

Samuels
Breakfast (Grab n Go Breakfast), September - 2021

| | | | | |
|---|---|--|---|--|
| | | 1 Wednesday | 2 Thursday | 3 Friday |
| | | ENTREE Lemon Bread Rice Chex Cereal w/ String Cheese | ENTREE Chicken Sausage and Cheese Biscuit Sandwich Cinnamon Toast Crunch Cereal | ENTREE Cherry Frudel Cinnamon Chex Cereal |
| 6 Monday | 7 Tuesday | 8 Wednesday | 9 Thursday | 10 Friday |
| | ENTREE Bagel w/ Plain Cream Cheese Egg and Cheese Omelet w/ Cinnamon Roll | ENTREE Lemon Bread Rice Chex Cereal w/ String Cheese | ENTREE Cinnamon Toast Crunch Cereal Egg & Cheese Biscuit Sandwich | ENTREE Eggo Waffle Bites Zucchini Bread |
| 13 Monday | 14 Tuesday | 15 Wednesday | 16 Thursday | 17 Friday |
| ENTREE Cherry Frudel Cinnamon Toast Crunch Cereal | ENTREE Chicken Sausage and Cheese Biscuit Sandwich Zucchini Bread | ENTREE Baked French Toast Rice Chex Cereal w/ String Cheese | ENTREE Breakfast Quesadilla Lemon Bread | ENTREE Bagel, Egg & Cheese Sandwich Cinnamon Chex Cereal |
| 20 Monday | 21 Tuesday | 22 Wednesday | 23 Thursday | 24 Friday |
| ENTREE Benefit Bar - Apple Cinnamon Rice Chex Cereal w/ String Cheese | ENTREE Pancakes and Chicken Sausage Pancakes and Scrambled Eggs | ENTREE Cinnamon Toast Crunch Cereal Ultimate Breakfast Round (UBR) | ENTREE Bagel w/ Plain Cream Cheese Cinnamon Chex Cereal | ENTREE Cherry Frudel Zucchini Bread |
| 27 Monday | 28 Tuesday | 29 Wednesday | 30 Thursday | |
| ENTREE Cinnamon Chex Cereal Ultimate Breakfast Round (UBR) | ENTREE Bagel w/ Plain Cream Cheese Egg and Cheese Omelet w/ Cinnamon Roll | ENTREE Lemon Bread Rice Chex Cereal w/ String Cheese | ENTREE Cinnamon Toast Crunch Cereal Egg & Cheese Biscuit Sandwich | |

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Samuels
Lunch (Traditional Lunch), September - 2021

| | | 1 Wednesday | 2 Thursday | 3 Friday |
|---|--|--|--|--|
| | | ENTREE Mac & Cheese w/ Sweet Peas & Dinner Roll Meal (pre-made roll) Peanut Butter & Jelly Sandwich w/ Baby Carrots Meal FRUIT Red Apple MILK True Moo 1 % White Milk True Moo Fat Free Chocolate | ENTREE Chicken Drumstick w/ Mashed Potatoes & Gravy Meal (pre-made roll) Peanut Butter & Jelly Sandwich w/ Baby Carrots Meal FRUIT Mixed Berry Cup MILK True Moo 1 % White Milk True Moo Fat Free Chocolate | ENTREE Ham Cheese Sandwich Turkey Cheese Sandwich VEGETABLE Cucumber Coins w/ Ranch FRUIT Mixed Berry Cup MILK True Moo 1 % White Milk True Moo Fat Free Chocolate CONDIMENTS Mayo Mustard |
| 6 Monday | 7 Tuesday | 8 Wednesday | 9 Thursday | 10 Friday |
| | ENTREE Chicken Sandwich WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Celery w/ Ranch Curly Fries FRUIT Red Grapes MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk | ENTREE Bean & Cheese Burrito Beef & Cheese Burrito WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Cherry Tomatoes w/ Ranch Refried Beans FRUIT Red Apple MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk | ENTREE Cheesy Bread Stick w/ Marinara Lemon Chicken w/ Chile Lemon Rice WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Broccoli w/ Ranch Sweet Pepper Strips FRUIT Cantaloupe MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk | ENTREE Broccoli & Cheese Baked Potato w/ Homemade Dinner Roll Mac & Cheese WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Baby Carrots Peas FRUIT Peaches MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk |
| 13 Monday | 14 Tuesday | 15 Wednesday | 16 Thursday | 17 Friday |
| ENTREE Beef Nachos Cheese Nachos WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Calabacitas Con Elote Refried Beans FRUIT Red Grapes MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk | ENTREE Chicken Nuggets & Homemade Dinner Roll WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Celery w/ Ranch Cup- 1/2 C Sweet Potato Tots FRUIT Plum MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk | ENTREE Cheesburger (no fries) Grilled Cheese Sandwich WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Baby Carrots Curly Fries FRUIT Fruit Honeydew MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk CONDIMENTS Ranch Dressing | ENTREE Italian Sub Meal Italian Veggie Sub Meal WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Baby Carrots Broccoli FRUIT Red Apple MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk CONDIMENTS Ranch Dressing | ENTREE Spaghetti Marinara Spaghetti w/ Meat Sauce WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Garden Greens w/ Ranch Zucchini Sticks w/ Ranch FRUIT Green Grapes MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk |
| 20 Monday | 21 | 22 | 23 | 24 |

| | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| ENTREE Cheese Quesadilla w/ Homemade Salsa Chicken Quesadilla w/ Homemade Salsa WOW Butter & Jelly Sandwich (peanut-free) | ENTREE Greek Gyro Wrap Roasted Red Pepper Hummus Bowl WOW Butter & Jelly Sandwich (peanut-free) | ENTREE Chicken Sandwich WOW Butter & Jelly Sandwich (peanut-free) Yogurt Basket w/ Blueberry Muffin - Raspberry | ENTREE Beef Taco (1) pk-3rd Beef Tacos (2) 4th-12th Veggie Tacos w/ Roasted Tomato Salsa WOW Butter & Jelly Sandwich (peanut-free) | ENTREE BBQ Chicken Grilled Cheese Sandwich WOW Butter & Jelly Sandwich (peanut-free) |
| VEGETABLE Calabacitas Con Elote Refried Beans | VEGETABLE Cucumber Tomato Salad Curly Fries | VEGETABLE Garden Greens w/ Ranch Sweet Pepper Strips | VEGETABLE Celery w/ Ranch Spicy Corn Salad | VEGETABLE Baby Carrots Southwest Beans |
| FRUIT Strawberries | FRUIT Nectarines | FRUIT Red Grapes | FRUIT Pear | FRUIT Fruit Honeydew |
| MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk | MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk | MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk | MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk | MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk |
| CONDIMENTS Ranch Dressing | | | | |
| 27 Monday | 28 Tuesday | 29 Wednesday | 30 Thursday | |
| ENTREE All Beef Hotdog Grilled Cheese Sandwich WOW Butter & Jelly Sandwich (peanut-free) | ENTREE Chicken Sandwich WOW Butter & Jelly Sandwich (peanut-free) | ENTREE Bean & Cheese Burrito Beef & Cheese Burrito WOW Butter & Jelly Sandwich (peanut-free) | ENTREE Cheesy Bread Stick w/ Marinara Lemon Chicken w/ Chile Lemon Rice WOW Butter & Jelly Sandwich (peanut-free) | |
| VEGETABLE Sweet Potato Tots Zucchini Sticks w/ Ranch | VEGETABLE Celery w/ Ranch Curly Fries | VEGETABLE Cherry Tomatoes w/ Ranch Refried Beans | VEGETABLE Broccoli w/ Ranch Sweet Pepper Strips | |
| FRUIT Fruit Honeydew | FRUIT Red Grapes | FRUIT Red Apple | FRUIT Cantaloupe | |
| MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk | MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk | MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk | MILK True Moo 1 % White Milk True Moo Fat Free Chocolate True Moo Fat Free White Milk | |

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Samuels
Breakfast (Headstart Breakfast), September - 2021

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|---|---|---|---|--|
| | | 1 Wednesday | 2 Thursday | 3 Friday |
| | | ENTREE Rice Chex Cereal w/ String Cheese | ENTREE Breakfast Quesadilla | ENTREE Bagel, Egg & Cheese Sandwich |
| 6 Monday | 7 Tuesday | 8 Wednesday | 9 Thursday | 10 Friday |
| | ENTREE Pancakes and Scrambled Eggs | ENTREE Cinnamon Toast Crunch Cereal | ENTREE Bagel w/ Plain Cream Cheese | ENTREE Zucchini Bread |
| 13 Monday | 14 Tuesday | 15 Wednesday | 16 Thursday | 17 Friday |
| ENTREE Cinnamon Toast Crunch Cereal | ENTREE Chicken Sausage and Cheese Biscuit Sandwich | ENTREE Rice Chex Cereal w/ String Cheese | ENTREE Breakfast Quesadilla | ENTREE Bagel, Egg & Cheese Sandwich |
| 20 Monday | 21 Tuesday | 22 Wednesday | 23 Thursday | 24 Friday |
| ENTREE Rice Chex Cereal w/ String Cheese | ENTREE Pancakes and Scrambled Eggs | ENTREE Cinnamon Toast Crunch Cereal | ENTREE Bagel w/ Plain Cream Cheese | ENTREE Zucchini Bread |
| 27 Monday | 28 Tuesday | 29 Wednesday | 30 Thursday | |
| ENTREE Cinnamon Chex Cereal | ENTREE Bagel w/ Plain Cream Cheese | ENTREE Rice Chex Cereal w/ String Cheese | ENTREE Egg & Cheese Biscuit Sandwich | |

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Samuels
Lunch (Headstart Lunch), September - 2021

| | | 1 Wednesday | 2 Thursday | 3 Friday |
|--|---|---|---|---|
| | | ENTREE Mac & Cheese w/ Sweet Peas & Dinner Roll Meal (pre-made roll) Peanut Butter & Jelly Sandwich w/ Baby Carrots Meal FRUIT Red Apple MILK True Moo 1 % White Milk True Moo Fat Free Chocolate | ENTREE Chicken Drumstick w/ Mashed Potatoes & Gravy Meal (pre-made roll) Peanut Butter & Jelly Sandwich w/ Baby Carrots Meal FRUIT Mixed Berry Cup MILK True Moo 1 % White Milk True Moo Fat Free Chocolate | ENTREE Ham Cheese Sandwich Turkey Cheese Sandwich VEGETABLE Cucumber Coins w/ Ranch FRUIT Mixed Berry Cup MILK True Moo 1 % White Milk True Moo Fat Free Chocolate CONDIMENTS Mayo Mustard |
| 6 Monday | 7 Tuesday | 8 Wednesday | 9 Thursday | 10 Friday |
| | ENTREE Chicken Sandwich WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Curly Fries FRUIT Red Grapes MILK True Moo 1 % White Milk True Moo Fat Free White Milk | ENTREE Bean & Cheese Burrito WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Cherry Tomatoes w/ Ranch FRUIT Red Apple MILK True Moo 1 % White Milk True Moo Fat Free White Milk | ENTREE Cheesy Bread Stick w/ Marinara WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Broccoli w/ Ranch FRUIT Cantaloupe MILK True Moo 1 % White Milk True Moo Fat Free White Milk | ENTREE Mac & Cheese WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Peas FRUIT Peaches MILK True Moo 1 % White Milk True Moo Fat Free White Milk |
| 13 Monday | 14 Tuesday | 15 Wednesday | 16 Thursday | 17 Friday |
| ENTREE Cheese Nachos WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Refried Beans FRUIT Red Grapes MILK True Moo 1 % White Milk True Moo Fat Free White Milk | ENTREE Chicken Nuggets & Homemade Dinner Roll WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Sweet Potato Tots FRUIT Plum MILK True Moo 1 % White Milk True Moo Fat Free White Milk | ENTREE Cheeseburger (no fries) WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Curly Fries FRUIT Fruit Honeydew MILK True Moo 1 % White Milk True Moo Fat Free White Milk CONDIMENTS Ranch Dressing | ENTREE Turkey & Cheese Munchable w/ Cheeze-itz WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Broccoli FRUIT Red Apple MILK True Moo 1 % White Milk True Moo Fat Free White Milk CONDIMENTS Ranch Dressing | ENTREE Spaghetti w/ Meat Sauce WOW Butter & Jelly Sandwich (peanut-free) VEGETABLE Garden Greens w/ Ranch FRUIT Green Grapes MILK True Moo 1 % White Milk True Moo Fat Free White Milk |
| 20 Monday | 21 Tuesday | 22 Wednesday | 23 Thursday | 24 Friday |
| ENTREE Cheese Quesadilla w/ Homemade Salsa WOW Butter & Jelly Sandwich (peanut-free) | ENTREE Greek Gyro Wrap WOW Butter & Jelly Sandwich (peanut-free) | ENTREE WOW Butter & Jelly Sandwich (peanut-free) Yogurt Basket w/ Blueberry Muffin - Raspberry | ENTREE Beef Taco (1) pk-3rd WOW Butter & Jelly Sandwich (peanut-free) | ENTREE Grilled Cheese Sandwich WOW Butter & Jelly Sandwich (peanut-free) |

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|---|--|---|--|---|
| <p>VEGETABLE Refried Beans</p> <p>FRUIT Strawberries</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk</p> | <p>VEGETABLE Curly Fries</p> <p>FRUIT Nectarines</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk</p> | <p>VEGETABLE Sweet Pepper Strips</p> <p>FRUIT Red Grapes</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk</p> | <p>VEGETABLE Refried Beans</p> <p>FRUIT Pear</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk</p> | <p>VEGETABLE Garden Greens w/ Ranch</p> <p>FRUIT Fruit Honeydew</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk</p> <p>CONDIMENTS Ranch Dressing</p> |
| <p>27 Monday</p> | <p>28 Tuesday</p> | <p>29 Wednesday</p> | <p>30 Thursday</p> | |
| <p>ENTREE All Beef Hotdog WOW Butter & Jelly Sandwich (peanut-free)</p> <p>VEGETABLE Sweet Potato Tots</p> <p>FRUIT Fruit Honeydew</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk</p> | <p>ENTREE Chicken Sandwich WOW Butter & Jelly Sandwich (peanut-free)</p> <p>VEGETABLE Curly Fries</p> <p>FRUIT Red Grapes</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk</p> | <p>ENTREE Bean & Cheese Burrito WOW Butter & Jelly Sandwich (peanut-free)</p> <p>VEGETABLE Cherry Tomatoes w/ Ranch</p> <p>FRUIT Red Apple</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk</p> | <p>ENTREE Cheesy Bread Stick w/ Marinara WOW Butter & Jelly Sandwich (peanut-free)</p> <p>VEGETABLE Broccoli w/ Ranch</p> <p>FRUIT Cantaloupe</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk</p> | |

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