



SEPTEMBER 2017 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
USDA is an equal opportunity employer and provider.	5 Pasta and Meatballs Spaghetti Sauce Seasoned Carrots Fresh or cupped fruit Baby Snack Carrots	6 Oven Baked Chicken Nuggets BBQ Sauce Seasoned Mixed Veggies Wheat Dinner Roll Fresh or cupped fruit Baby Snack Carrots	7 Maple Whole Grain Pancakes Oven Baked Ham Steak Baked Tater Tots Fresh or cupped fruit Baby Snack Carrots	8 Whole Grain Cheese Pizza Local Kale and Romaine Lettuce Tossed Salad Fresh or cupped fruit Baby Snack Carrots
Alternative Meals: 2. Blueberry Muffin Fun Lunch: WG Blueberry Muffin, Danimal's Strawberry Yogurt, String Cheese Stick, Baby Snack Carrots 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
11 Chicken Patty on Wheat Bun Seasoned Green Beans Fresh or cupped fruit Baby Snack Carrots	12 Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Mexicali Black Beans Fresh or cupped fruit Baby Snack Carrots	13 Mom's Mashed Potato Bowl Oven Baked Popcorn Chicken Mashed Potatoes Sweet Corn and Gravy Fresh or cupped fruit Baby Snack Carrots	14 Whole Wheat French Toast Sticks / Syrup Sausage Patty Oven Hash Brown Fresh or cupped fruit Baby Snack Carrots	15 Whole Grain Cheese Pizza Chilled Fresh Broccoli Ranch Salad Fresh or cupped fruit Baby Snack Carrots
Alternative Meals: 2. Fresh Tuna Salad Sub 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
18 Chicken Alfredo Pasta Seasoned Broccoli Fresh or cupped fruit Baby Snack Carrots	19 Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans Fresh or cupped fruit Baby Snack Carrots	20 Mini Maple Waffles Chilled Hard Boiled Egg Oven Roasted Cinnamon Tater Tots Fresh or cupped fruit Baby Snack Carrots	21 Macaroni and Cheese Seasoned Mixed Vegetables Whole Wheat Dinner Roll Fresh or cupped fruit Baby Snack Carrots	22 Whole Grain Cheese Pizza Fresh Spinach and Cranberry Salad Fresh or cupped fruit Baby Snack Carrots
Alternative Meals: 2. Sliced Turkey and American Cheese Sub 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
25 Cheeseburger on Whole Wheat Bun Roasted Brussel Sprouts Fresh or cupped fruit Baby Snack Carrots	26 Chicken Parmesan Wheat Pasta and Sauce Seasoned Sweet Corn Fresh or cupped fruit Baby Snack Carrots	27 Soft Beef Taco Shredded Lettuce, Salsa Shredded Cheddar Cheese Mexicali Black Beans Fresh or cupped fruit Baby Snack Carrots	28 Egg and Cheese on Wheat Bagel Baked Tater Tots Fresh or cupped fruit Baby Snack Carrots	29 Whole Grain Cheese Pizza Kale, Jicama and Mandarin Orange Slaw Fresh or cupped fruit Baby Snack Carrots
Alternative Meals: 2. Sliced Ham and American Cheese Wheat Wrap 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
Available With All Meals 1% White Milk Fat Free Chocolate Milk	Available With All Meals 1% White Milk Fat Free Chocolate Milk	Available With All Meals 1% White Milk Fat Free Chocolate Milk	Available With All Meals 1% White Milk Fat Free Chocolate Milk	Available With All Meals 1% White Milk Fat Free Chocolate Milk

DAILY BREAKFAST MENU

Monday:

Whole Grain Blueberry Muffin or Low Sugar Kix Cereal

Tuesday:

Chocolate Chip/Oatmeal Breakfast Bar or Low Sugar Coco Puffs Cereal

Wednesday:

Nutrigrain Fruit Bar or Rice Krispy Cereal

Thursday:

Danimal's Strawberry Yogurt and Graham Crackers or Low Sugar Lucky Charms Cereal

Friday:

Whole Wheat Bagel with Cream Cheese or Whole Grain Cheerios Cereal

All breakfast served with choice of fruits or fruit juice and milk.

All breakfast cereals are made with whole grains.



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For Menu, Nutritional
And Allergen
Information