



EL SOL ACADEMY LUNCH MENU

September | 2019

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.

September 2 – 6

MONDAY 2 nd , 2019	BREAKFAST: Cereal Cup - Seasonal Fruit Cup, Milk LUNCH: Korean Beef Bowl Cabbage, Spinach, Carrot, Celery, Pea, Ginger steamed rice LUNCH SIDE: Apple, Milk SNACK: Strawberry PopTart
TUESDAY 3 rd , 2019	BREAKFAST: Marble Breakfast Bread - Cantaloupe Fruit Cup, Milk LUNCH: All Beef Hot Dog Whole Wheat Bun LUNCH SIDE: Romaine Salad Cucumber, Carrot, Tomato, Ranch Dressing Orange or Watermelon, Milk SNACK: Cheez Its
WEDNESDAY 4 th , 2019	BREAKFAST: Breakfast Burrito Egg, Bacon, Cheese, Potato Whole Wheat Tortilla- Honeydew Fruit Cup, Milk LUNCH: Chicken and Cheese Enchilada Corn, “Refried” Bean LUNCH SIDE: Apple or Mixed Fruit, Milk SNACK: Rice Krispies
THURSDAY 5 th , 2019	BREAKFAST: Bagel Ful® Cinnamon Cream Cheese Filling, Pineapple Fruit Cup, Milk LUNCH: All White Meat Chicken Tenders Whole Wheat Roll LUNCH SIDE: Mixed Vegetable Crudités – Watermelon or Banana, Milk SNACK: Whole Wheat Goldfish Crackers
FRIDAY 6 th , 2019	BREAKFAST: French Toast Sticks, Syrup - Watermelon Fruit Cup, Milk LUNCH Bean & Cheese Burrito Whole Wheat Tortilla LUNCH SIDE: Carrot, Apple or Orange, Milk SNACK: Cereal Bar



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September 9 – 13

MONDAY 9 th , 2019	BREAKFAST: Cereal Cup - Seasonal Fruit Cup, Milk LUNCH: Penne with Meat sauce Parmesan LUNCH SIDE: Apple, Milk SNACK: Granola Bar
TUESDAY 10 th , 2019	BREAKFAST: Marble Breakfast Bread - Cantaloupe Fruit Cup, Milk LUNCH: Cheeseburger Whole Wheat Bun LUNCH SIDE: Mixed Vegetable Crudités, Orange or Watermelon, Milk SNACK: Strawberry PopTart
WEDNESDAY 11 th , 2019	BREAKFAST: Breakfast Burrito Egg, Bacon, Cheese, Potato - Honeydew Fruit Cup, Milk LUNCH: Ground Beef and Cheese Enchilada Corn, "Refried" Bean, Corn Tortilla LUNCH SIDE: Apple or Mixed Fruit, Milk SNACK: Cheez Its
THURSDAY 12 th , 2019	BREAKFAST: Bagel Ful ® Cinnamon Cream Cheese Filling, Pineapple Fruit Cup, Milk LUNCH: Chicken Chop Suey Cauliflower, Carrot, Celery, Edamame, Sugar Snap Pea, Fried Rice LUNCH SIDE: Watermelon or Banana, Milk SNACK: Rice Krispies
FRIDAY 13 th , 2019	BREAKFAST: Mini Waffles, Syrup - Watermelon Fruit Cup, Milk LUNCH: Carne Asada, Bean & Cheese Burrito Whole Wheat Tortilla LUNCH SIDE: Apple or Orange, Milk SNACK: Whole Wheat Goldfish Crackers



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September 16– 20

- MONDAY**
16th, 2019
BREAKFAST: **Cereal Cup** - Seasonal Fruit Cup, Milk
LUNCH: **Chicken Chow Mein** Cabbage, Carrot, Celery, Green Bean, Pea,
Sesame-Noodle
LUNCH SIDE: **Apple, Milk**
SNACK: **Cereal Bar**
- TUESDAY**
17th, 2019
BREAKFAST: **Marble Breakfast Bread** - Cantaloupe Fruit Cup, Milk
LUNCH: **Beef Fajita Bowl** Bell Pepper, Tomato, Corn, Mexican Rice “Refried” Bean
LUNCH SIDE: **Orange or Watermelon, Milk**
SNACK: **Granola Bar**
- WEDNESDAY**
18th, 2019
BREAKFAST: **Breakfast Burrito** Egg, Bacon, Cheese, Potato - Honeydew Fruit Cup, Milk
LUNCH: **Two Cheese Enchilada** Corn, “Refried” Bean
LUNCH SIDE: **Apple or Mixed Fruit, Milk**
SNACK: **Strawberry PopTart**
- THURSDAY**
19th, 2019
BREAKFAST: **Bagel Ful®** Cinnamon Cream Cheese Filling, Pineapple Fruit Cup, Milk
LUNCH: **Real “Mac” n Cheese** Cauliflower
LUNCH SIDE: **Mixed Vegetable Crudités – Watermelon or Banana, Milk**
SNACK: **Cheez Its**
- FRIDAY**
20th, 2019
BREAKFAST: **Mini Pancakes, Syrup** - Watermelon Fruit Cup, Milk
LUNCH: **Bean & Cheese Burrito** Pinto Bean, Whole Wheat Tortilla
LUNCH SIDE: **Carrot, Apple or Orange, Milk**
SNACK: **Rice Krispies**



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September 23 – 27

- MONDAY**
23rd, 2019
BREAKFAST: **Cereal Cup** - Seasonal Fruit Cup, Milk
LUNCH: **Spaghetti and Meat Balls, Marinara, Parmesan**
LUNCH SIDE: **Apple, Milk**
SNACK: **Whole Wheat Goldfish Crackers**
- TUESDAY**
24th, 2019
BREAKFAST: **Bagel Ful®**, Cinnamon Cream Cheese Filling, Cantaloupe Fruit Cup, Milk
LUNCH: **All White Meat Chicken Tenders** Whole Wheat Roll
LUNCH SIDE: **Romaine Salad** Cucumber, Carrot, Tomato, Ranch Dressing
Watermelon or Orange, Milk
SNACK: **Cereal Bar**
- WEDNESDAY**
25th, 2019
BREAKFAST: **Breakfast Burrito** Egg, Bacon, Cheese, Tater Tot –
Honeydew Fruit Cup, Milk
LUNCH: **Cheeseburger** Whole Wheat Bun
LUNCH SIDE: **Mixed Vegetable Crudités, Mixed Fruit or Apple, Milk**
SNACK: **Granola Bar**
- THURSDAY**
26th, 2019
BREAKFAST: **Cereal Cup** – Pineapple Fruit Cup, Milk
LUNCH: **Chicken Teriyaki** Carrot, Pea, Cabbage, Bean sprouts, Edamame, Broccoli,
Garlic Rice
LUNCH SIDE: **Watermelon or Banana, Milk**
SNACK: **Strawberry PopTart**
- FRIDAY**
27th, 2019
BREAKFAST: **French Toast Sticks, Syrup** - Watermelon Fruit Cup, Milk
LUNCH: **Pollo Asada, Bean & Cheese Burrito** Whole Wheat Tortilla
LUNCH SIDE: **Apple or Orange, Milk**
SNACK: **Cheez Its**
- MONDAY**
30th, 2019
BREAKFAST: **Cereal Cup** - Seasonal Fruit Cup, Milk
LUNCH: **Persian Meat Balls** Steamed Basmati Rice, Zucchini Medley
LUNCH SIDE: **Apple, Milk**
SNACK: **Rice Krispies**