

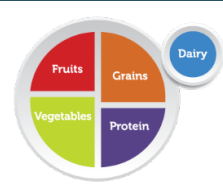
# La Paloma Academy

## Lakeside Campus

### September Menu



1% milk, fat-free flavored & skim milk are available for breakfast and lunch. Cereal Variety & Fruit and Veggie Bar available daily for breakfast and lunch!

| Monday                                                                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                          | Friday                                                                                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Friendly Reminder - La Paloma Academy will be providing <u>HOT</u> Breakfast with many additional offerings on the fruit bar in the cafeteria daily!</div>                                                                                                          |                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                              | <div>Free Breakfast and Lunch for ALL Students!</div>                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                  |
|                                                                                                                                                                                         | <div>1</div> <div>Cinnamon Rolls<br/>Fuzzy Kiwi<br/>Hash Brown Patties</div> <div>Chicken Tenders /Roll<br/>Grilled Cheese<br/>Garlic Green Beans<br/>Sweet Orange Slices</div>                                                                             | <div>2</div> <div>Wheat Toast &amp; Sausage<br/>Applesauce<br/>Scrambled Eggs</div> <div>Crispy Chicken Filet Sandwich<br/>Baby Carrots / Ranch<br/>Nectarines</div>                                                                                                         | <div>3</div> <div>Pancake on a Stick<br/>Golden Bananas<br/>Strawberry Yogurt</div> <div>Stuffed Crust Cheese Or Pepperoni Pizza<br/>Mixed Salad Greens<br/>Melon Medley</div>                                                                                                    | <div>4</div> <div></div>                                                                                                                                                      |
| <div>7</div> <div></div>                                                                                                                                                               | <div>8</div> <div>Mini Donuts<br/>Sliced Pears<br/>String Cheese</div> <div>Beef Taco Stick<br/>Mini Corn Dogs<br/>Broccoli Bites<br/>Fresh Fruit Variety</div>            | <div>9</div> <div>Ham/ Cheese Croissant<br/>Purple Plums<br/>Peach Yogurt</div> <div>Cheesy Beef Burger<br/>Celery Sticks /Ranch<br/>Lemon Berry Sidekick</div>                             | <div>10</div> <div>Sausage Bagels<br/>Fresh Grapes<br/>Hash Brown Patties</div> <div>Beefy Goulash<br/>Mesquite Chicken/Roll<br/>Roasted Corn<br/>Cinnamon Apple Slices</div>                   | <div>11</div> <div>Sweet Emoji Waffles<br/>Sliced Strawberries<br/>Sausage Links</div> <div>Teriyaki Chicken Bowl<br/>Taco Crisp Ups<br/>Mixed Salad Greens<br/>Melon Medley</div>                                                                               |
| <div>14</div> <div>Super Banana Bread<br/>Fresh Fruit Variety<br/>Cheese Cubes</div> <div>Beefy Nacho Supreme<br/>Italian Calzone<br/>Potato Wedges<br/>Fruit Cocktail</div>                                                                                             | <div>15</div> <div>Breakfast Sandwich<br/>Fuzzy Kiwi<br/>Vanilla Yogurt</div> <div>Chicken Quesadilla<br/>Sloppy Joes<br/>Garlic Green Beans<br/>Fresh Grapes</div>      | <div>16</div> <div>Sweet Potato Muffin<br/>Golden Bananas<br/>Hash Brown Patties</div> <div>Chicken Poppers / Roll<br/>Baby Carrots / Ranch<br/>Fuzzy Peaches</div>                                                                                                          | <div>17</div> <div>Wheat Toast &amp; Bacon<br/>Melon Medley<br/>Cheesy Scrambled Eggs</div> <div>Hot Diggity Dog<br/>Teriyaki Beef Dippers<br/>Steamed Broccoli<br/>Sweet Orange Slices</div> | <div>18</div> <div>Strawberry Bagel Bar<br/>Fresh Grapes<br/>Peach Yogurt</div> <div>Stuffed Crust Cheese Or Pepperoni Pizza<br/>Mixed Salad Greens<br/>Mixed Berries</div> |
| <div>21</div> <div>Pancake Poppers<br/>Fruit Cocktail<br/>Sausage Links</div> <div>Bean / Cheese Burrito<br/>Mozzarella Dippers<br/>Broccoli Bites<br/>Golden Apple Slices</div>      | <div>22</div> <div>Chicken Waffle Sandwich<br/>Sweet Orange Slices<br/>Peach Yogurt</div> <div>Mandarin Chicken<br/>French Bread Pizza<br/>Steamed Zucchini<br/>Fresh Grapes</div>                                                                          | <div>23</div> <div>Cinnamon Rolls<br/>Diced Peaches<br/>Hash Brown Patties</div> <div>Regular or Spicy<br/>Boneless Wings / Roll<br/>Celery Sticks /Ranch<br/>Mango Berry Sidekick!</div> | <div>24</div> <div>Egg / Cheese Flatbread<br/>Sliced Strawberries<br/>Strawberry Go-Gurt</div> <div>Chicken Alfredo/Toast<br/>Baked Chicken /Roll<br/>Sweet Potato Fries<br/>Melon Medley</div>                                                                                   | <div>25</div> <div>Super Donut<br/>Purple Plums<br/>Crispy Bacon</div> <div>Filet O ' Fish Sandwich<br/>Chicken Fajitas<br/>Refried Beans<br/>Golden Bananas</div>          |
| <div>28</div> <div>Double Chocolate Muffin<br/>Applesauce<br/>Cheese Cubes</div> <div>Breakfast 4 Lunch!<br/>Soft Pretzel &amp; Cheese<br/>Emoji Taters<br/>Fresh Fruit Variety</div> | <div>29</div> <div>Dutch Waffles<br/>Sliced Peaches<br/>Sausage Links</div> <div>Chicken Parmesan<br/>Cheese Taquitos<br/>Mixed Vegetables<br/>Sweet Orange Slices</div> | <div>30</div> <div>Breakfast Burrito<br/>Fresh Fruit Variety<br/>Vanilla Yogurt</div> <div>Bosco Pepperoni Stick<br/>Broccoli Bites<br/>Cinnamon Apple Slices</div>                       | <div></div>                                                                                              |                                                                                                                                                                                                                                                                  |
| <div>Meals are FREE for all students - no need to complete a meal application!</div> <div>USDA Is an Equal Opportunity Provider Employer and Lender</div>                                                                                                                |                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                  |

# La Paloma Academy

## September Afterschool Snack Menu

Monday

Tuesday

Wednesday

Thursday

Friday

WG Honeybun 1  
Grahams  
&  
Cheese Cubes

Chex Mix 2  
Apple Slices  
&  
Tropical Craisins

WG Bunny Friends 3  
Graham  
&  
String Cheese

4  
No School Today

7  
No School Today

8  
Cheddar  
Goldfish  
Crackers  
100 % Fruit Juice

9  
Cheez – Its  
Apple Slices  
&  
Lemonade Craisins

10  
Chocolate  
Chex Mix  
&  
100 % Fruit Juice

11  
WG Coco Dot  
Muffin  
&  
100% Fruit Juice

14  
WG Cheddar  
Sun Chips  
100 % Fruit Juice

15  
WG Scooby-Doo  
Grahams  
&  
String Cheese

16  
Chex Mix  
Apple Slices  
&  
Orange Craisins

17  
WG Cheddar  
Nacho Cheese  
Doritos  
100 % Fruit Juice

18  
WG Bunny Friends  
Graham  
&  
String Cheese

21  
WG Baked  
BBQ Crisps  
100 % Fruit Juice

22  
Goldfish Pretzel  
Crackers  
&  
Cheese Cubes

23  
Cheez – Its  
Apple Slices  
&  
Cherry Craisins

24  
Cheddar  
Goldfish  
Crackers  
100 % Fruit Juice

25  
WG Banana  
Muffin  
&  
100% Fruit Juice

28  
WG Salsa  
Sun Chips  
100 % Fruit Juice

29  
WG White  
Nacho Cheese  
Doritos  
100 % Fruit Juice

30  
Chex Mix  
Apple Slices  
&  
Strawberry Craisins

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