



September 2017 Sun Valley Charter School BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 WG Apple Frudel Banana 100% Apple Juice
4 NO MEAL SERVICE	5 WG Wheat Donut Fruit 100% Apple Juice	6 WG Breakfast Sandwich Banana 100% Orange Juice	7 WG Cinnamon Chex Fruit 100% Fruit Punch	8 WG Waffles w/ Syrup Banana 100% Apple Juice
11 WG Bagel w/ Cream Cheese Fruit 100% Orange Pineapple Juice	12 WG Ubr Sunberry Round Fruit 100% Apple Juice	13 WG Breakfast Burrito Banana 100% Orange Juice	14 WG Trix Cereal Fruit 100% Fruit Punch	15 WG Pancakes w/ Syrup Banana 100% Apple Juice
18 Raspberrry -or- Peach Yogurt w/ WG Animal Crackers Fruit 100% Orange Pineapple Juice	19 WG Blueberry Loaf Fruit 100% Apple Juice	20 WG Egg & Cheese Sandwich Banana 100% Orange Juice	21 WG Cinnamon Toast Crunch Cereal Fruit 100% Fruit Punch	22 WG French Toast w/ Syrup Banana 100% Apple Juice
25 WG Ubr Cinnamon Round Fruit 100% Orange Pineapple Juice	26 WG Strawberry PopTart Fruit 100% Apple Juice	27 WG Sausage Pancake Wrap Banana 100% Orange Juice	28 WG Cocoa Puffs Cereal Fruit 100% Fruit Punch	29 WG Apple Frudel Banana 100% Apple Juice

*** This institution is an equal opportunity provider and employer.**

* Menus are subject to change based on product availability.

* WG = whole grain

All meals come with choice of 8 oz. 1% milk or 8 oz. fat free chocolate milk
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September 2017 Sun Valley Charter School LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 *WG Bean & Cheese Burrito *Hero Sub *Popcorn Chicken Salad w/ Carrots & Fruit
4 NO MEAL SERVICE	5 *Chicken, Cheese & Bean Burrito *Ham Sub *Ranch Chicken Salad *Grab N' Go: Yogurt w/ Carrots & Fruit	6 *Nuestro's WG Cheese Pizza *Turkey Sub *Buffalo Chicken Salad *Grab N' Go: Yogurt w/ Garden Salad & Fruit	7 *Oodles of Noodles w/ Meat Sauce *Chicken Caesar Salad *Grab N' Go: Yogurt w/ Cucumber Coins & Fruit	8 *BBQ Chicken Drumstick *Hero Sub *Popcorn Chicken Salad *Grab N' Go: Yogurt w/ Ranch Beans & Coins
11 *WG Chicken Corn Dog *Chicken Taco Salad *Grab N' Go: Cheese w/ Carrots & Fruit	12 *WG Breakfast Sandwich w/ Ham *Ham Sub *Ranch Chicken Salad *Grab N' Go: Cheese w/ Tater Tots & Fruit	13 *Nuestro's WG Pepperoni Pizza *Turkey Sub *Buffalo Chicken Salad *Grab N' Go: Cheese w/ Garden Salad	14 *Cheeseburger on WG Bun *Chicken Caesar Salad *Grab N' Go: Cheese w/ Dill Pickle Spears & Fruit	15 *Mac N' Cheese *Hero Sub *Popcorn Chicken Salad *Grab N' Go: Cheese w/ BBQ Beans & Fruit
18 *WG Popcorn Chicken, Corn and Potato Bowl *Chicken Taco Salad w/ Mashed Potatoes & Fruit	19 *BBQ Beef Sandwich on WG Bun *Ham Sub *Ranch Chicken Salad w/ Dill Pickle Spears & Fruit	20 *Nuestro's WG Cheese Pizza *Turkey Sub *Buffalo Chicken Salad w/ Garden Salad & Fruit	21 *Chicken Teriyaki w/ WG Rice *Chicken Caesar Salad w/ Carrots & Fruit	22 *WG Chicken Sandwich w/ Cheese *Hero Sub *Popcorn Chicken Salad w/ Ranch Beans & Fruit
25 *Hamburger on WG Bun *Chicken Taco Salad *Grab N' Go: Yogurt w/ Carrots & Fruit	26 *Red Chili Chicken Enchilada w/ Spanish Rice *Ham Sub *Ranch Chicken Salad *Grab N' Go: Yogurt w/ Refried Beans & Fruit	27 *Nuestro's WG Pepperoni Pizza *Turkey Sub *Buffalo Chicken Salad *Grab N' Go: Yogurt w/ Garden Salad & Fruit	28 * Meatballs w/ Breadsticks *Chicken Caesar Salad *Grab N' Go: Yogurt w/ Cucumber Coins & Fruit	29 *WG Buffalo Popcorn Chicken N' Tots *Hero Sub *Popcorn Chicken Salad *Grab N' Go: Yogurt w/ Tater Tots & Fruit

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