

# BREAKFAST

All breakfast includes the following components:  
2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk.  
\*Optional breakfast is cereal, crackers, fruit & milk



# SEPTEMBER 2023

## Cottonwood Creek Charter School

# LUNCH

All lunches include the following components:  
1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz  
Grains Fruit & vegetables

Monday

Tuesday

Wednesday

Thursday

Friday



LABOR DAY  
NO SCHOOL

**BREAKFAST:**

CEREAL & STRING CHEESE  
FRESH FRUIT

**LUNCH:**

HOT DOG & CHIPS  
GREEN BEANS  
FRUIT

**BREAKFAST:**

FRUIT & YOGURT PARFAIT

**LUNCH:**

NACHOS  
REFRIED BEANS  
FRUIT

**BREAKFAST:**

A TO Z MUFFIN  
STRING CHEESE & FRUIT

**LUNCH:**

EGG MCMUFFIN  
HASHBROWNS  
FRUIT

**BREAKFAST:**

NUTRI GRAIN BAR  
YOGURT & FRUIT

**LUNCH:**

CHICKEN TENDERS  
MASHED POTATOES  
FRUIT

**BREAKFAST:**

CEREAL & STRING CHEESE  
FRESH FRUIT

**LUNCH:**

CHICKEN, RICE & BEAN BURRITO  
VEGGIE JUICE  
FRUIT

**BREAKFAST:**

FRUIT & YOGURT PARFAIT

**LUNCH:**

SLOPPY JOES  
SALAD  
FRUIT

**BREAKFAST:**

A TO Z MUFFIN  
STRING CHEESE & FRUIT

**LUNCH:**

MAC & CHEESE  
GREEN BEANS  
FRUIT

**BREAKFAST:**

NUTRI GRAIN BAR  
YOGURT & FRUIT

**LUNCH:**

LUNCHABLE & CHIPS  
CARROTS  
FRUIT

**BREAKFAST:**

CEREAL & STRING CHEESE  
FRESH FRUIT

**LUNCH:**

SOFT TACOS  
REFRIED BENAS  
FRUIT

**BREAKFAST:**

FRUIT & YOGURT PARFAIT

**LUNCH:**

DELI SANDWICH & CHIPS  
SALAD  
FRUIT

**BREAKFAST:**

A TO Z MUFFIN  
STRING CHEESE & FRUIT

**LUNCH:**

HOT DOG & CHIPS  
GREEN BEANS  
FRUIT

**BREAKFAST:**

SAUSAGE & CHEESE BISCUIT  
FRUIT

**LUNCH:**

BEAN & CHEESE BURRITO  
GREEN BEANS  
FRUIT

**BREAKFAST:**

CEREAL & STRING CHEESE  
FRESH FRUIT

**LUNCH:**

HOT DOG & CHIPS  
GREEN BEANS  
FRUIT

**BREAKFAST:**

FRUIT & YOGURT PARFAIT

**LUNCH:**

NACHOS  
REFRIED BEANS  
FRUIT

**BREAKFAST:**

A TO Z MUFFIN  
STRING CHEESE & FRUIT

**LUNCH:**

EGG MCMUFFIN  
HASHBROWNS  
FRUIT

Menus are subject to change

This institution is an equal opportunity provider.