

# September 2017

## Teleos Prep Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Fruit Loops w/ Granola Bar, Fruit & Milk Choice
<b>4</b>  <b>LABOR DAY</b>	<b>5</b> Cereal w/ Yogurt, Fruit & Milk Choice	<b>6</b> Strawberry Pop Tart w/ LF Cheese Stick, Fruit & Milk Choice	<b>7</b> WG Waffles w/ Fruit & Milk Choice	<b>8</b> Scrambled Egg w/ Wheat Toast, Fruit & Milk Choice
<b>11</b> Honey Nut Chex, Granola Bar, Fruit & Milk Choice	<b>12</b> Trix Cereal Bar w/ LF Cheese Stick, Fruit & Milk Choice	<b>13</b> Cereal w/ Graham Crackers, Fruit & Milk Choice	<b>14</b> WG Bagel w/ LF Cream Cheese & Jelly, Fruit & Milk Choice	<b>15</b> Oatmeal w/ Wheat Toast, Fruit & Milk Choice
<b>18</b> Mixed Berries, Yogurt, Granola & Milk Choice	<b>19</b> Cinnamon Toast Bars w/ Graham Crackers, Fruit & Milk Choice	<b>20</b> Grilled Cheese w/ Fruit & Milk Choice	<b>21</b> Sautéed Spinach, ½ Boiled Egg, ½ English Muffin, Fruit & Milk Choice	<b>22</b> WG Biscuit w/ Turkey Sausage, Fruit & Milk Choice
<b>25</b> Honey Nut Chex, Granola Bar, Fruit & Milk Choice	<b>26</b> Cereal w/ Yogurt, Fruit & Milk Choice	<b>27</b> Cinnamon Pop Tart w/ LF Cheese Stick, Fruit & Milk Choice	<b>28</b> WG Pancakes w/ Fruit & Milk Choice	<b>29</b> Scrambled Egg w/ Wheat Toast, Fruit & Milk Choice

Milk is offered at both breakfast & lunch. This institution is an equal opportunity provider & employer. Due to a menu item's availability, students may not receive the planned meal & can be given another entrée from a different day. Meals are planned in accordance with the USDA dietary guidelines.

September 2017

# Teleos Prep Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>  <b>HALF DAY</b>
<b>4</b>  <b>LABOR DAY</b>	<b>5</b> Cheese Pizza w/ Broccoli, Fruit & Milk Choice	<b>6</b> Turkey Ziti w/ Sliced Carrots, Fruit & Milk Choice	<b>7</b> Beef Taco's w/ Refried Beans, Fruit & Milk Choice	<b>8</b> Garlic & Herb Wings w/ Lima Beans, Fruit & Milk Choice
<b>11</b> Turkey Sandwich w/ Sautéed Broccoli, Fruit & Milk Choice	<b>12</b> Meatball Sub w/ Green Peas, Fruit & Milk Choice	<b>13</b> Beef Stroganoff w/ Egg Noodles, Culinary Cut Vegetables, Fruit & Milk Choice	<b>14</b> Santé Fe Quesadilla w/ Black Beans, Fruit & Milk Choice	<b>15</b> Baked Chicken Breast, Roasted Butternut Squash, WG Roll, Fruit & Milk Choice
<b>18</b> Orange Chicken & Brown Rice, Stir Fry Vegetables, Fruit & Milk Choice	<b>19</b> Cheese Pizza w/ Sweet Corn, Fruit & Milk Choice	<b>20</b> Penne Marinara w/ Diced Carrots, Fruit & Milk Choice	<b>21</b> Chicken Corn Dog w/ Split Peas, Fruit & Milk Choice	<b>22</b> Baked Chicken Legs w/ Spinach, WG Roll, Fruit & Milk
<b>25</b> Grilled Cheese w/ Carrot Sticks & LF Ranch, Fruit & Milk Choice	<b>26</b> Turkey Hot Dog w/ Cole Slaw, Fruit & Milk Choice	<b>27</b> Baked Chicken, Baked Potato, UBR, Fruit & Milk Choice	<b>28</b> Spaghetti w/ Meat Sauce, Roasted Sweet Potatoes, Fruit & Milk Choice	<b>29</b>  <b>HALF DAY</b>

Milk is offered at both breakfast & lunch. This institution is an equal opportunity provider & employer. Due to a menu item's availability, students may not receive the planned meal & can be given another entrée from a different day. Meals are planned in accordance with the USDA dietary guidelines.