

SEPTEMBER

La Yescas Elementary

ANNOUNCEMENTS

Fresh Fruit & Vegetable Bar Served Daily!

Fresh Fruit Selection & Reduced Sugar Cereals

ISFE 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

				<p>1 Breakfast Whole Grain Sausage Biscuit Sandwich & Fresh Orange</p> <p>Lunch Classic Sausage Pizza Tangy Teriyaki BBQ Beef Dipper Sliders Chef Salad w/ Crackers Peppered Broccoli</p>
<p>4 Breakfast Mini Cinnamon Waffles & Fresh Apple</p> <p>Lunch Mozzarella Cheese Quesadilla WG Chicken Tenders Classic Ham & Cheese Sandwich California Blend Veggies</p>	<p>5 Breakfast Vanilla Yogurt w/ Graham Crackers & Fresh Oranges</p> <p>Lunch Beef Tacos w/ Cheese Homemade Cheese Enchilada Southwest Chicken Salad w/ Crackers Seasoned Refried beans</p>	<p>6 Breakfast Whole Grain Blueberry Muffin w/ String Cheese & Fresh Banana</p> <p>Lunch Grilled Hamburger Classic Pepperoni Pizza Chef Salad w/ Crackers Crispy Tater Tots</p>	<p>7 Breakfast Whole Wheat Bagel w/ Cream Cheese & Raisins</p> <p>Lunch Oven Baked Rotini w/ Veggies & Breadstick Pepper Steak w/ Roll & Rice Chicken Salad Sandwich Seasoned Peas & Carrots</p>	<p>8 Breakfast Apple Jacks Cereal w/ Graham Cracker & Fresh Pear</p> <p>Lunch Classic Cheese Pizza Chicken Teriyaki w/ Brown Rice Turkey & Cheese Wrap Peppered Corn</p>
<p>11 Breakfast Cinnamon toast Crunch Cereal w/ Graham Cracker & Fresh Apple</p> <p>Lunch Creamy Chicken Alfredo Breaded Beef Fingers w/ Roll Turkey & Cheese Sub Peppered Broccoli</p>	<p>12 Breakfast Whole Grain Chocolate Chip Muffin & Raisins</p> <p>Lunch Grilled Cheese w/ Tomato Soup Breaded Chicken Sandwich Chicken Caesar Salad Seasoned Potato Wedges</p>	<p>13 Breakfast Whole Grain Apple Frudel & Fresh Apple</p> <p>Lunch Beef Macaroni w/ Roll Bean & Cheese Tostadas w/ Spanish Rice Sun Butter & Jelly Sandwich California Veggies</p>	<p>14 Breakfast Morning Sausage Roll & Fresh Orange</p> <p>Lunch Oven Baked Rotini w/ Veggies & Breadstick Pepper Steak w/ Roll & Rice Chicken Salad Sandwich Seasoned Peas & Carrots</p>	<p>15 Breakfast Whole Grain Mini Cinni Roll & Fresh Banana</p> <p>Lunch Classic Cheese Pizza Chicken Teriyaki w/ Brown Rice Turkey & Cheese Wrap Peppered Corn</p>
<p>18 Breakfast Whole Grain Blueberry Muffin & Fresh Apple</p> <p>Lunch Beef Ravioli w/ Roll & Crackers Crispy Chicken Corn Dog Ham & Cheese Wrap Peppered Broccoli</p>	<p>19 Breakfast Vanilla Yogurt W/ Graham Crackers & Fresh Orange</p> <p>Lunch Grilled Hamburger Turkey & Cheese Sandwich Creamy Alfredo Chicken Rotini Seasoned Peas & Carrots</p>	<p>20 Breakfast Egg, Cheese & Sausage Burrito & Fresh Apple</p> <p>Lunch Extreme Cheesy Nachos Spaghetti & HM Marinara w/ Meatballs Fresh Italian Chicken Salad Seasoned Refried Beans</p>	<p>21 Breakfast Whole Grain Maple Pancakes & Fresh Orange</p> <p>Lunch Breaded Chicken Sandwich Cheesy Chicken Fajita Tacos Ham & Cheese Sandwich Spiced Green Beans</p>	<p>22 Breakfast Whole Grain French Toast & Fresh Apple</p> <p>Lunch Country Fried Steak Classic Cheese Pizza Sun Butter & Jelly Sandwich w/ String Cheese & Crackers Seasoned Mashed Potatoes</p>
<p>25 Breakfast Mini Cinnamon Waffles & Raisins</p> <p>Lunch Beef & Broccoli w/ Rice Popcorn Chicken w/ Roll Turkey & Cheese Sandwich Italian Mixed Veggies</p>	<p>26 Breakfast Cinnamon Toast Crunch Cereal w/ Graham Cracker & Fresh Orange</p> <p>Lunch Creamy Macaroni & Cheese WG Mini Corn Dog Chicken Caesar Salad Peppered Broccoli</p>	<p>27 Breakfast Vanilla Yogurt w/ Graham Cracker & Fresh Banana</p> <p>Lunch Sweet & Sour Chicken w/ Seasoned Brown Rice Grilled Hamburger Whole Grain Ham Sub Crispy Tater Tots</p>	<p>28 Breakfast Morning Sausage Roll & Fresh Orange</p> <p>Lunch Broccoli & Cheese Baked Potato w/ Biscuit Grilled Chicken Patty Sandwich Fresh Garden Salad Crinkle Cut Carrots</p>	<p>29 Breakfast Whole Grain Apple Frudel & Raisins</p> <p>Lunch Juicy Hot Dog Classic Pepperoni Pizza Classic Ham Sandwich w/ Crackers Spiced Green Beans</p>