

# Maryvale Prep Breakfast Menu September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CEREAL MUFFIN FRUIT
4 <b>School Closed</b>	5 WHOLE GRAIN BAGEL CREAM CHEESE & JELLY FRUIT	6 GRILLED CHEESE FRUIT	7 <b>Early Release Day</b> FRENCH TOAST STICKS W/ SYRUP FRUIT	8 GRANOLA & YOGURT FRUIT
11 CEREAL BOWL GRAHAM CRACKERS FRUIT	12 WHOLE GRAIN POPTART YOGURT FRUIT	13 FRESH EGG POTATO & CHEESE BURRITO FRUIT	14 <b>Early Release Day</b> PANCAKES W/ SYRUP FRUIT	15 PIZZA BAGEL FRUIT
18 CEREAL BOWL TOAST FRUIT	19 WHOLE GRAIN BAGEL CREAM CHEESE & JELLY FRUIT	20 FLUFFY WAFFLES W/ SYRUP FRUIT	21 <b>Early Release Day</b> SAUSAGE BREAKFAST BISCUIT FRUIT	22 LARGE MUFFIN FRUIT
25 CEREAL BOWL GRAHAM CRACKERS FRUIT	26 WHOLE GRAIN POPTART YOGURT FRUIT	27 HAM & CHEESE BAGEL MELT FRUIT	28 WARM ENGLISH MUFFIN WITH EGG FRUIT	29 <b>Early Release Day</b> EGG & CHORIZO BURRITO FRUIT



Alternative Fruit,  
Skim & 1% Milk  
Offered Daily



"Having Breakfast is the Best Way to  
Start the Day and Prolong Your Life!"

*Menu is subject to change due to product availability*

"This institution is an equal opportunity provider"

# Maryvale Prep Lunch Menu- September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 BBQ CHICKEN SANDWICH COLESLAW & PICKLES FRUIT
4 <b>School Closed</b>	5 TAQUITOS SPANISH RICE & BEANS LETTUCE & TOMATO FRUIT	6 BAKED MARINARA BEEF ZITI SALAD MIX & GREEN PEAS FRUIT	7 <b>Early Release Day</b> PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	8 COLD CUT SUB GREEN LEAF PICKLES FRUIT
11 HOT DOG PASTA SALAD W/ HAM CORN & CELERY FRUIT	12 BEAN AND CHEESE NACHOS LETTUCE & TOMATO CUCUMBERS FRUIT	13 SPAGHETTI W/ MEATBALLS SALAD MIX & CELERY FRUIT	14 <b>Early Release Day</b> PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	15 HAMBURGER GREEN LEAF & PICKLES FRUIT
18 CRISPY CHICKEN TENDERS W/ MAC N CHEESE CORN & CELERY FRUIT	19 BEEF & BEAN BURRITO LETTUCE & TOMATO FRUIT	20 CHICKEN FETTUCCINE ALFREDO PASTA W/ BREAD BROCCOLI & CUCUMBERS FRUIT	21 <b>Early Release Day</b> PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	22 MEATBALL SUB CUCUMBERS & CELERY FRUIT
25 TURKEY CORN DOG PASTA SALAD W/ HAM CORN & CARROTS FRUIT	26 CRISPY BEEF TACOS W/ SPANISH RICE & BEANS LETTUCE & TOMATO FRUIT	27 CHICKEN FRIED RICE W/ STIR FRY VEGGIES CELERY & BROCCOLI FRUIT	28 PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	29 <b>Early Release Day</b> CHICKEN SANDWICH GREEN LEAF & PICKLES FRUIT



Alternative Fruit,  
Skim & 1% Milk  
Offered Daily



Cold food option is available daily  
except on pizza days.

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