



## SEPTEMBER 2018 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>4</b> Creamy Macaroni and Cheese Seasoned Mixed Veggies Whole Wheat Breadstick	<b>5</b> Crunchy Beef Taco Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	<b>6</b> Whole Wheat French Toast Sticks String Cheese Stick Oven Baked Hash Brown	<b>7</b> 2 Cheese Filled Whole Grain Bosco Breadsticks Pizza Sauce for Dunking Chilled Sweet Potato Salad
Alternative Meals: 2. Pizza Bagel Fun Lunch: WG Bagel, Mozzarella Cheese, Pizza Sauce and Baby Snack Carrots 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>10</b> Warm Egg and Cheese on Whole Wheat Bagel Oven Baked Sweet Potato Puffs	<b>11</b> Oven Baked Chicken Nuggets BBQ Dipping Sauce Seasoned Carrots Seasoned Whole Grain Wild Rice Annie's Organic Bunny Grahams <i>(Available with All Meals)</i>	<b>12</b> <b>No School Today</b>	<b>13</b> Maple Whole Wheat Mini Pancakes Hard Boiled Egg Tater Tots	<b>14</b> Whole Grain Cheese Pizza Tossed Salad with Romaine Spinach, Kale, Cucumbers and Tomatoes
Alternative Meals: 2. Blueberry Muffin Fun Lunch: WG Blueberry Muffin, Danimal's Strawberry Yogurt, String Cheese and Goldfish Crackers 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>17</b> Meatless Cheesy Pasta Bake Marinara Sauce Roasted Brussel Sprouts Whole Wheat Dinner Roll	<b>18</b> Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Pinto Beans	<b>19</b> Cheeseburger on Wheat Roll Romaine Caesar Salad  Baked Lays Chips <i>(Available with All Meals)</i>	<b>20</b> Mini Whole Wheat Maple Waffles Low Fat Vanilla Yogurt with Homemade Granola <i>(nut free)</i> Roasted Cinnamon Glazed Sweet Potatoes	<b>21</b> 2 Cheese Filled Whole Grain Bosco Breadsticks Pizza Sauce for Dunking Spinach and Strawberry Salad
Alternative Meals: 2. Fresh Chicken Salad on Wheat Sub Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>24</b> Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans	<b>25</b> Whole Wheat Pasta Meat Sauce Oven Roasted Garbanzo Beans Whole Wheat Breadstick  Goldfish Cinnamon Cookie <i>(Available with All Meals)</i>	<b>26</b> Oven Baked Chicken Patty Sandwich Cilantro Lime Brown Rice With Quinoa Seasoned Sweet Peas	<b>27</b> Maple Whole Wheat Mini Pancakes Danimal's Strawberry Yogurt Cup Tater Tots	<b>28</b> Whole Grain Cheese Pizza Chilled Sweet Corn and Red Pepper Salad
Alternative Meals: 2. Tuna Salad on a Wheat Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk

### DAILY BREAKFAST MENU

Monday: Whole Grain Blueberry Muffin or Kix Cereal  
Tuesday: Chocolate Chip/Oatmeal Breakfast Bar or Frosted Mini Wheats Cereal  
Wednesday: Nutrigrain Fruit Bar or Rice Krispy Cereal  
Thursday: Low Fat Vanilla Yogurt with Nut Free Granola or Special K Cereal  
Friday: Whole Grain Cinnamon Pop Tart or Cheerios Cereal

All breakfast served with fruit and milk.

Check Out Our Menus  
On-Line  
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