

# SEPTEMBER 2022 Breakfast Calendar

## NORTHSIDE

Breakfast Meal Pattern - K-8th  
Select a minimum of 3 components

**1 fruit/ vegetable = 1 cup**  
--fruit/juice and/or vegetable  
**1 whole grain rich selection(s) = 1oz**  
--biscuit, roll, muffin, bread, cereal  
**1 milk = 1 Cup**  
--fluid milk

Menu is subject to change  
without notice

**wake up!**  
to  
**School Breakfast**



**This institution is an  
equal opportunity  
provider.**

Mon	Tue	Wed	Thu	Fri
		8/31 Cereal Bar 100% Fruit Juice Apple Milk	9/1 Crunch Mania Cheddar Goldfish 100% Fruit Juice Apple Slices	2 Cinnamon Toast Cream Cheese Pastry 100% Fruit Juice Applesauce Cup Milk
5 <b>NO SCHOOL</b>  <b>LABOR DAY</b>	6 Teddy Grahams Cold Cereal 100% Fruit Juice Cranberries Milk	7 Apple Frudel 100% Fruit Juice Apple Slices Milk	8 Cereal Bar 100% Fruit Juice Apple Milk	9 Mini Muffins Cheese Sticks 100% Fruit Juice Cherry Craisins Milk
12 Cold Cereal Chewy Granola 100% Fruit Juice Cherry Craisins Milk	13 Mini Cinnamon Pull Apart 100% Fruit Juice Banana Milk	14 Pop Tart 100% Fruit Juice Apple Slices Milk	15 Bug Bites Yogurt 100% Fruit Juice Applesauce Cup Milk	16 Strawberry & Cheese Bagel 100% Fruit Juice Apple Milk
19 Cinnamon Toast Cereal Bar 100% Fruit Juice Applesauce Cup Milk	20 Mini Donut Cheese Stick 100% Fruit Juice Raisins Milk	21 Cold Cereal Cookies & Cream Bar 100% Fruit Juice Cranberries Milk	22 Breakfast Pastry 100% Fruit Juice Apple Slices Milk	23 <b>NO SCHOOL</b>
26 Pop Tart 100% Fruit Juice Apple Milk	27 Chat Snax Yogurt 100% Fruit Juice Banana Milk	28 Cold Cereal Chewy Granola 100% Fruit Juice Cherry Craisins Milk	29 Cinnamon Bun 100% Fruit Juice Apple Slices Milk	30 Mini Muffins 100% Fruit Juice Cherry Craisins Milk

Lunch Meal Pattern - K- 8th

Select a minimum of 3 components

**1 meat/ meat alternative** = 1oz

--lean meat, poultry, alternative protein,  
cheese, egg, nut butter, yogurt

**1 Vegetable** =3/4 cup

**1 Fruit** = 1/2cup

--fruit/juice

**1 whole grain rich (WG) selection (s)** =  
1oz

--bread, biscuit, roll, pasta, noodle, grain

**1 milk** = 1 cup

--fluid milk

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# SEPTEMBER 2022

## Lunch Calendar

### NORTHSIDE

Mon	Tue	Wed	Thu	Fri
		8/31 Chef Salad Turkey/Turkey Ham/ Cheese Rainbow Goldfish Banana/ Milk	9/1 Turkey Hotdog Wg Bun Baked Beans Fruit Punch Milk	2 Cheese Pizza Carrot Coins Fruit Punch Milk
<b>5 NO SCHOOL</b>  <b>LABOR DAY</b>	6 Chicken Cheese Quesadilla Black Beans Cantaloupe Milk	7 Chicken Philly Wg Bun/Cheese Mashed Potatoes Grapes Milk	8 Spaghetti w/Meat Sauce/Wg Pasta Broccoli Fruit Punch Milk	9 Cheese Pizza Dragon Punch Cucumber Slices Milk
12 Meatballs & Mac Wango Mango Applesauce Cup Milk	16 Beef Nachos Tortilla Chips Cheese/Salsa Romaine Salad Plulot Milk	15Turkey Sandwich Turkey Breast Cheese/Wg Bun Red Pepper Humus Cucumber Slices Milk	18 <b>Brunch 4 Lunch</b> Mini Pancakes Turkey Sausage Potato Smiles Apple Juice Milk	16 Cheese Pizza Broccoli Mango Sidekick Milk
19 Chicken /Brown Rice Green Beans Applesauce Milk	20 Beef Taco Stick Romaine Salad Banana Milk	21Turkey Salami, Turkey Ham, Turkey Pepperoni/Wg Bun Pasta Salad w/ Red Peppers/Broccoli Fruit Punch/Milk	22 Cheese Pizza Carrot Coins Red Pepper Hummus Fruit Punch Milk	23 <b>NO SCHOOL</b>
26 Buf-A-Q Chicken Wg Bun Romaine Salad Strawberry Cup Milk	27 Chicken Taco Wg Tortilla Shell Cheese/Salsa Texas Caviar Grapes Milk	28 Bunchable Turkey/Cheese Wg Crackers Cucumber Slices Apple Slices Milk	29 Chicken Patty Wg Bun Mashed Potatoes Fruit Punch Milk	30 Cheese Pizza Carrot Coins Fruit Punch Milk