


Breakfast
Served Daily
from 7:00-7:50 A.M.

September 2017
Crusader Café



Healthy Tip: Whole Grains
Rich in Fiber & Vitamins
Reduce risk of Heart Disease

Monday	Tuesday	Wednesday	Thursday	Friday
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				Stuffed Crust Pizza Tossed Garden Salad Fruit Cup <i>Turkey Bacon Melt</i>
4	5	6	7	8
Labor Day	Nachos Supreme Black Beans Salsa Fruit Cup <i>BBQ Rib</i>	Shrimp Poppers Mashed Potatoes Corn Fruit Cup <i>Chicken Ranch</i>	Spaghetti & Meatballs California Vegetables Breadstick Fruit Cup <i>Turkey Bacon Melt</i>	Chicken Quesadilla Fiesta Corn Salad Black Bean Dip/Chips Salsa Fruit Cup <i>Meatball Sub/Bierock</i>
11	12	13	14	15
Chicken Tenders Mashed Potatoes Corn Fruit Cup <i>Chicken Fried Steak</i>	Chicken Parmesan Pasta Roasted Vegetables Breadstick Fruit Cup <i>Buffalo Chicken</i>	Zesty Cuban Sandwich Coleslaw Baked Beans Potato Wedges Fruit Cup <i>Philly Cheesesteak</i>	Chicken Pita Roasted Potatoes Hummous Veggie Sticks Fruit Cup <i>BBQ Rib</i>	Crispy Fish Strips Macaroni & Cheese Broccoli Fruit Cup <i>Southwest Chicken</i>
18	19	20	21	22
Crispy Chicken Salad Baby Carrots Wheat Roll Fruit Cup <i>Grilled Italian</i>	Street Tacos Mexicali Corn Refried Black Beans Fruit Cup <i>Turkey Bacon Melt</i>	Shrimp Poppers Corn Mashed Potatoes Fruit Cup <i>Chicken Ranch</i>	Teriyaki Beef Fried Rice Thai Cabbage Slaw Egg Roll Fruit Cup <i>Meatball Sub/Beef Burrito</i>	Stuffed Crust Pizza Tossed Garden Salad Broccoli Salad Fruit Cup <i>Chicken Fried Steak</i>
25	26	27	28	29
Chicken Tenders Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Southwest Chicken</i>	Cheese Filled Breadsticks Marinara Sauce Caesar Salad Bean Salad Fruit Cup <i>Italian Chicken Sausage</i>	Turkey on Focaccia Spicy Spuds Cucumber Salad Fruit Cup <i>BBQ Rib/Beef Burrito</i>	Chicken Alfredo Broccoli Fruit Cup <i>Grilled Italian</i>	Frito Chili Pie Red Pepper & Carrots Chunky Tomato Salsa Fruit Cup <i>Buffalo Chicken</i>

Deli Sandwiches & Burgers are offered every day!

Please select Fruit & Vegetables for a balanced meal!

"USDA is an equal opportunity provider and employer."