

Elementary School Menu September 2019

Power Up with Breakfast

Daily Breakfast Entrées

Monday: Fresh-baked artisan scones

Tuesday: Yo! Bowl

Wednesday: Breakfast Sandwich

Thursday: Pancake Combo

Friday: Assorted Muffins

Everyday Breakfast

Hard-boiled eggs, Bagels, Yogurt,^(v)
Hot & Cold Cereals,

Milk: 1% & Non-Fat

Daily Sandwich Entrées

Monday: Square Up Turkey, Club, or Sunbutter & Jam

Tuesday: Blast off Bagel w/ Turkey, Club, or Hummus

Wednesday: Naan Dippers w/Turkey, Club, or Hummus

Thursday: Super Sub w/Turkey, Club, or Veggies

Friday: Naan Dippers w/ Tuna, Egg Salad, or Hummus

Refuel with Lunch

Daily Hot & Salad Entrées

1. **Choose an Entrée:** Featured daily hot, salad, or sandwich entrée
2. Fill up on unlimited fruits and veggies on the offering bar
3. Quench your thirst with water or milk (1% & Non-fat options)

Menu Subject to Change

^(v) Vegetarian option available

		Monday	Tuesday	Wednesday	Thursday	Friday			
Hot Entrée				* 100% Beef or Black Bean Burger ^(v)	* Yakisoba Noodles with Chicken or Tofu ^(v)	* Pepperoni or Cheese ^(v) Pizza	Sept 2-6		
Salad & Sides				* Chef Salad ^(v)	* Yogurt Parfait ^(v)	* Caesar Salad ^(v)			
Hot Entrée	* Teriyaki Chicken or Tofu ^(v) with Rice	* Macaroni & Cheese ^(v)	* Scratch Sloppy Joes with Beef or	* Scratch Chili with Beef or Black Beans ^(v)	* Pepperoni or Cheese ^(v) Pizza		Sept 9-13		
Salad & Sides	* Chef Salad ^(v) , Edamame ^(v)	* Asian Salad ^(v)	* Roasted Swt Potatoes; Yogurt Parfait	* Chef Salad ^(v)	* Taco Salad ^(v)				
Hot Entrée	* Tacos with Fish, Bean ^(v) or Chicken	* Yakisoba Noodles w/ Chicken or Tofu	* Queue up BBQ Pork or Tempeh ^(v)	* Oven Roasted Chicken or Tofu ^(v) with Polenta	* 100% Beef Hot Dog		Sept 16-20		
Salad & Sides	* Chef Salad ^(v) ,	* Taco Salad ^(v)	* Yogurt Parfait ^(v)	* Chef Salad ^(v)	* Caesar Salad ^(v)				
Hot Entrée	* Teriyaki Chicken or Tofu ^(v) with Rice	* Parmesan Pasta w/ Chicken or Tofu ^(v)	* Scratch Sloppy Joe with Beef or	* Scratch Chili with Beef or Beans ^(v)	* 100% Beef or Black Bean Burger ^(v)		Sept 23-27		
Salad & Sides	* Chef Salad ^(v) , Sesame Green Beans	* Asian Salad ^(v)	* Roasted Swt Potatoes; Yogurt Parfait	* Chef Salad ^(v)	* Taco Salad ^(v)				
Menu with Nutrient Information: https://family.titank12.com/		Meal Prices Pay online at: www.mymealtime.com		Free Meals! All students at CEP Schools: Chávez, Holt, Howard, McCornack, & River Road/El Camino del Río		Breakfast No Charge All Students \$1.50 Second Meal \$4.00 Adult Breakfast		Lunch \$3.00 Student Lunch \$5.00 Adult Lunch \$0.00 Free/Reduced	

Featured Hot & Salad Entrées

