

All 5 Components are Offered Daily

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

# September 2022

## CACFP Menu

Avondale La Presa Elementary  
 Bancroft Rancho  
 Casa de Oro La Mesa Arts Academy  
 Highlands STEAM  
 Kempton Spring Valley Academy

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
|  |  |  | September 1<br>All Sports Bites<br>Yogurt<br>Dried Cranberries<br>Carrot Sticks<br>1% White or NF Chocolate Milk            | September 2<br>WG Bean & Cheese Burrito<br>Raisins<br>Carrot Sticks<br>1% White or NF Chocolate Milk      |
| September 5<br><b>ESS is Closed<br/>Labor Day</b>  | September 6<br>Goldfish Cheddar<br>String Cheese<br>Diced Peaches<br>Carrot Stick<br>1% White or NF Chocolate Milk | September 7<br>WG Galaxy Pizza, Cheese<br>Petite Banana<br>Cucumber Sticks<br>1% White or NF Chocolate Milk  | September 8<br>WG Tostitos Scoops<br>String Cheese<br>Dried Cranberries<br>Carrot Sticks<br>1% White or NF Chocolate Milk   | September 9<br>Tiger Bites<br>Yogurt<br>Raisins<br>Carrot Sticks<br>1% White or NF Chocolate Milk         |
| September 12<br>WG Cheeseburger<br>Fresh Apple<br>Carrot Sticks<br>1% White or NF Chocolate Milk | September 13<br>WG Bean & Cheese Burrito<br>Diced Peaches<br>Carrot Sticks<br>1% White or NF Chocolate Milk        | September 14<br>WG Galaxy Pizza, Cheese<br>Petite Banana<br>Cucumber Sticks<br>1% White or NF Chocolate Milk | September 15<br>Fritos Corn Chips<br>String Cheese<br>Dried Cranberries<br>Cucumber Sticks<br>1% White or NF Chocolate Milk | September 16<br>Yogurt<br>WG Graham Crackers<br>Raisins<br>Carrot Sticks<br>1% White or NF Chocolate Milk |
| September 19<br>WG Cheeseburger<br>Fresh Apple<br>Carrot Sticks<br>1% White or NF Chocolate Milk | September 20<br>Grilled Cheese Pizza Roll Up<br>Diced Peaches<br>Carrot Sticks<br>1% White or NF Chocolate Milk    | September 21<br>WG Galaxy Pizza, Cheese<br>Petite Banana<br>Cucumber Sticks<br>1% White or NF Chocolate Milk | September 22<br>Chex Mix<br>String Cheese<br>Dried Cranberries<br>Cucumber Sticks<br>1% White or NF Chocolate Milk          | September 23<br>WG Bean & Cheese Burrito<br>Raisins<br>Carrot Sticks<br>1% White or NF Chocolate Milk     |
| September 26<br>WG Cheeseburger<br>Fresh Apple<br>Carrot Sticks<br>1% White or NF Chocolate Milk | September 27<br>Grilled Cheese Pizza Roll Up<br>Diced Peaches<br>Carrot Sticks<br>1% White or NF Chocolate Milk    | September 28<br>WG Galaxy Pizza, Cheese<br>Petite Banana<br>Cucumber Sticks<br>1% White or NF Chocolate Milk | September 29<br>WG Tostitos Scoops<br>String Cheese<br>Dried Cranberries<br>Carrot Sticks<br>1% White or NF Chocolate Milk  | September 30<br>Yogurt<br>WG Graham Crackers<br>Raisins<br>Carrot Sticks<br>1% White or NF Chocolate Milk |

Menu subject to change.

This institution is an equal opportunity provider.