



# September Breakfast Menu

BISHOP JOHN WALKER

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

Menu subject to change based on availability

This institution is an equal opportunity provider

## FRESH FEATURE

We're celebrating the start of the school year with seasonal, locally grown fruit! Try fresh local peaches on Tuesdays and local watermelon on Wednesday.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/28	8/29	8/30	8/31	1
4  no school  labor day	5  • banana bread • fresh peach	6  • cheerios cereal • graham crackers • fresh watermelon	7  • nonfat yogurt • whole grain granola • fresh apple	8  • apple pie parfait • whole grain granola • fresh cantaloupe
11  • whole grain frosted mini-wheats cereal • cheese stick • graham crackers • fresh orange	12  • nonfat yogurt • whole grain granola • fresh peach	13  • whole grain bagel • light cream cheese • jelly • fresh watermelon	14  • pineapple carrot bread • cheese stick • fresh apple	15  • cinnamon rice chex cereal • graham crackers • fresh cantaloupe
18  • whole grain bagel • light cream cheese • jelly • fresh oranges	19  • nonfat yogurt • whole grain granola • graham crackers • fresh peach	20  • blueberry chex cereal • graham crackers • fresh watermelon	21  • banana bread • fresh apple	22  • whole grain bagel • light cream cheese • jelly • fresh cantaloupe
25  • nonfat yogurt • whole grain granola • graham crackers • fresh orange	26  • pumpkin spice bread • cheese stick • fresh peach	27  • cinnamon chex cereal • graham crackers • fresh watermelon	28  • whole grain bagel • light cream cheese • jelly • fresh apple	29  • whole grain frosted mini wheats cereal • graham crackers • fresh cantaloupe



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## GOT FOOD ALLERGIES? WE ARE HERE TO HELP!

If you have a food allergy or other special dietary need, please submit a Dietary Accommodations Form to your school nurse. We are proud to serve all students safe, nutritious, and delicious meals, regardless of food allergies or other dietary needs.

Our meals are always free from peanuts, tree nuts, shellfish, and pork.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/28	8/29	8/30	8/31	1
4  no school  labor day	5  <ul style="list-style-type: none"> <li>turkey &amp; bean chili</li> <li>veg out chili </li> <li>whole grain tortilla chips</li> <li>steamed corn</li> <li>red pepper strips</li> <li>ranch dressing</li> <li>fresh watermelon</li> </ul>	6  <ul style="list-style-type: none"> <li>cheese pizza</li> <li>baby spinach salad</li> <li>cucumber coins</li> <li>italian dressing</li> <li>fresh apple slices</li> </ul>	7  <ul style="list-style-type: none"> <li>cajun fish tacos</li> <li>black bean &amp; cheese tacos </li> <li>steamed corn</li> <li>tangy cilantro-lime slaw</li> <li>baja cream sauce</li> <li>fresh cantaloupe</li> </ul>	8  <ul style="list-style-type: none"> <li>peruvian chicken drum</li> <li>veggie chik'n nuggets </li> <li>cilantro lime brown rice</li> <li>chili black beans</li> <li>herb roasted butternut squash</li> <li>fresh orange wedges</li> </ul>
11  <ul style="list-style-type: none"> <li>beef burger</li> <li>veggie burger </li> <li>whole grain bun</li> <li>cucumber salad</li> <li>baked potato wedges</li> <li>ketchup &amp; mustard</li> <li>fresh peach</li> </ul>	12  <ul style="list-style-type: none"> <li>chicken stir-fry</li> <li>super sesame tofu </li> <li>whole grain lo mein</li> <li>steamed carrots</li> <li>asian kale slaw</li> <li>fresh watermelon</li> </ul>	13  <ul style="list-style-type: none"> <li>crispy fish sandwich</li> <li>sunbutter &amp; jelly sandwich </li> <li>sauteed green beans</li> <li>potato salad</li> <li>hot sauce</li> <li>fresh apple slices</li> </ul>	14  <ul style="list-style-type: none"> <li>beef &amp; cheese tacos </li> <li>sofritas tofu tacos </li> <li>chili black beans</li> <li>tomato salsa</li> <li>light sour cream</li> <li>fresh cantaloupe</li> </ul>	15  <ul style="list-style-type: none"> <li>buffalo chicken drum</li> <li>buffalo veggie chik'n nuggets </li> <li>mac &amp; cheese</li> <li>braised collard greens</li> <li>cinnamon roasted butternut squash</li> <li>fresh orange wedges</li> </ul>
18  <ul style="list-style-type: none"> <li>turkey ham &amp; cheddar melt</li> <li>grilled cheese </li> <li>roasted carrots</li> <li>steamed green peas and corn</li> <li>fresh peach</li> </ul>	19  <ul style="list-style-type: none"> <li>pulled bbq chicken</li> <li>bbq tofu </li> <li>whole grain bun</li> <li>black-eyed peas</li> <li>collard green salad</li> <li>fresh watermelon</li> </ul>	20  <ul style="list-style-type: none"> <li>pepperoni pizza</li> <li>cheese pizza </li> <li>mixed greens salad</li> <li>diced tomatoes</li> <li>balsamic dressing</li> <li>fresh apple slices</li> </ul>	21  <ul style="list-style-type: none"> <li>turkey sloppy joe</li> <li>lentil sloppy joe </li> <li>whole grain bun</li> <li>baked potato wedges</li> <li>sauteed green beans</li> <li>ketchup</li> <li>fresh cantaloupe</li> </ul>	22  <ul style="list-style-type: none"> <li>oven fried chicken drum</li> <li>veggie chik'n nuggets </li> <li>whole grain waffles</li> <li>braised collard greens</li> <li>sweet potato hash</li> <li>ketchup</li> <li>all-natural syrup</li> <li>fresh orange wedges</li> </ul>
25  <ul style="list-style-type: none"> <li>hot dog</li> <li>veggie burger </li> <li>whole grain bun</li> <li>bbq baked beans</li> <li>roasted summer squash</li> <li>ketchup &amp; mustard</li> <li>fresh peach</li> </ul>	26  <ul style="list-style-type: none"> <li>crispy chicken tender</li> <li>veggie chik'n nuggets </li> <li>cornbread muffin</li> <li>sweet potato wedges</li> <li>roasted cauliflower</li> <li>ketchup</li> <li>fresh watermelon</li> </ul>	27  <ul style="list-style-type: none"> <li>turkey meatballs &amp; sauce</li> <li>tofu bolognese </li> <li>whole grain spaghetti</li> <li>mixed greens salad</li> <li>cucumber coins</li> <li>balsamic dressing</li> <li>fresh apple slices</li> </ul>	28  <ul style="list-style-type: none"> <li>beef &amp; cheese nachos</li> <li>bean &amp; cheese nachos </li> <li>southwest taco corn</li> <li>tomato salsa</li> <li>light sour cream</li> <li>fresh cantaloupe</li> </ul>	29  <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>sweet chili tofu </li> <li>brown rice</li> <li>steamed broccoli</li> <li>glazed carrots</li> <li>fresh orange wedges</li> </ul>