

# SEPTEMBER

Villareal 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>