amp; Cheese                  Peppered Broccoli                  Fresh Orange Slices</p>	<p><b>27</b> <u>Breakfast</u>                  Cinnamon Toast Crunch &amp; Fresh Banana</p> <p><u>Lunch</u>                  Grilled Cheeseburger                  Crispy Tater Tots                  Juicy Tropical Fruit Salad</p>	<p><b>28</b> <u>Breakfast</u>                  Morning Sausage Roll &amp; Apple Juice</p> <p><u>Lunch</u>                  Grilled Chicken Patty Sandwich                  Crinkle Cut Carrots                  Juicy Pineapple Tidbits</p>	<p><b>29</b> <u>Breakfast</u>                  Whole Wheat Bagel w/ Reduced Fat Cream Cheese &amp; Fresh Apple</p> <p><u>Lunch</u>                  Classic Pepperoni Pizza                  Spiced Green Beans                  Applesauce</p>