KIPP ILUMINAR ACADEMY

SEPTEMBER MENU

BACK TO SCHOOL

New school years are for new beginnings! Now is the perfect time to try that new food, hobby or skill you've always been curious about. What's your new goal?

Learn more about us on our *new* website at **revolutionfoods.com**!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **NO SCHOOL - LABOR DAY**	4 **Breakfast:** yogurt & granola **Lunch:** the revolution dog (df) with blanched broccoli & ranch **Snack:** cinnamon rumbles six grain crackers & fruit **4PM DISMISSAL**	5 **Breakfast:** blueberry bagel & cream cheese **Lunch:** bean & cheese pupusa with baby carrots & three bean salad **Snack:** colored cheese goldfish cheese crackers & string cheese **4PM DISMISSAL**	6 **Breakfast:** hot breakfast enchilada scramble **Lunch:** meatless italian "sausage" calzoni with glazed carrots **Snack:** cinnamon grahams & fruit **4PM DISMISSAL**	7 **Breakfast:** hot french toast sticks, sausafe and egg **Lunch:** red chile chicken tamale with green peas **Snack:** ranch rumbles six grain crackers & fruit **4PM DISMISSAL**
10 **Breakfast:** snow flurries cereal **Lunch:** bfast for lunch: pancakes & omelet with steamed corn **Snack:** string cheese & fruit **1PM DISMISSAL**	11 **Breakfast:** blueberry burst muffin **Lunch:** mac & cheese and chicken sausages with baby carrots & pinto beans **Snack:** honey wheat crackers & fruit **4PM DISMISSAL**	12 **Breakfast:** hot egg, cheese & sausage quesadilla **Lunch:** cheesy pizza bites with lettuce & tomatoes **Snack:** zac attack apple fruit-filed bar & fruit **4PM DISMISSAL**	13 **Breakfast:** cinnamon raisin bagel **Lunch:** cheesy ravioli with sliced cucumber with ranch **Snack:** sunflower seeds & fruit **4PM DISMISSAL**	14 **Breakfast:** hot breakfast panada pie **Lunch:** chicken bites with orangy carrots **Snack:** educational snacks & fruit **4PM DISMISSAL**
17 **Breakfast:** Zees zees berry apple bar **Lunch:** spaghetti marinar **Snack:** blazin hots sunflower seeds & fruit **1PM DISMISSAL**	18 **NO SCHOOL - PUPIL FREE DAY**	19 **Breakfast:** hot rise & shine breakfast burrito **Lunch:** bean & cheese pupusa **Snack:** cinnamon rumbles six grain crackers & fruit **4PM DISMISSAL**	20 **Breakfast:** hot breakfast ranchero scramble **Lunch:** chicken enchilada plate **Snack:** granola with string cheese **4PM DISMISSAL**	21 **Breakfast:** lemon muffin **Lunch:** pepperjack cheeseburger **Snack:** colored goldfish cheese crackers & fruit **4PM DISMISSAL**
24 **Breakfast:** corn chex, zac attack strawberry bar **Lunch:** chicken bites with green peas **Snack:** honey wheat crackers with 100% fruit juice **1PM DISMISSAL**	25 **Breakfast:** hot buttermilk pancakes **Lunch:** taco dippers kit with cucumber and tomato salad **Snack:** zac attack apple fruit-filed bar & fruit **4PM DISMISSAL**	26 **Breakfast:** hot cheesy bean breakfast burrito **Lunch:** cheese pizza **Snack:** ranch rumbles six grain crackers & fruit **4PM DISMISSAL**	27 **Breakfast:** plain bagel & cream cheese **Lunch:** five cheese lasagna **Snack:** sunflower seeds & fruit **4PM DISMISSAL**	28 **Breakfast: cinnamon crumbles** **Lunch:** red chile chicken tamale **Snack:** zac attack strawberry fruit-filled bar & fruit **4PM DISMISSAL**

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

- Vegetable of the day

Chef reserves the right to change menu for seasonality and new menu innovation.

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This institution is an equal opportunity provide