



## Triumph Menu September 2016

USDA and this institution are equal opportunity providers and employers.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				1 Waffle Turkey Sausage & Seasonal Fruit	2 <b>NO SCHOOL</b>
Lunch				Cheese Quesadilla with Black Beans & Seasonal Fruit	<b>PROFESSIONAL DEVELOPMENT</b>
Snack				Cheez-its Sliced Oranges	
Breakfast	5 <b>NO SCHOOL</b>	6 Egg & Cheese English Muffin & Seasonal Fruit	7 Pancakes Turkey Sausage & Seasonal Fruit	8 French Toast Turkey Sausage & Seasonal Fruit	9 Cheerios with Yogurt & Seasonal Fruit
Lunch	<b>LABOR DAY</b>	Bean & Cheese Burrito with Brown Rice & Seasonal Fruit	Popcorn Chicken with Baked Fries & Seasonal Fruit	Macaroni & Cheese with Green Bean & Seasonal Fruit	Cheese Pizza with Tossed Green Salad & Seasonal Fruit
Snack		"Ants on a Log" Celery Stick, Soy Butter, Raisins & Seasonal Fruit	Carrots & Celery Goldfish Crackers	Fruit Yogurt Seasonal Fruit	Cheez-its Seasonal Fruit
Breakfast	12 Yogurt with Granola & Seasonal Fruit	13 Biscuit Turkey Sausage & Seasonal Fruit	14 Pancake on a Stick & Seasonal Fruit	15 Waffle Turkey Sausage & Seasonal Fruit	16 Fruit Muffin & Seasonal Fruit
Lunch	Cheese Enchilada with Black Beans & Seasonal Fruit	Turkey Hot Dog Baked Fries & Seasonal Fruit	Chicken Nuggets with Seasoned Corn & Seasonal Fruit	Turkey Sandwich with Tossed Green Salad & Seasonal Fruit	Mini Hamburger with Baked Fries & Seasonal Fruit
Snack	Animal Crackers Fresh Banana	Cheese Stick Saltine Crackers	Pretzels Sliced Apples	Cheez-its Sliced Oranges	Fruit Yogurt Seasonal Fruit
Breakfast	19 Bagel Half with Cream Cheese & Seasonal Fruit	20 Egg & Cheese English Muffin & Seasonal Fruit	21 Pancakes Turkey Sausage & Seasonal Fruit	22 French Toast Turkey Sausage & Seasonal Fruit	23 Cheerios with Yogurt & Seasonal Fruit
Lunch	Cheese Quesadilla with Black Beans & Seasonal Fruit	Turkey Sandwich with Tossed Green Salad & Seasonal Fruit	Chicken Strips with Mixed Veggies & Seasonal Fruit	Turkey Hot Dog Baked Fries & Seasonal Fruit	Cheese Pizza with Tossed Green Salad & Seasonal Fruit
Snack	Nabisco Nilla Wafers Fresh Banana	"Ants on a Log" Celery Stick, Soy Butter, Raisins & Seasonal Fruit	Carrots & Celery Goldfish Crackers	Fruit Yogurt Seasonal Fruit	Cheez-its Seasonal Fruit
Breakfast	26 Yogurt with Granola & Seasonal Fruit	27 Biscuit Turkey Sausage & Seasonal Fruit	28 Pancake on a Stick & Seasonal Fruit	29 Waffle Turkey Sausage & Seasonal Fruit	30 Fruit Muffin & Seasonal Fruit
Lunch	Spaghetti with Mixed Veggies & Seasonal Fruit	Fish Sticks With Green Beans & Seasonal Fruit	Chicken Nuggets with Seasoned Corn & Seasonal Fruit	Cheese Quesadilla with Black Beans & Seasonal Fruit	Mini Hamburger with Baked Fries & Seasonal Fruit
Snack	Animal Crackers Fresh Banana	Cheese Stick Saltine Crackers	Pretzels Sliced Apples	Cheez-its Sliced Oranges	Fruit Yogurt Seasonal Fruit

Low-fat milk is served with every breakfast and lunch.  
**Breakfast Prices:** \$1.50 paid, \$.30 reduced\*, \$2.50 Adults,  
**Lunch Prices:** \$2.55 paid, \$.40 reduced\*, \$3.00 Adults

\*You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program, call the food service office at 916.649.7844.

Some menu items may change due to availability of products