

SEPTEMBER

Dora Romero Elementary

ANNOUNCEMENTS

Fresh Fruit & Vegetable Bar Served Daily!

Fresh Fruit Selection & Reduced Sugar Cereals

SFE This institution is an equal opportunity provider.

Questions or Comments?
 Rey, Ovalle Director of Dining Services
 Phone: 956-800-0045

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!



Monday

Tuesday

Wednesday

Thursday

Friday

4

Breakfast

Mini Cinnamon Waffles & Fresh Apple

Lunch

Mozzarella Cheese Quesadilla
 WG Chicken Tenders
 Classic Ham & Cheese Sandwich
 California Blend Veggies

5

Breakfast

Vanilla Yogurt w/ Graham Crackers & Fresh Oranges

Lunch

Beef Tacos w/ Cheese
 Homemade Cheese Enchilada
 Southwest Chicken Salad w/ Crackers
 Seasoned Refried beans

6

Breakfast

Whole Grain Blueberry Muffin w/ String Cheese & Fresh Banana

Lunch

Grilled Hamburger
 Classic Pepperoni Pizza
 Chef Salad w/ Crackers
 Crispy Tater Tots

7

Breakfast

Whole Wheat Bagel w/ Cream Cheese & Raisins

Lunch

Oven Baked Rotini w/ Veggies & Breadstick
 Pepper Steak w/ Roll & Rice
 Chicken Salad Sandwich
 Seasoned Peas & Carrots

1

Breakfast

Whole Grain Sausage Biscuit Sandwich & Fresh Orange

Lunch

Classic Sausage Pizza
 Tangy Teriyaki BBQ Beef Dipper Sliders
 Chef Salad w/ Crackers
 Peppered Broccoli

11

Breakfast

Cinnamon toast Crunch Cereal w/ Graham Cracker & Fresh Apple

Lunch

Creamy Chicken Alfredo
 Breaded Beef Fingers w/ Roll
 Turkey & Cheese Sub
 Peppered Broccoli

12

Breakfast

Whole Grain Chocolate Chip Muffin & Raisins

Lunch

Grilled Cheese w/ Tomato Soup
 Breaded Chicken Sandwich
 Chicken Caesar Salad
 Seasoned Potato Wedges

13

Breakfast

Whole Grain Apple Frudel & Fresh Apple

Lunch

Beef Macaroni w/ Roll
 Bean & Cheese Tostadas w/ Spanish Rice
 Sun Butter & Jelly Sandwich
 California Veggies

14

Breakfast

Morning Sausage Roll & Fresh Orange

Lunch

Oven Baked Rotini w/ Veggies & Breadstick
 Pepper Steak w/ Roll & Rice
 Chicken Salad Sandwich
 Seasoned Peas & Carrots

8

Breakfast

Apple Jacks Cereal w/ Graham Cracker & Fresh Pear

Lunch

Classic Cheese Pizza
 Chicken Teriyaki w/ Brown Rice
 Turkey & Cheese Wrap
 Peppered Corn

18

Breakfast

Whole Grain Blueberry Muffin & Fresh Apple

Lunch

Beef Ravioli w/ Roll & Crackers
 Crispy Chicken Corn Dog
 Ham & Cheese Wrap
 Peppered Broccoli

19

Breakfast

Vanilla Yogurt W/ Graham Crackers & Fresh Orange

Lunch

Grilled Hamburger
 Turkey & Cheese Sandwich
 Creamy Alfredo Chicken Rotini
 Seasoned Peas & Carrots

20

Breakfast

Egg, Cheese & Sausage Burrito & Fresh Apple

Lunch

Extreme Cheesy Nachos
 Spaghetti & HM Marinara w/ Meatballs
 Fresh Italian Chicken Salad
 Seasoned Refried Beans

21

Breakfast

Whole Grain Maple Pancakes & Fresh Orange

Lunch

Breaded Chicken Sandwich
 Cheesy Chicken Fajita Tacos
 Ham & Cheese Sandwich
 Spiced Green Beans

15

Breakfast

Whole Grain Mini Cinni Roll & Fresh Banana

Lunch

Classic Cheese Pizza
 Chicken Teriyaki w/ Brown Rice
 Turkey & Cheese Wrap
 Peppered Corn

25

Breakfast

Mini Cinnamon Waffles & Raisins

Lunch

Beef & Broccoli w/ Rice
 Popcorn Chicken w/ Roll
 Turkey & Cheese Sandwich
 Italian Mixed Veggies

26

Breakfast

Cinnamon Toast Crunch Cereal w/ Graham Cracker & Fresh Orange

Lunch

Creamy Macaroni & Cheese
 WG Mini Corn Dog
 Chicken Caesar Salad
 Peppered Broccoli

27

Breakfast

Vanilla Yogurt w/ Graham Cracker & Fresh Banana

Lunch

Sweet & Sour Chicken w/ Seasoned Brown Rice
 Grilled Hamburger
 Whole Grain Ham Sub
 Crispy Tater Tots

28

Breakfast

Morning Sausage Roll & Fresh Orange

Lunch

Broccoli & Cheese Baked Potato w/ Biscuit
 Grilled Chicken Patty Sandwich
 Fresh Garden Salad
 Crinkle Cut Carrots

22

Breakfast

Whole Grain French Toast & Fresh Apple

Lunch

Country Fried Steak
 Classic Cheese Pizza
 Sun Butter & Jelly Sandwich w/ String Cheese & Crackers
 Seasoned Mashed Potatoes

29

Breakfast

Whole Grain Apple Frudel & Raisins

Lunch

Juicy Hot Dog
 Classic Pepperoni Pizza
 Classic Ham Sandwich w/ Crackers
 Spiced Green Beans

23

Breakfast

Whole Grain Apple Frudel & Raisins

Lunch

Juicy Hot Dog
 Classic Pepperoni Pizza
 Classic Ham Sandwich w/ Crackers
 Spiced Green Beans

24

Breakfast

Whole Grain Apple Frudel & Raisins

Lunch

Juicy Hot Dog
 Classic Pepperoni Pizza
 Classic Ham Sandwich w/ Crackers
 Spiced Green Beans

29

Breakfast

Whole Grain Apple Frudel & Raisins

Lunch

Juicy Hot Dog
 Classic Pepperoni Pizza
 Classic Ham Sandwich w/ Crackers
 Spiced Green Beans

29

Breakfast

Whole Grain Apple Frudel & Raisins

Lunch

Juicy Hot Dog
 Classic Pepperoni Pizza
 Classic Ham Sandwich w/ Crackers
 Spiced Green Beans