

SEPTEMBER

Breakfast Menu



Monday - Breakfast

Pizza Bagel

Tuesday - Potato, Egg and Cheese Empanada

Wednesday - Assorted Cereals

Thursday - Cinnamon Glazed Pancakes

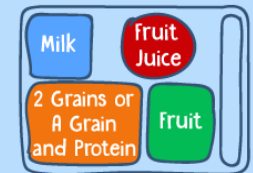
Friday - Yogurt and Vanilla Bear Graham

Two fruit options and milk provided daily

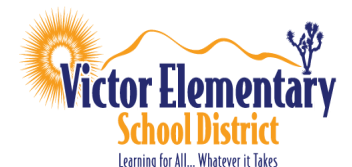
wake up!

School Breakfast

What makes a Great Breakfast
Select at least 3 items!



One must be a



Monday

Tuesday

Wednesday

Thursday

Friday

5 **HAPPY LABOR DAY**
No School

6 Crunchy Beef Taco
Spanish Rice
Elote Corn Salad
Fresh Pear

7 All Beef Hot Dog
Chili Spiced Beans
Fruit Cocktail

8 Cheesy Pizza
Carrot Salad
Fresh Orange

9 Star Shaped Chicken
Nuggets
Maple Waffle
Cracker
Vegetable Medley
Diced Pear Cup

12 Chicken Alfredo
with Penne
Dinner Roll
Steamed Broccoli
Applesauce Cup

13 Potato Wedges with
Cheese Sauce
Tortilla Chips
Fresh Green Apple

14 Sloppy Joe
Simmered Green
Beans
Diced Peach Cup

15 Cheesy Mozzarella
Bread Sticks
Marinara Sauce
Black Bean and Corn
Salad
Fresh Strawberries

16 BBQ Rib Sandwich
Vegetable Medley
Mixed Fruit Cup

19 Sweet and Sour
Meatballs
Steamed Brown Rice
Simmered Green
Beans
Pineapple Tidbits

20 Turkey Taco Meat
Tortilla Chips
Cheese Cup
Steamed Corn
Fresh Orange

21 Chicken and Waffles
Seasoned Diced
Potatoes
Cinnamon
Applesauce

22 Stuffed Crust
Cheese Pizza
Three Bean Salad
Diced Peach Cup

23 Tasty Golden Corn
Dog
Mixed Veggies
Sliced Pears

26 Buttermilk Pancakes
Turkey Sausage
Links
Seasoned Diced
Potatoes
Sliced Peach Cup

National Pancake Day

27 Meatloaf with
Ketchup
Buttery Mashed
Potatoes
Dinner Roll
Fresh Pear

28 Creamy Macaroni
and Cheese
Steamed Broccoli
Goldfish Pretzel
Crackers
Mixed Fruit Cup

29 Chicken Pizza
Quesadilla
Spicy Coleslaw
Fresh Strawberries

30 Build Your Own Deli
Sandwich
Mixed Veggies
Peach Cup

VESD Students eat at no cost. Menu subject to change. Questions? Call us at (760)245-5221. This institution is an equal opportunity provider.

Fresh Salad Bar Offered Daily All Bread and Tortillas are Whole Wheat.