

ESS MENU





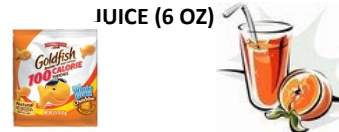



September 2019

Plate Includes 2 of the 4 Components

- Milk, Fluid
- Fruit/Vegetable
- Grains/Breads
- Meat/Meat Alternate

Fletcher Hills
Lemon Ave
Loma
Maryland
Murdock
Murray Manor

Northmont
Rolando
Sweetwater Springs
LMAAC
Parkway Middle

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
|  <p>LABOR DAY</p> | <p>3</p> <p>Cereal (1 Each)</p> <p>MILK (8 OZ)</p> | <p>4</p> <p>Tostitos Scoops (1 Each)</p> <p>JUICE (6 OZ)</p>  | <p>5</p> <p>Goldfish Cheddar (1 each)</p> <p>JUICE (6 OZ)</p> | <p>6</p> <p>Whole Grain Pop-Tart (1 Each)</p> <p>MILK (8 OZ)</p>  |
| <p>9</p> <p>Cool Ranch Doritos (1 each)</p> <p>MILK (8 OZ)</p> | <p>10</p> <p>Cereal (1 Each)</p> <p>MILK (8 OZ)</p> | <p>11</p> <p>Baked Cheetos (1 Each)</p> <p>JUICE (6 OZ)</p> | <p>12</p> <p>Cheez Its (1 each)</p> <p>JUICE (6 OZ)</p> | <p>13</p> <p>Elf Grahams (1 Each)</p> <p>MILK (8 OZ)</p> |
| <p>16</p> <p>Nacho Cheese Doritos (1 each)</p> <p>MILK (8 OZ)</p> | <p>17</p> <p>Cereal (1 Each)</p> <p>MILK (8 OZ)</p>  | <p>18</p> <p>Tostitos Scoops (1 Each)</p> <p>JUICE (6 OZ)</p> | <p>19</p> <p>Goldfish Cheddar (1 each)</p> <p>JUICE (6 OZ)</p>  | <p>20</p> <p>Chocolate Chip Cookie (1 Each)</p> <p>MILK (8 OZ)</p> |
| <p>23</p> <p>Cool Ranch Doritos (1 each)</p> <p>MILK (8 OZ)</p> | <p>24</p> <p>Cereal (1 Each)</p> <p>MILK (8 OZ)</p> | <p>25</p> <p>Baked Cheetos (1 Each)</p> <p>JUICE (6 OZ)</p> | <p>26</p> <p>Cheez Its (1 each)</p> <p>JUICE (6 OZ)</p> | <p>27</p>  <p>CHEF'S CHOICE</p> <p>MILK (8 OZ)</p> |
| <p>30</p> <p>Nacho Cheese Doritos (1 each)</p> <p>MILK (8 OZ)</p>  |  | | | |