



Questions about
Nutrition Services please call:
303-853-7929

September 2018

Breakfast Lunch

Grades 9-12



Monday	Tuesday	Wednesday	Thursday	Friday
3 LABOR DAY! No School	4 <i>UBR Bar, Breakfast Sandwich, or Cereal, Juice, Applesauce</i> Oven Roasted Herb Chicken w/Rice	5 <i>Chicken Biscuit, Fiesta Egg Sandwich, PBJ, or Cereal, Juice, Craisins</i> Goulash w/Breadstick	6 <i>Breakfast Bread, Breakfast Sandwich, or Cereal, Juice, Fruit Cup</i> Sliced Beef Mashed Potato Bowl	7 <i>Chef's Choice, Cereal or PBJ, Fruit Cup, Applesauce</i> Hot Dog w/Wedge Fries
10 <i>Mini Waffles, PBJ, or Cereal, Juice, Applesauce</i> Mac & Cheese w/Pretzel Rods	11 <i>ZeeZee Bar, Breakfast Sandwich, or Cereal, Juice, Craisins</i> Beef & Jalapeno Taquitos w/Queso Blanco	12 <i>Breakfast Burrito, PBJ, or Cereal, Juice, Applesauce</i> Philly Cheesesteak Sandwich w/Wedge Fries	13 <i>Frudel, Breakfast Sandwich, or Cereal, Juice, Fruit Cup</i> Pasta Bake w/Breadsticks	14 <i>Chef's Choice, Cereal or PBJ, Fruit Cup, Applesauce</i> Chicken Tenders w/Fries & Biscuit
17 <i>Breakfast Pizza, PBJ, or Cereal, Juice, Dried Cranberries</i> Chicken Mash Potato Bowl w/Breadstick	18 <i>Muffin Top, Breakfast Sandwich, or Cereal, Juice, Fruit Cup</i> Grilled Cheese Sandwich w/Tomato Soup	19 <i>Yogurt Parfait, PBJ, or Cereal, Juice, Fruit Cup</i> Spaghetti & Meatballs w/Breadstick	20 <i>Sausage-Pancake Stick, Breakfast Sandwich, or Cereal, Juice, Applesauce</i> Sweet & Spicy Wings w/Pretzel Rods	21 <i>Chef's Choice, Cereal or PBJ, Fruit Cup, Applesauce</i> BBQ Chicken w/Biscuit & Coleslaw
24 <i>Bagel w/Cream Cheese, PBJ, or Cereal, Juice, Dried Cranberries</i> Cheese Omelet, French Toast Sticks & Hash Browns	25 <i>UBR Bar, Breakfast Sandwich, or Cereal, Juice, Applesauce</i> BBQ Pork Sandwich w/Wedge Fries & Coleslaw	26 <i>Chicken Biscuit, Fiesta Egg Sandwich, PBJ, or Cereal, Juice, Craisins</i> Philly Cheesesteak Sandwich w/Wedge Fries	27 <i>Breakfast Bread, Breakfast Sandwich, or Cereal, Juice, Fruit Cup</i> Cowboy Mac & Cheese	28 <i>Chef's Choice, Cereal or PBJ, Fruit Cup, Applesauce</i> Cheesy Breadsticks w/Marinara

Also offered weekly

Cheeseburger, Chicken Sandwich, Fries	Hamburger, Spicy Chicken Sandwich, Fries	Pork Ribbie Sandwich, Corn Dog, Wedge Fries	Cheeseburger, Chicken Sandwich, Fries	Hamburger, Spicy Chicken Sandwich, Fries
Cheese Pizza, BBQ Chicken Pizza, Marinara Sauce	Cheese Pizza, Meatball Pizza, Marinara Sauce	Cheese Pizza, Hawaiian Pizza, Marinara Sauce	Cheese Pizza, Calzone, Marinara Sauce	Cheese Pizza, Green Chile Carnitas Pizza, Marinara Sauce
Asian Buffalo Chicken, Fried Rice, Peas & Carrots	General Tso Chicken, LoMein & Stir Fry Veggies	Orange Chicken, Fried Rice, Peas & Carrots	Kung Pao Chicken, Fried Rice, Peas & Carrots	Teriyaki Chicken, LoMein & Stir Fry Veggies
Traditional Cheese Enchiladas, Beans & Cilantro-Lime Rice	Beef Hard Shell Tacos, Beans, Cilantro Lime Rice, Toppings	BYO Burrito, Beans & Cilantro-Lime Rice	Green Chile Cheese Enchiladas, Beans & Cilantro-Lime Rice	Carnitas Taco Bowl, Black Beans, Fajita Veggies, Toppings
PB & J Sandwich, Italian Hoagie	PB & J Sandwich, Turkey Sub	PB & J Sandwich, Chicken Garden Veg Pasta Salad	PB & J Sandwich, Ham & Cheese Sub	PB & J Sandwich, Popcorn Chicken Wrap



Menu items subject to change based on availability.

This institution is an equal opportunity provider and employer.

All enrolled students eat at no charge for the first serving of breakfast and lunch. * 2nd Serving of Breakfast; \$1.50 * 2nd Serving of Lunch \$2.50 * Additional Milk \$0.60/Water \$0.50

Adult Meals

Breakfast \$2.50

Lunch \$3.75

Daily Offerings: 1% and non-fat white milk, non-fat chocolate milk, 8oz water & salad bar

Seasonal offerings daily on the salad bar.

*Don't forget to take at least 1/2 cup of fruit or vegetable with your lunch! *