

EL SOL ACADEMY LUNCH MENU

Every child deserves a healthy start.™



Sapphire at School lunch menus are carefully selected to provide healthy variety, balance, and flavor. Our “homemade sauces”, and dressings have no added preservatives, additives, or high fructose syrup. We proudly utilize locally produced, artisanal whole wheat breads. All breakfast and lunch served with 1% or FF Milk. All snacks are served with full strength juice.

June 14-18

MONDAY 14, 2020
BREAKFAST: **Whole Wheat Bagel**, Cream Cheese, **Pineapple**, **Milk**
LUNCH: **Grilled Chicken Sandwich** Bacon, Cheese, Whole Wheat Bun
LUNCH SIDE: **Carrot, Apple, Milk**

TUESDAY 15, 2020
BREAKFAST: **Marble Breakfast Muffin**, **Cantaloupe**, **Milk**
LUNCH: **Turkey & Cheddar Wrap** Lettuce, Tomato, Mayo, Whole Wheat Tortilla
LUNCH SIDE: **Orange Slices: Milk**

WEDNESDAY 16, 2020
BREAKFAST: **Cereal**, **Mixed Fruit Cup**, **Milk**
LUNCH: **BBQ Pulled Pork Sandwich** Whole Wheat Bun
LUNCH SIDE: **Side Salad, Cilantro Ranch – Banana, Milk**

THURSDAY 17, 2020
BREAKFAST: **Pop Tarts**, **Watermelon**, **Milk**
LUNCH: **All Beef Hot Dog** Whole Wheat Bun
LUNCH SIDE: **Cucumbers and Jicama, ½ Cup Grapes, Milk**

FRIDAY 18, 2020
BREAKFAST: **Sunbutter & Jelly Sandwich**, **Mixed Fruit**, **Milk**
LUNCH **Mac & Cheese**
LUNCH SIDE: **Side Salad, Buttermilk Ranch, Peach Cup, Milk**

June 21-25

MONDAY 21, 2020
BREAKFAST: **Breakfast Burrito**, **Egg**, **Cheese**, **Potato - Cantaloupe**, **Milk**
LUNCH: **Chicken Alfredo** Penne, Pea, Carrot, Parmesan Cream Sauce
LUNCH SIDE: **Apple, Milk**

TUESDAY 22, 2020
BREAKFAST: **Marble Breakfast Muffin**, **Pineapple**, **Milk**
LUNCH: **Two Cheese Enchilada** Pinto Bean, Mexican Rice
LUNCH SIDE: **Orange Slices, Milk**

WEDNESDAY 23, 2020
BREAKFAST: **Cereal**, **Mixed Fruit Cup**, **Milk**
LUNCH: **Cheeseburger** Whole Wheat Bun
LUNCH SIDE: **Side Salad, Cilantro Ranch – Banana, Milk**

THURSDAY 24, 2020
BREAKFAST: **Whole Grain Pancakes**, **Syrup**, **Peach Cup**, **Milk**
LUNCH: **Chicken Tenders** Whole Wheat Snack
LUNCH SIDE: **Broccoli, Ranch, Watermelon, Milk**

FRIDAY 25, 2020
BREAKFAST: **Whole Wheat Bagel**, Cream Cheese, **Apple**, **Milk**
LUNCH **Turkey & Cheddar Cheese Sandwich** | Whole Wheat Tortilla
LUNCH SIDE: **Cucumbers and Jicama, ½ Cup Grapes, Milk**

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June 28- July 2

MONDAY 28, 2020	BREAKFAST: Breakfast Burrito Egg, Cheese, Potato, Orange Slices, Milk LUNCH: Chicken Corndog LUNCH SIDE: Side Salad, Chipotle Ranch, Apple, Milk
TUESDAY 29, 2020	BREAKFAST: Sunbutter & Jelly Sandwich, Cantaloupe, Milk LUNCH: BBQ Pulled Pork Sandwich Whole Wheat Bun LUNCH SIDE: Carrots, Watermelon, Milk
WEDNESDAY 30, 2020	BREAKFAST: Whole Wheat Bagel, Cream Cheese Mixed Fruit Cup, Milk LUNCH: Mac & Cheese LUNCH SIDE: Side Salad, Cilantro Ranch – Banana, Milk
THURSDAY 1, 2020	BREAKFAST: Whole Grain Pancakes, Syrup, Watermelon, Milk LUNCH: Chicken Tenders Whole Wheat Goldfish LUNCH SIDE: Broccoli, BBQ Ranch, Peach Cup, Milk
FRIDAY 2, 2020	BREAKFAST: Cereal, Apple, Milk LUNCH Pepperoni Pizza Sandwich Mozzarella, Cheddar Cheese, Tomato Sauce LUNCH SIDE: Cucumbers and Jicama, ½ Cup Grapes, Milk

July 5- 9

MONDAY 5, 2020	BREAKFAST: Breakfast Burrito Egg, Cheese, Potato, Oranges, Milk LUNCH: Chicken Tender Wrap Lettuce, Tomato, Ranch, Whole Wheat Tortilla LUNCH SIDE: Apple, Milk
TUESDAY 6, 2020	BREAKFAST: Marble Breakfast Muffin, Banana, Milk LUNCH: Penne Bolognese Penne, Meat Sauce LUNCH SIDE: Pineapple, Milk
WEDNESDAY 7, 2020	BREAKFAST: Cereal, Mixed Fruit Cup, Milk LUNCH: Beef Fajita Bowl Mexican Rice, Bean, Pepper, Onion LUNCH SIDE: Banana, Milk
THURSDAY 8, 2020	BREAKFAST: Whole Grain Pancakes, Syrup, Peach Cup, Milk LUNCH: Hotdog, Whole Wheat Bun LUNCH SIDE: Carrot, Celery Sticks, Ranch, Watermelon, Milk
FRIDAY 9, 2020	BREAKFAST: Whole Wheat Bagel, Cream Cheese, Apple, Milk LUNCH Two Cheese Enchilada Pinto Bean, Mexican Rice LUNCH SIDE: Cucumbers and Jicama, ½ Cup Grapes, Milk

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July 12-16

MONDAY 12, 2020
BREAKFAST: **Breakfast Burrito** Egg, Cheese, Potato, **Pineapple, Milk**
LUNCH: **Grilled Chicken Sandwich** Bacon, Cheese, Whole Wheat Bun
LUNCH SIDE: **Apple, Milk**

TUESDAY 13, 2020
BREAKFAST: **Marble Breakfast Muffin, Cantaloupe, Milk**
LUNCH: **Turkey & Cheddar Wrap** Lettuce, Tomato, Mayo, Whole Wheat Tortilla
LUNCH SIDE: **Banana, Milk**

WEDNESDAY 14, 2020
BREAKFAST: **Cereal, Mixed Fruit Cup, Milk**
LUNCH: **BBQ Pulled Pork Sandwich** Whole Wheat Bun
LUNCH SIDE: **Side Salad, Cilantro Ranch – Orange Slices, Milk**

THURSDAY 15, 2020
BREAKFAST: **Pop Tarts, Watermelon, Milk**
LUNCH: **Cheeseburger** Whole Wheat Bun
LUNCH SIDE: **Cucumbers and Jicama, Apple, Milk**

FRIDAY 16, 2020
BREAKFAST: **Sunbutter & Jelly Sandwich, Grapes, Milk**
LUNCH **Bean & Cheese Burrito** Refried Bean, Two Cheese, Mild Tomato Salsa, Whole Wheat Tortilla
LUNCH SIDE: **Side Salad, Buttermilk Ranch, Peach Cup, Milk**

July 19-23

MONDAY 19, 2020
BREAKFAST: **Breakfast Burrito** Egg, Cheese, Potato - **Cantaloupe, Milk**
LUNCH: **Buttered Noodles & Chicken**
LUNCH SIDE: **Carrots, Apple, Milk**

TUESDAY 20, 2020
BREAKFAST: **Marble Breakfast Muffin, Pineapple, Milk**
LUNCH: **Two Cheese Enchilada** Pinto Bean, Mexican Rice
LUNCH SIDE: **Orange Slices, Milk**

WEDNESDAY 21, 2020
BREAKFAST: **Cereal, Mixed Fruit Cup, Milk**
LUNCH: **Chicken Tenders** Whole Wheat Goldfish
LUNCH SIDE: **Side Salad, Cilantro Ranch – Banana, Milk**

THURSDAY 22, 2020
BREAKFAST: **Whole Grain Pancakes, Syrup, Peach Cup, Milk**
LUNCH: **Beef Fajita Bowl** Mexican Rice, Bean, Pepper, Onion
LUNCH SIDE: **Watermelon, Milk**

FRIDAY 23, 2020
BREAKFAST: **Whole Wheat Bagel, Cream Cheese, Apple, Milk**
LUNCH **Pepperoni Pizza Sandwich** Mozzarella, Cheddar Cheese, Tomato Sauce
LUNCH SIDE: **Cucumbers and Jicama, ½ Cup Grapes, Milk**

EL SOL ACADEMY LUNCH MENU



July 26- 30

MONDAY 26, 2020	BREAKFAST: Cereal, Cantaloupe, Milk LUNCH: BRC Burrito Pinto Bean, Spanish Rice, Cheddar Cheese, Mild Salsa, Whole Wheat Tortilla LUNCH SIDE: Apple, Milk
TUESDAY 27, 2020	BREAKFAST: Sunbutter & Jelly Sandwich, Honeydew, Milk LUNCH: BBQ Pulled Pork Sandwich Whole Wheat Bun LUNCH SIDE: Carrot, Banana, Milk
WEDNESDAY 28, 2020	BREAKFAST: Whole Wheat Bagel, Cream Cheese Mixed Fruit Cup, Milk LUNCH: Mac & Cheese LUNCH SIDE: Side Salad, Cilantro Ranch – Orange Slices, Milk
THURSDAY 29, 2020	BREAKFAST: Whole Grain Pancakes, Syrup, Watermelon, Milk LUNCH: Chicken Tenders Whole Wheat Goldfish LUNCH SIDE: Broccoli, BBQ Ranch, Peach Cup, Milk
FRIDAY 30, 2020	BREAKFAST: Breakfast Burrito Egg, Cheese, Potato, Apple, Milk LUNCH Cheeseburger Whole Wheat Bun LUNCH SIDE: Cucumbers and Jicama, ½ Cup Grapes, Milk