

El Sol Science & Arts Academy An Excellent Public School

September 2021



Monday	Tuesday	Wednesday	Thursday	Friday
		1 BREAKFAST Cereal Cup Mixed Fruit Cup, Milk (1%, fat free, chocolate) LUNCH Penne Meat Sauce Peas, Carrot, Banana, Milk (1%, fat free, chocolate) SNACK Simply Chex Mix, (Apple or Orange Juice)	2 BREAKFAST Pop Tarts, Watermelon, Milk (1%, fat free, chocolate) LUNCH Cheeseburger Whole Wheat Bun Side Salad, Cilantro Ranch, Peach Cup, Milk (1%, fat free, chocolate) SNACK Teddy Grahams, (Apple or Orange Juice)	3 BREAKFAST Whole Wheat Bagel & Cream Cheese Banana, Milk (1%, fat free, chocolate) LUNCH Two Cheese Enchilada Pinto Bean, Mexican Rice, ½ Cup Grapes, Milk (1%, fat free, chocolate) SNACK Reduced Fat Doritos, (Apple or Orange Juice)
LABOR DAY	7 BREAKFAST Marble Breakfast Muffin, Pineapple, Milk (1%, fat free, chocolate) LUNCH BBQ Pulled Pork Sandwich Whole Wheat Bun, Carrots, Broccoli & Ranch, Orange Slices, Milk (1%, fat free, chocolate) SNACK Simply Chex Mix, (Apple or Orange Juice)	8 BREAKFAST Cereal, Mixed Fruit Cup, Milk (1%, fat free, chocolate) LUNCH Chicken Tenders, Whole Wheat Snack, Side Salad, Cilantro Ranch, Banana, Milk (1%, fat free, chocolate) SNACK Granola Bar, (Apple or Orange Juice)	9 BREAKFAST Whole Grain Pancakes, Syrup, Watermelon, Milk (1%, fat free, chocolate) LUNCH French Bread Pizza Pepperoni, Cheese, Pizza sauce, Cucumber, Carrots, Tajin, Peach Cup, Milk (1%, fat free, chocolate) SNACK Reduced Fat Doritos, (Apple or Orange Juice)	10 BREAKFAST Cereal, Banana, Milk (1%, fat free, chocolate) LUNCH Bean & Cheese Burrito Whole Wheat Tortilla , Seasonal Fruit, Milk (1%, fat free, chocolate) SNACK Teddy Grahams, (Apple or Orange Juice)
13 BREAKFAST Breakfast Burrito, Egg, Cheese, Potato - Cantaloupe, Milk (1%, fat free, chocolate) LUNCH Penne with Meat Sauce Green Beans Apple, Milk (1%, fat free, chocolate) SNACK Granola Bar, (Apple or Orange Juice)	14 BREAKFAST Marble Breakfast Bread - Cantaloupe Fruit Cup, Milk (1%, fat free, chocolate) LUNCH Chicken Corn Dog Whole Wheat Bun Carrots, Jicama, Ranch, Orange slices, Milk (1%, fat free, chocolate) SNACK Simply Chex Mix, (Apple or Orange Juice)	15 BREAKFAST Cereal, Mixed Fruit Cup, Milk (1%, fat free, chocolate) LUNCH Grilled Chicken Sandwich Cheese, Bacon, Whole Wheat Bun Carrots, Cucumbers, Cilantro Ranch, Banana, Milk (1%, fat free, chocolate) SNACK Cereal Bar, (Apple or Orange Juice)	16 BREAKFAST Pop Tarts, Watermelon, Milk (1%, fat free, chocolate) LUNCH Cheeseburger Whole Wheat Bun Side Salad, Ranch, Peach Cup, Milk (1%, fat free, chocolate) SNACK Reduced fat Doritos, (Apple or Orange Juice)	17 BREAKFAST Whole Wheat Bagel & Cream Cheese Banana, Milk LUNCH Chicken and Two Cheese Enchilada Pinto Bean, Mexican Rice, Seasonal Fruit, Milk (1%, fat free, chocolate) SNACK Dave's Doughnuts, (Apple or Orange Juice)

*All grain served are whole grain rich.

This institution is an equal opportunity provider.

*Todos los cereales que se sirven son ricos en cereales integrals Esta institución es un proveedor que ofrece igualdad de oportunidades



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20	21	22	23	24
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Burrito, Egg, Cheese, Potato -	Marble Breakfast Muffin - Pineapple,	Cereal, Mixed Fruit Cup, Milk (1%, fat	Whole Grain Pancakes, Syrup,	Cereal, Banana, Milk
Cantaloupe, Milk (1%, fat free,	Milk (1%, fat free, chocolate)	free, chocolate)	Watermelon, Milk	(1%, fat free, chocolate)
chocolate)	LUNCH	LUNCH	(1%, fat free, chocolate)	LUNCH
LUNCH	Chicken Tenders Whole Wheat Snack,	All Beef Hot Dog Whole Wheat Bun,	LUNCH	Bean & Cheese Burrito Whole Wheat
Grilled Chicken Penne Alfredo, Peas,	Mixed Vegetable Crudité, Orange	Mixed Vegetable Crudités – Banana,	French Bread Pizza, Pepperoni,	Tortilla Seasonal Fruit, Milk (1%, fat
Carrots, Tomato, Broccoli, Creamy	Slices, Milk (1%, fat free, chocolate)	Milk (1%, fat free, chocolate)	Cheese, Pizza Sauce Side Salad,	free, chocolate)
Garlic Sauce Apple, Milk (1%, fat free,	SNACK	SNACK	Cilantro Ranch, Peach Cup, Milk (1%,	SNACK
chocolate)	Teddy Grahams, (Apple or Orange	Cereal Bars, (Apple or Orange Juice)	fat free, chocolate)	Reduced Fat Doritos, (Apple or
SNACK	Juice)		SNACK	Orange Juice)
Whole Wheat Goldfish Cracker, (Apple			Dave's Doughnuts, (Apple or Orange	
or Orange Juice)			Juice)	
27	28	29	30	
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
Breakfast Burrito, Egg, Cheese, Potato -	Marble Breakfast Muffin - Pineapple,	Cereal, Mixed Fruit Cup, Milk (1%, fat	Whole Grain Pancakes, Syrup,	
Cantaloupe, Milk (1%, fat free,	Milk (1%, fat free, chocolate)	free, chocolate)	Watermelon, Milk (1%, fat free,	
chocolate)	LUNCH	LUNCH	chocolate)	
LUNCH	Chicken Tenders Whole Wheat Snack	Chicken Fajita Onions, Bell Pepper,	LUNCH	
BBQ Chicken Mac & Cheese, Carrots,	Carrots, Broccoli & Ranch, Orange	Bean, Mexican Rice, Apple, Milk	Turkey and Cheddar Wrap, Lettuce,	
Green Beans, Apple, Milk (1%, fat free,	Slices, Milk (1%, fat free, chocolate)	(1%, fat free, chocolate)	Tomato, Jicama, Salsa Ranch, Orange	
chocolate)	SNACK	SNACK	slices, Milk (1%, fat free, chocolate)	
SNACK	Simply Chex Mix, (Apple or Orange	Cereal Bar, (Apple or Orange Juice)	SNACK	
Whole Grain Cheezits, (Apple or	Juice)		Teddy Grahams, (Apple or Orange	
Orange Juice)			Juice)	

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