

MENUS FOR SEPTEMBER

San Mateo-Foster City School District Child Nutrition Services



This institution is an equal opportunity provider. Menus are subject to change.

AVAILABLE

Lunch Hot Entree's or Yogurt Basket (Yogurt, String Cheese and Crackers) or WOWBUTTER Sandwich, or Hummus Basket (Hummus, Cheese, Crackers)

Fruit and Vegetable
Choice of Fat Free Chocolate or 1% White Milk

Menu subject to change

Friday, September 1



NO School Today



LIVE · LEAD · LEARN

Elementary School

Shoot For The Stars
with School Lunch!

5 Star Meals Offered Daily

- ★ Protein
- ★ Grain
- ★ Fruit
- ★ Vegetable
- ★ Milk



MAGIC STARS

- ★ ½ Cup of Fruit
- ★ ½ Cup of Vegetable

A complete meal must have 3 or more stars

1 STAR must be a Magic Star



distributed 9/6/17

Friday, September 1

NO School Today

Friday, September 8

Breakfast
Mini Waffle or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Cheese Pizza
or
BBQ Beef Mini Rib Sandwich

Thursday, September 7

Breakfast
Fresh Baked Muffin
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Spaghetti & Beef Meatballs
or
BBQ Beef Mini Rib Sandwich

Wed., September 6

Breakfast
Cinnamon Glazed Pancake or
Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Breaded Chicken Patty on a
Whole Grain Bun
or
BBQ Beef Mini Rib Sandwich

Tuesday, September 5

Breakfast
Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Cheese Filled Bread Sticks
or
BBQ Beef Mini Rib Sandwich

LABOR DAY

NO SCHOOL MONDAY, SEPTEMBER 4

Friday, September 15

Breakfast
Mini French Toast
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Cheese Pizza
or
Beef Cheeseburger

Thursday, September 14

Breakfast
Fresh Baked Muffin
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Breaded Chicken Drumstick
on Loaded Mashed Potatoes
or
Beef Cheeseburger

Wed., September 13

Breakfast
Breakfast Bun
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Bean and Cheese Burrito
or
Beef Cheeseburger

Tuesday, September 12

Breakfast
Mini Pancakes
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Macaroni & Cheese
or
Beef Cheeseburger

Monday, September 11

Breakfast
Cinnamon Roll or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Chicken Nuggets
or
Beef Cheeseburger

Monday, September 18

Breakfast
Banana Bread
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
French Toast Stricks
Beef Sausage Patty
or
Grilled Cheese Sandwich

Tuesday, September 19

Breakfast
Ultra Cinnamon Toast
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Breaded Chicken Patty on a
Whole Grain Bun
or
Grilled Cheese Sandwich

Wed., September 20

Breakfast
Cinnamon Glazed Pancake or
Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Cheese Enchilada
or
Grilled Cheese Sandwich

Thursday, September 21

Breakfast
Fresh Baked Muffin
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Spaghetti & Beef Meatballs
or
Grilled Cheese Sandwich

Friday, September 22

Breakfast
Mini Waffle or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Cheese Pizza
or
Grilled Cheese Sandwich

Monday, September 25

Breakfast
Cinnamon Roll or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Chicken Nuggets
or
Chicken Corn Dog

Tuesday, September 26

Breakfast
Mini Pancakes
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Macaroni & Cheese
or
Chicken Corn Dog

Wed., September 27

Breakfast
Breakfast Bun
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Turkey Pepperoni Stuffed
Sandwich
or
Chicken Corn Dog

Thursday, September 28

Breakfast
Fresh Baked Muffin
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Turkey Nachos
or
Chicken Corn Dog

Friday, September 29

Breakfast
Mini French Toast
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Cheese Pizza
or
Chicken Corn Dog



Brain

Ticklers

What common English word is most often spelled incorrectly?

(Hold the page upside down and read it in a mirror for the answer!)

jlpcoullscjlf-

SEPTEMBER BIRTHDAYS

- Zendaya (2) -- Sept 1
- Beyonce (36) -- Sept 4
- Bernie Sanders (76) -- Sept 8
- Niall Horan (24) -- Sept 13
- Chlidish Gambino (34) -- Sept 25
- Halsey (23) -- Sept 29

Prepay On-line!



Breakfasts \$1.50
Lunches \$2.50

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IT'S YOUR KNOW

A Application Deadline
Just a reminder that eligibility for free and reduced price meals will expire on September 26th, if we do not receive a new application by that date.

We are pleased to provide **FREE AND REDUCED-PRICE MEALS** for all students who qualify. It's simple to apply and we accept applications all year.

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Call Barbara today for more information. 650-312-7392