

The School of Arts and Enterprise



September 2022 Breakfast and Lunch Menu

Monday 9/12/22	Tuesday 9/13/22	Wednesday 9/14/22	Thursday 9/15/22	Friday 9/16/22
Mexican Concha	Coco Puffs & WG Cracker	Bagel & Cream Cheese	Egg & Soyizo Breakfast Burrito	Bagel & Cream Cheese
Breaded Chicken Patty on a HB Bun w/carrot sticks (1c)	Beef Picadillo (3/4c) w/spanish rice & pinto beans (1c)	Hawaiian Chicken w/brown rice (1c) & broccoli (1c)	Turkey Hot Dog on a Bun w/whole kernel corn (1c)	Mongolian Beef Bowl w/brown rice (1c) & steamed carrots (1c)
Italian Antipasto Salad with a Wheat Goldfish Crackers	Santa Fe Chicken Salad with a Wheat Strawberry Muffin	Caesar Chicken Salad with a Wheat Cereal Bar	Chef Turkey & Ham Salad with a Wheat Banana Muffin	Chinese Chicken Salad with a Wheat Scooby-Doo Crackers
** Vegetarian Option Available**	** Vegetarian Option Available**	** Vegetarian Option Available**	** Vegetarian Option Available**	** Vegetarian Option Available**
Monday 9/19/22	Tuesday 9/20/22	Wednesday 9/21/22	Thursday 9/22/22	Friday 9/23/22
Strawberry Muffin	Pancakes (2)	Banana Muffin	Lucky Charms & WG Crackers	Coffee Cinnamon Crumble
Honey BBQ Wings w/dinner roll & carrot sticks (1c)	Chicken Tamal w/pinto beans (1c)	Chicken Teriyaki Bowl w/brown rice (1c) & broccoli (1c)	Spaghetti and Meatballs w/whole kernel corn (1c)	Chicken Alfredo Pasta w/steamed carrots (1c)
Italian Antipasto Salad with a Wheat Blueberry-NutriGrain Bar	Santa Fe Chicken Salad with a Wheat Chocolate Chex Mix	Caesar Chicken Salad with a Wheat Cheez-Its	Chef Turkey & Ham Salad with a Wheat Goldfish Pretzel	Chinese Chicken Salad with a Wheat Strawberry Muffin
** Vegetarian Option Available**	** Vegetarian Option Available**	** Vegetarian Option Available**	** Vegetarian Option Available**	** Vegetarian Option Available**
Monday 9/26/22	Tuesday 9/27/22	Wednesday 9/28/22	Thursday 9/29/22	Friday 9/30/22
Blueberry Muffin	Grilled Cheese Sandwich	Bagel & Cream Cheese	Maple Waffle	Bagel & Cream Cheese
Breaded Chicken Patty on a HB Bun w/carrot sticks (1c)	Beef & Cheese Nachos w/pinto beans (1c)	Teriyaki Chicken Chow Mein Bowl w/broccoli (1c)	Cheeseburger w/water tots (1c)	Buffalo Wings w/dinner roll & carrot sticks (1c)
Italian Antipasto Salad with a Wheat Scooby-Doo Crackers	Santa Fe Chicken Salad with a Wheat Coffee Cinnamon Crumble	Caesar Chicken Salad with a Wheat Goldfish Crackers	Chef Turkey & Ham Salad with a Wheat Strawberry Chex Mix	Chinese Chicken Salad with a Wheat Banana Muffin
** Vegetarian Option Available**	** Vegetarian Option Available**	** Vegetarian Option Available**	** Vegetarian Option Available**	** Vegetarian Option Available**

Menu Items are Subject to Change Based on Availability

This institution is an equal opportunity provider.