

# SEPTEMBER 2020

## Sentinel Elementary #71.

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**  
Donut Breakfast Bites  
Orange and Grape  
Juice  
Cheese Burger & Fries  
Salad  
Dried Fruit

**2**  
Cinnamon Bun  
Apple & Orange  
juice  
Pizza Stick &  
Marinara  
Green Beans  
Mixed Fruit

**3**  
Pancake & syrup  
Grapes & Apple  
Juice  
Pretzel & Cheese  
Cucumbers &  
Carrots with Ranch  
Peaches

**4**  
Egg Tac-Go  
Orange  
Berry Juice  
Hot Dog  
Sweet Potato Tots  
Mixed Vegetable  
Pears

**7**  
NO SCHOOL  
Milk Offered  
Daily at  
Breakfast &  
Lunch  
1% White  
FF Chocolate

**8**  
Chocolate Donut  
Orange juice  
Grapes  
Ham Sandwich  
Lettuce & tomato  
Cucumber sticks  
Sun Garden Salsa Chip  
Apple Crisp

**9**  
Powdered Donut  
Orange  
Fruit Punch juice  
Spaghetti & Meat  
Sauce  
Romaine Salad  
Bread Stick & Mixed  
Vegetables  
Grapes

**10**  
Waffle & Syrup  
Apple  
Berry Juice  
Popcorn Chicken  
Mashed Potatoes  
Gravy  
Corn  
Craisins

**11**  
Breakfast Kit: HNY  
Graham, crackers  
Apple Juice and  
Grapes  
Nachos  
Garden Salad  
Refried Beans  
Mixed fruit

**14**  
Pancake & Syrup  
Apple & Berry Juice  
Hot Wings  
Celery & Carrots  
Ranch  
Roll  
Apple Crisp

**15**  
Cinnamon Bun  
Grapes/Apple Juice  
Beef Tacos & salsa  
Shredded Lettuce  
Tomato and Cheese  
Spanish Rice  
Pears

**16**  
Granola & Yogurt  
Orange  
Fruit Punch Juice  
Grilled Cheese  
Sandwich  
Green Beans  
Sweet Potato fries  
Raisins

**17**  
Cinnamon Toast  
Crunch Cereal  
Ham & Cheese  
Breakfast Bar  
Grapes and  
Orange juice  
French Bread Pizza  
Salad & Peaches

**18**  
Breakfast Bar  
Apple Juice  
Orange  
Bean & Cheese  
Burrito  
Salsa  
Garden Salad  
Apple

**21**  
French Toast Stick &  
Syrup  
Orange & Grape Juice  
Chicken Tenders  
Mashed Potatoes &  
gravy  
Green Beans  
Applesauce

**22**  
Frosted Flake &  
cheese Stick  
Orange juice & Apple  
Corn Dog  
Fries  
Mixed Vegetable  
Peaches

**23**  
Breakfast Bar  
Apple juice &  
Grapes  
Calzone &  
Marinara  
Salad & Pears

**24**  
Breakfast Burrito  
Orange & Fruit Punch  
Juice  
Hawaiian Turkey  
Cheese Sandwich with  
lettuce  
Sun Garden Salsa  
Chips  
Mixed Fruit

**25**  
Super Donut  
Yogurt  
Berry Juice & Dried  
Fruit  
Green Chili Cheese  
Burrito & Salsa  
Zucchini Squash  
Apple

**28**  
Granola & yogurt  
Apple Juice & Raisin  
Pretzel & cheese  
Celery & Carrots  
Ranch  
Apple

**29**  
Chocolate Donut  
Orange Juice &  
Grapes  
Pig in a Blanket  
Sweet Potato Fries  
Mixed Vegetable  
Apple Crisp

**30**  
Breakfast Kit: Froot  
Loops, Crackers,  
Juice, Orange  
Chicken Patty  
Sandwich  
Zucchini Squash  
Apple

### DID YOU KNOW?

September in the Northern Hemisphere is similar to March in the Southern Hemisphere.

### School News

#### Child Visitor

Price:

Breakfast - \$1.10

Lunch - \$1.65

#### Adult Visitor

Price:

Breakfast - \$2.30

Lunch - \$3.65

“This institution is an equal opportunity provider”.

Esta institucion es un proveedor que ofrece igualdad de oportunidades.

#### August 31 Meal:

Mini Powdered donut  
Grapes and Fruit Punch  
Juice

Chicken Tamale  
Spanish Rice  
Beans  
Pears