

# SEPTEMBER

Olmito 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

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