

# September 2024 Menu

WEEK 1

**Monday**

2

**LABOR DAY**

**NO SCHOOL**

**Tuesday**

3

**BREAKFAST**  
Mini Breakfast  
Donut Bites  
Fresh Tangerine

**LUNCH**  
Cheeseburger Sliders  
or Mini Chicken Corn Dogs  
Vegetarian Beans  
Fresh Seasonal Fruit  
Diced Peaches

**Wednesday**

4

**BREAKFAST IN CAFE**  
Fruit and Yogurt Parfait  
Granola

**GRAB & GO BREAKFAST**  
Yogurt  
Granola  
Craisins

**LUNCH**  
French Toast Slice with  
Chicken Sausage Patty  
Tater Tots  
Fresh Banana  
Frozen Mixed Berries

**Thursday**

5

**BREAKFAST**  
Soft-Filled Cinnamon  
Toast Bar  
Fresh Banana

**LUNCH**  
Chicken Ramen Bowl or  
Chicken Fried Rice  
Roasted Broccoli  
Fresh Apple Slices  
Mandarin Oranges

**Friday**

6

**BREAKFAST IN CAFE**  
Bread Pudding w/  
Cream Cheese Drizzle  
Fresh Apple Slices

**GRAB & GO BREAKFAST**  
Banana Bread Slice  
Fresh Apple Slices

**LUNCH**  
Bean & Cheese Burrito or  
Red Chile Chicken Tamale  
Shredded Lettuce, Diced  
Tomato, & Salsa Cup  
Fresh Kiwi  
Diced Mango



**Daily Breakfast Offerings:**  
Cereal Pack as 2nd option for Breakfast in the Cafeteria  
100% Fruit Juice  
1% White Milk or Fat-Free White Milk  
Grab and Go Breakfast served at:  
Cheatham, Desert Meadows & Estrella Foothills only

**Daily Lunch Offerings:**  
Cold Entrée as 2nd lunch option:  
**Week 1** - Sunrise Pack  
**Week 2** - Southwest Chicken Salad  
**Week 3** - Sunny Pack  
**Week 4** - Chef Salad  
1% Chocolate Milk or 1% White Milk

**Adult & À La Carte Meal Prices:**  
Breakfast: \$3.00  
Lunch: \$4.75  
Entrée Only: \$2.00  
Fruit and Veggie Bar Only: \$2.00  
À La Carte Items: \$0.25-\$2.00

WEEK 2

**BREAKFAST**  
Mini Donuts  
Applesauce Cup

**LUNCH**  
Mexican Combo Plate  
Crispy Beef Taco and  
Cheese Quesadilla or  
Birria and Cheese Pupusa  
Seasoned Pinto Beans  
Shredded Lettuce &  
Diced Tomato  
Fresh Orange  
Flavored Raisins

**BREAKFAST**  
Cinnamon Roll  
Flavored Raisins

**LUNCH**  
Mac & Cheese with  
Garlic Breadstick or  
All Beef Hot Dog in a Bun  
Cinnamon Maple Carrots  
Fresh Apple  
Fruit Cocktail

**BREAKFAST**  
Plain Bagel with  
Cream Cheese  
Fresh Apple

**LUNCH**  
Hamburger or  
Cheeseburger  
Seasoned Curly Fries  
Fresh Strawberries  
Diced Pears

**BREAKFAST IN CAFE**  
French Toast Sticks  
Frozen Mixed Berries

**GRAB & GO BREAKFAST**  
Muffin  
Sunflower Seeds  
Craisins

**LUNCH**  
Orange Chicken Bowl or  
Chicken Egg Rolls  
Roasted Broccoli  
Fresh Grapes  
Frozen Fruit Cup

**BREAKFAST**  
Soft Oatmeal Round  
Fresh Grapes

**LUNCH**  
Beef Pepperoni or  
Cheese Pizza Slice  
Roasted Buffalo Cauliflower  
Fresh Seasonal Melon  
Pineapple Tidbits

WEEK 3

**BREAKFAST**  
Super Donut with  
Sunflower Seeds  
Craisins

**LUNCH**  
Meat Combo Calzone or  
Pasta with Meat Sauce and  
Garlic Breadstick  
Steamed Green Beans  
Fresh Seasonal Fruit  
Applesauce Cup

**BREAKFAST IN CAFE**  
Mini Maple Pancakes  
with Chicken Sausage Patty  
Applesauce Cup

**GRAB & GO BREAKFAST**  
Mini Bagels w/ Cream Cheese  
Applesauce Cup

**LUNCH**  
Grilled Cheese Sandwich or  
Chicken Drumstick w/  
Onion Rings  
Creamy Tomato Soup  
Fresh Pear  
Craisins

**BREAKFAST**  
Pop-Tart with  
String Cheese  
Fresh Pear

**LUNCH**  
Chicken 'n' Waffles  
Tater Tots  
Fresh Banana  
Frozen Mixed Berries

**BREAKFAST IN CAFE**  
Pancake-Flavored  
Chicken Sausage Bites  
Fresh Banana

**GRAB & GO BREAKFAST**  
Cinnamon Crumb Cake  
String Cheese  
Fresh Banana

**LUNCH**  
Teriyaki Chicken Rice Bowl  
or Chicken Dumplings  
Roasted Broccoli  
Fresh Apple Slices  
Mandarin Oranges

**BREAKFAST**  
Sweet Potato Chocolate  
Chip Muffin Top  
Fresh Apple Slices

**LUNCH**  
Beefy Nachos Supreme or  
Bean & Cheese Chalupa  
Seasoned Pinto Beans  
Shredded Lettuce and  
Diced Tomatoes  
Fresh Kiwi  
Fruit Cocktail



Our kitchens are all peanut free facilities and we do our best to avoid serving pork products.

This menu is subject to change.

**= Vegetarian Entrée**  
(only animal products or by-products in these items are: dairy, egg, and/or honey)

WEEK 4

**BREAKFAST**  
Benefit Bar  
Applesauce Cup

**LUNCH**  
Walking Fritos Taco or  
Chili Chicken Crisпитos  
Seasoned Pinto Beans  
Shredded Lettuce and  
Diced Tomatoes  
Fresh Apple  
Diced Mango

**BREAKFAST**  
Blueberry Waffle  
Fresh Orange

**LUNCH**  
Beef Chili or  
Beef Totchos  
Corn Bread Loaf  
Roasted Broccoli  
Fresh Seasonal Melon  
Frozen Fruit Cup

**BREAKFAST**  
Honey Bun  
Fresh Apple

**LUNCH**  
Chicken Patty Sandwich  
(Regular or Spicy)  
Sweet Potato  
Waffle Fries  
Fresh Strawberries  
Applesauce Cup

**BREAKFAST**  
Mini Cinnis  
Fresh Strawberries

**LUNCH**  
Popcorn Chicken Bowl or  
Chicken Corn Dog  
Steamed Corn  
Fresh Grapes  
Diced Peaches

**BREAKFAST**  
Breakfast Carrot  
"Cake" Bun  
Fresh Grapes

**LUNCH**  
Beef Pepperoni or  
Cheese Pizza Slice  
Roasted Buffalo Cauliflower  
Fresh Orange  
Pineapple Tidbits



**LIFETIME FOUNDATION**  
**EZ School Lunch**  
[www.EZSchoolLunch.com/](http://www.EZSchoolLunch.com/)  
[p/Laveen-Schools](http://p/Laveen-Schools)  
**Laveen SCHOOL DISTRICT**



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