



# September Breakfast Menu

BISHOP WALKER SCHOOL | K-12

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner

 = vegetarian entree

All grains served are whole grain rich

\*denotes mandarin oranges for River Terrace EC

Student's choice of skim or 1% milk provided at every meal

Assorted breakfast cereal and cheese stick available daily; Menu subject to change based on availability

This institution is an equal opportunity provider

## WHAT'S NEW?

We're celebrating back to school with a tasty lineup of late summer & fall flavors!

Sept 8th - Apple Spice Oatmeal

Sept 16th - Autumn Spiced Pancakes

Sept 23rd - Peaches & Cream Oatmeal

Sept 27th - Pumpkin Bread



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/29	8/30	8/31	1	2
5 <b>no school</b>	6 <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>light cream cheese</li> <li>jelly</li> <li>fresh peach</li> <li>100% orange juice</li> </ul>	7 <ul style="list-style-type: none"> <li>whole grain cheerios</li> <li>whole wheat graham crackers</li> <li>fresh watermelon</li> </ul>	8 <ul style="list-style-type: none"> <li>apple oatmeal bar</li> <li>nonfat yogurt</li> <li>fresh apple</li> </ul>	9 <ul style="list-style-type: none"> <li>banana muffin</li> <li>cheese stick</li> <li>fresh cantaloupe</li> </ul>
12 <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>light cream cheese</li> <li>jelly</li> <li>fresh orange</li> </ul>	13 <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>apple oatmeal bar</li> <li>fresh peach</li> <li>100% orange juice</li> </ul>	14 <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>light cream cheese</li> <li>jelly</li> <li>fresh watermelon</li> </ul>	15 <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>graham crackers</li> <li>fresh apple</li> </ul>	16 <ul style="list-style-type: none"> <li>banana muffin</li> <li>cheese stick</li> <li>fresh cantaloupe</li> </ul>
19 <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>light cream cheese</li> <li>jelly</li> <li>fresh orange</li> </ul>	20 <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>whole grain granola</li> <li>fresh peach</li> <li>100% orange juice</li> </ul>	21 <ul style="list-style-type: none"> <li>honey cheerios cereal</li> <li>strawberry oatmeal bar</li> <li>fresh watermelon</li> </ul>	22 <ul style="list-style-type: none"> <li>banana muffin</li> <li>cheese stick</li> <li>fresh apple</li> </ul>	23 <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>light cream cheese</li> <li>grape jelly</li> <li>fresh cantaloupe</li> </ul>
26 <ul style="list-style-type: none"> <li>non-fat yogurt</li> <li>strawberry oatmeal bar</li> <li>fresh orange</li> </ul>	27 <ul style="list-style-type: none"> <li>warm whole grain pumpkin bread</li> <li>fresh peach</li> <li>100% orange juice</li> </ul>	28 <ul style="list-style-type: none"> <li>whole grain cinnamon chex</li> <li>whole wheat graham crackers</li> <li>fresh watermelon</li> </ul>	29 <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>light cream cheese</li> <li>jelly</li> <li>fresh apple</li> </ul>	30 <ul style="list-style-type: none"> <li>banana muffin</li> <li>cheese stick</li> <li>fresh cantaloupe</li> </ul>





# September Lunch Menu

BISHOP WALKER SCHOOL | K-8

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

= vegetarian entree

All grains served are whole grain rich

\*denotes mandarin oranges for River Terrace EC

Student's choice of skim or 1% milk provided at every meal.

Turkey & cheese or sunbutter & jelly sandwich available daily.

Menu subject to change based on availability

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## HISPANIC HERITAGE MONTH

Celebrate with DCK by trying a delicious, South American-inspired menu on September 20th.

- Peruvian Chicken Drum
- Cilantro Lime Rice
- Chili Black Beans
- Summer Squash
- Fresh Watermelon



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/29	8/30	8/31	1	2
5 <b>no school</b>	6 <ul style="list-style-type: none"> <li>whole grain ravioli</li> <li>sunbutter &amp; jelly sandwich </li> <li>garlic breadstick</li> <li>steamed broccoli </li> <li>fresh watermelon</li> </ul>	7 <ul style="list-style-type: none"> <li>oven fried chicken drum </li> <li>whole grain waffles </li> <li>braised collard greens </li> <li>sweet potato hash</li> <li>all natural syrup</li> <li>ketchup</li> <li>fresh apple slices</li> </ul>	8 <ul style="list-style-type: none"> <li>flatbread pizza with italian turkey sausage </li> <li>flatbread cheese pizza </li> <li>spinach salad</li> <li>baby carrots</li> <li>ranch dressing</li> <li>fresh cantaloupe</li> </ul>	9 <ul style="list-style-type: none"> <li>turkey sloppy joe </li> <li>lentil sloppy joes </li> <li>baked potato fries </li> <li>red cabbage slaw</li> <li>ketchup</li> <li>fresh orange wedges*</li> </ul>
12 <ul style="list-style-type: none"> <li>beef burger </li> <li>veggie burger </li> <li>bbq baked beans</li> <li>sauteed green beans</li> <li>ketchup</li> <li>mustard</li> <li>fresh peach</li> </ul>	13 <ul style="list-style-type: none"> <li>beef and cheese nachos </li> <li>bean and cheese nachos </li> <li>southwest taco corn</li> <li>tomato salsa</li> <li>sour cream</li> <li>fresh watermelon</li> </ul>	14 <ul style="list-style-type: none"> <li>crispy chicken tender</li> <li>veggie chik'n nuggets </li> <li>brown rice</li> <li>sweet potato fries</li> <li>summer squash salad</li> <li>ketchup</li> <li>fresh apple slices</li> </ul>	15 <ul style="list-style-type: none"> <li>chicken stir-fry </li> <li>super sesame tofu </li> <li>whole grain lo-mein noodles</li> <li>asian broccoli</li> <li>korean cauliflower</li> <li>fresh cantaloupe</li> </ul>	16 <ul style="list-style-type: none"> <li>macaroni &amp; cheese </li> <li>sunbutter and jelly </li> <li>braised collard greens</li> <li>cinnamon roasted butternut squash</li> <li>fresh orange wedges*</li> </ul>
19 <ul style="list-style-type: none"> <li>turkey club </li> <li>egg salad sandwich </li> <li>lettuce &amp; tomato</li> <li>steamed green peas &amp; corn</li> <li>mustard &amp; mayo</li> <li>fresh peach</li> </ul>	20 <ul style="list-style-type: none"> <li>peruvian chicken drum </li> <li>veggie chik'n nuggets </li> <li>cilantro lime rice</li> <li>chili black beans</li> <li>roasted summer squash</li> <li>fresh watermelon</li> </ul>	21 <ul style="list-style-type: none"> <li>tuna salad sandwich</li> <li>sunbutter &amp; jelly sandwich </li> <li>honey cinnamon sweet potatoes</li> <li>cucumber coins</li> <li>italian dressing</li> <li>fresh apple slices</li> </ul>	22 <ul style="list-style-type: none"> <li>flatbread pizza with turkey pepperoni </li> <li>flatbread cheese pizza </li> <li>mixed greens salad with diced tomatoes</li> <li>balsamic dressing</li> <li>fresh cantaloupe</li> </ul>	23 <ul style="list-style-type: none"> <li>pulled bbq chicken sandwich </li> <li>bbq tofu sandwich </li> <li>collard greens salad</li> <li>baked potato fries</li> <li>ketchup</li> <li>fresh orange wedges*</li> </ul>
26 <ul style="list-style-type: none"> <li>all beef hot dog </li> <li>veggie burger</li> <li>ketchup, mustard</li> <li>bbq baked beans</li> <li>steamed corn</li> <li>fresh peach</li> </ul>	27 <ul style="list-style-type: none"> <li>chicken &amp; cheese enchiladas </li> <li>cheese quesadillas </li> <li>mixed greens salad with tomatoes</li> <li>honey lime dressing</li> <li>fresh watermelon</li> </ul>	28 <ul style="list-style-type: none"> <li>crispy fish sandwich</li> <li>hot sauce</li> <li>sunbutter and jelly sandwich </li> <li>sautéed green beans</li> <li>potato salad</li> <li>hot sauce</li> <li>fresh apple slices</li> </ul>	29 <ul style="list-style-type: none"> <li>sweet chili chicken </li> <li>sweet chili tofu </li> <li>brown rice</li> <li>glazed carrots</li> <li>asian broccoli</li> <li>fresh cantaloupe</li> </ul>	30 <ul style="list-style-type: none"> <li>turkey meatball sub </li> <li>grilled cheese </li> <li>whole grain spaghetti</li> <li>mixed green salad</li> <li>cucumber coins</li> <li>parmesan cream dressing</li> <li>fresh orange wedges*</li> </ul>



# September Snack Menu

## BISHOP WALKER SCHOOL

What do the colors on the menu mean?

**GREEN** = locally-sourced

**BLUE** = international

**ORANGE** = Fresh Feature Friday Winner!

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

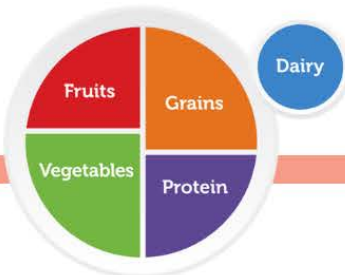
Menu subject to change based on availability

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### WHAT'S NEW?

Try our **homemade hummus** on Sept 9th & 23rd!

Remember, to create a healthy snack at home, include at least two of the five food groups on MyPlate.



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8/29	8/30	8/31	1	2
5 <b>no school</b>	6 <ul style="list-style-type: none"> <li>strawberry oatmeal bar</li> <li>fresh apple</li> </ul>	7 <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>whole grain granola</li> </ul>	8 <ul style="list-style-type: none"> <li>chilled applesauce</li> <li>mozzarella cheese stick</li> </ul>	9 <ul style="list-style-type: none"> <li>whole grain crackers</li> <li>hummus dip</li> </ul>
12 <ul style="list-style-type: none"> <li>whole grain animal crackers</li> <li>chilled pineapple</li> </ul>	13 <ul style="list-style-type: none"> <li>whole grain cheez-its</li> <li>fresh orange wedges</li> </ul>	14 <ul style="list-style-type: none"> <li>yogurt</li> <li>goldfish grahams</li> </ul>	15 <ul style="list-style-type: none"> <li>whole grain pretzel goldfish</li> <li>sliced peaches</li> </ul>	16 <ul style="list-style-type: none"> <li>sliced cucumbers</li> <li>ranch dressing</li> <li>mozzarella cheese stick</li> </ul>
19 <ul style="list-style-type: none"> <li>whole grain goldfish</li> <li>sliced peaches</li> </ul>	20 <ul style="list-style-type: none"> <li>strawberry oatmeal bar</li> <li>fresh apple</li> </ul>	21 <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>whole grain granola</li> </ul>	22 <ul style="list-style-type: none"> <li>chilled applesauce</li> <li>mozzarella cheese stick</li> </ul>	23 <ul style="list-style-type: none"> <li>whole grain crackers</li> <li>hummus dip</li> </ul>
26 <ul style="list-style-type: none"> <li>whole grain animal crackers</li> <li>chilled pineapple</li> </ul>	27 <ul style="list-style-type: none"> <li>whole grain cheez-its</li> <li>fresh orange wedges</li> </ul>	28 <ul style="list-style-type: none"> <li>yogurt</li> <li>gold fish grahams</li> </ul>	29 <ul style="list-style-type: none"> <li>whole grain pretzel goldfish</li> <li>sliced peaches</li> </ul>	30 <ul style="list-style-type: none"> <li>sliced cucumbers</li> <li>ranch dressing</li> <li>mozzarella cheese stick</li> </ul>