

EL SOL ACADEMY LUNCH MENU

OCTOBER | 2018



Every child deserves a healthy start.™

Sapphire at School lunch menus are carefully selected to provide healthy variety, balance, and flavor. Our “homemade sauces”, and dressings have no added preservatives, additives or high fructose syrup. We proudly utilize locally produced, artisanal whole wheat breads. All breakfast and lunch served with 1% or FF Milk. All snacks are served with full strength juice.

OCTOBER 1 - 5

- MONDAY** 1st, 2018
BREAKFAST: **Cereal** - Seasonal Fruit Cup, Milk
LUNCH: **Beef Stew** Carrot, Onion, Pea, Rice Pilaf
LUNCH SIDE: **Apple, Milk**
SNACK: **Whole Wheat Bunny Friends**
- TUESDAY** 2nd, 2018
BREAKFAST: **Marble Breakfast Bread** - Seasonal Fruit Cup, Milk
LUNCH: **BBQ Grilled Chicken Sandwich** Cheddar, Whole Wheat Bun
LUNCH SIDE: **Romaine Salad** Jicama, Corn, Cucumber, Carrot, Tomato, Ranch Dressing
Orange, Milk
SNACK: **Granola Bar**
- WEDNESDAY** 3rd, 2018
BREAKFAST: **Breakfast Box** Scrambled Egg, Corn Tortilla, Tater Tot, Cheddar Cheese - Seasonal Fruit Cup, Milk
LUNCH: **Beef Chile Colorado** Corn, Mexican Rice, Beans, Cheese
LUNCH SIDE: **Banana, Milk**
SNACK: **Marble Muffin**
- THURSDAY** 4th, 2018
BREAKFAST: **Marble Breakfast Bread** - Seasonal Fruit Cup, Milk
LUNCH: **All White Meat Chicken Tenders** Whole Wheat Roll
LUNCH SIDE: **Mixed Vegetable Crudités - Watermelon, Milk**
SNACK: **Whole Wheat Goldfish Crackers**
- FRIDAY** 5th, 2018
BREAKFAST: **French Toast Sticks** - Seasonal Fruit Cup, Milk
LUNCH: **Shredded Chicken & Cheese Burrito** Pinto Beans, Mexican Rice, Corn, Whole Wheat Tortilla
LUNCH SIDE: **Apple, Milk**
SNACK: **Sunbutter and Jelly Pinwheel**

OCTOBER 8 - 12

- MONDAY** 8th, 2018
BREAKFAST: **Whole Wheat Bagel** Cream Cheese - Seasonal Fruit Cup, Milk
LUNCH: **Penne Bolognese** Green Bean, Parmesan Cheese
LUNCH SIDE: **Apple, Milk**
SNACK: **Whole Wheat Bunny Friends**
- TUESDAY** 9th, 2018
BREAKFAST: **Marble Breakfast Bread** - Seasonal Fruit Cup, Milk
LUNCH: **Angus Cheeseburger** Whole Wheat Bun
LUNCH SIDE: **Veggie Sticks, Orange, Milk**
SNACK: **Granola Bar**
- WEDNESDAY** 10th, 2018
BREAKFAST: **Breakfast Burrito** Egg, Cheese, Potato - Seasonal Fruit Cup, Milk
LUNCH: **Chicken Chile Verde Bowl** Onion, Potato, Spanish Rice, Tomatillo Salsa
LUNCH SIDE: **Banana, Milk**
SNACK: **Marble Muffin**

OCTOBER 8 - 12

THURSDAY 11th, 2018
 BREAKFAST: **Marble Breakfast Bread** - Seasonal Fruit Cup, Milk
 LUNCH: **All Beef Hot Dog** Whole Wheat Bun
 LUNCH SIDE: **Romaine Salad** Broccoli, Carrot, Corn, Tomato, Cucumber, Ranch Dressing
Watermelon, Milk
 SNACK: **Whole Wheat Goldfish Crackers**

FRIDAY 12th, 2018
 BREAKFAST: **French Toast Sticks** - Seasonal Fruit Cup, Milk
 LUNCH: **Turkey Chili Bowl** Corn, Beans, Cheddar Cheese, Corn Bread
 LUNCH SIDE: **Apple, Milk**
 SNACK: **Cheese Stick**

OCTOBER 15 - 19

MONDAY 15th, 2018
 BREAKFAST: **Whole Wheat Bagel** Cream Cheese - Seasonal Fruit Cup, Milk
 LUNCH: **Beef Stroganoff** Whole Wheat Penne, Pea, Carrot, Mushroom Sauce
 LUNCH SIDE: **Apple, Milk**
 SNACK: **Whole Wheat Bunny Friends**

TUESDAY 16th, 2018
 BREAKFAST: **Marble Breakfast Bread** - Seasonal Fruit Cup, Milk
 LUNCH: **Pepperoni Pizza Sandwich** Marinara, Mozzarella, Whole Wheat Baguette
 LUNCH SIDE: **Romaine Salad** Romaine, Cucumber, Carrot, Tomato, Ranch Dressing
Orange, Milk
 SNACK: **Granola Bar**

WEDNESDAY 17th, 2018
 BREAKFAST: **Breakfast Box** Scrambled Egg, Corn Tortilla, Tater Tot, Cheddar Cheese - Seasonal Fruit Cup, Milk
 LUNCH: **Chicken Teriyaki** Carrot, Pea, Onion, Broccoli, Rice
 LUNCH SIDE: **Banana, Milk**
 SNACK: **Marble Muffin**

THURSDAY 18th, 2018
 BREAKFAST: **Marble Breakfast Bread** - Seasonal Fruit Cup, Milk
 LUNCH: **All White Meat Chicken Tenders** Whole Wheat Roll
 LUNCH SIDE: **Mixed Vegetable Crudités - Watermelon, Milk**
 SNACK: **Whole Wheat Goldfish Crackers**

FRIDAY 19th, 2018
 BREAKFAST: **French Toast Sticks** - Seasonal Fruit Cup, Milk
 LUNCH: **Ground Beef and Cheese Burrito** Mexican Rice, Pinto Bean, Corn, Whole Wheat Tortilla
 LUNCH SIDE: **Apple, Milk**
 SNACK: **Sunbutter and Jelly Pinwheel**

OCTOBER 22 - 26

MONDAY 22nd, 2018
 BREAKFAST: **Whole Wheat Bagel** Cream Cheese - Seasonal Fruit Cup, Milk
 LUNCH: **Beef Stew** Carrot, Onion, Pea, Rice Pilaf
 LUNCH SIDE: **Apple, Milk**
 SNACK: **Whole Wheat Bunny Friends**

TUESDAY 23rd, 2018
 BREAKFAST: **Marble Breakfast Bread** - Seasonal Fruit Cup, Milk
 LUNCH: **Angus Cheeseburger** Whole Wheat Bun
 LUNCH SIDE: **Veggie Sticks, Orange, Milk**
 SNACK: **Granola Bar**

OCTOBER 22 - 26

WEDNESDAY 24th, 2018
 BREAKFAST: **Breakfast Burrito** Egg, Cheese, Potato - Seasonal Fruit Cup, Milk
 LUNCH: **Meatball Sub Sandwich** Marinara, Mozzarella, Whole Wheat Baguette
 LUNCH SIDE: **Banana, Milk**
 SNACK: **Marble Muffin**

THURSDAY 25th, 2018
 BREAKFAST: **Marble Breakfast Bread** - Seasonal Fruit Cup, Milk
 LUNCH: **All White Meat Chicken Tenders** Whole Wheat Roll
 LUNCH SIDE: **Mixed Vegetable Crudités - Watermelon, Milk**
 SNACK: **Whole Wheat Goldfish Crackers**

FRIDAY 26th, 2018
 BREAKFAST: **French Toast Sticks** - Seasonal Fruit Cup, Milk
 LUNCH: **Mac & Cheese w Chicken** Mixed Vegetables
 LUNCH SIDE: **Apple, Milk**
 SNACK: **Cheese Stick**

OCTOBER 29 - 31

MONDAY 29th, 2018
 BREAKFAST: **Whole Wheat Bagel** Cream Cheese - Seasonal Fruit Cup, Milk
 LUNCH: **Teriyaki Beef Bowl** Steamed Brown Rice, Carrot, Onion, Pea, Broccoli
 LUNCH SIDE: **Apple, Milk**
 SNACK: **Whole Wheat Bunny Friends**

TUESDAY 30th, 2018
 BREAKFAST: **Marble Breakfast Bread** - Seasonal Fruit Cup, Milk
 LUNCH: **All Beef Hot Dog** Whole Wheat Bun
 LUNCH SIDE: **Romaine Salad** Broccoli, Carrot, Corn, Tomato, Cucumber, Ranch Dressing
Orange, Milk
 SNACK: **Granola Bar**

WEDNESDAY 31st, 2018
 BREAKFAST: **Breakfast Box** Scrambled Egg, Corn Tortilla, Tater Tot, Cheddar Cheese - Seasonal Fruit Cup, Milk
 LUNCH: **Chicken Chile Verde Bowl** Onion, Potato, Spanish Rice, Tomatillo Salsa
 LUNCH SIDE: **Banana, Milk**
 SNACK: **Marble Muffin**