

SEPTEMBER

Lake Canyon
Cougars

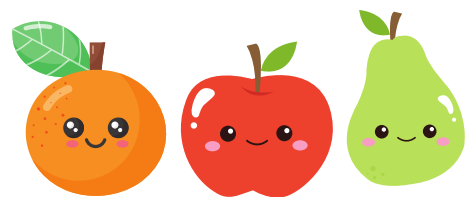
Meals meet USDA Regulations and all items are whole grain-rich.

OFFERED DAILY

*ASSORTED
CEREALS*



FRUITS

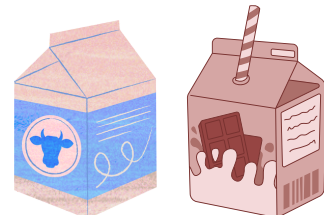


VEGGIES



Milk Choices:

Nonfat Chocolate Milk or
1% White Milk or Fat Free
White

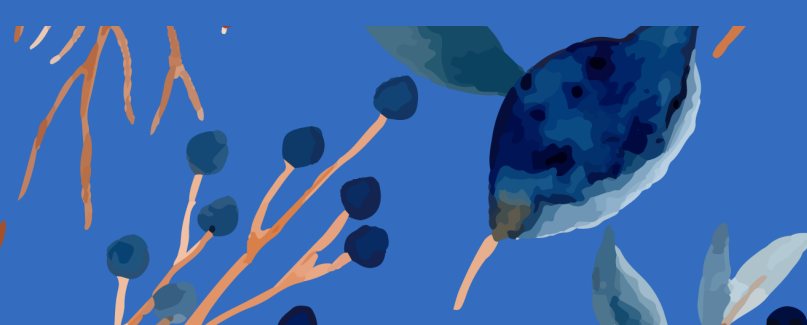


Galt Joint Union Elementary School District

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

1

Awaken Burger

Domino's Pizza

4



5

Pancake on a Stick



Nachos

6

Country Pizza

Spaghetti W/ Roll

7

Cereal Bar

Hot Dogs w/ Chips

8

Awaken Burger

Domino's Pizza

11

Chocolate Muffin

Nuggets & Mashed
Potatoes w/ Roll

12

French Toast w/
Sausage

Taco w/ Churro

13

Breakfast Pizza

Grilled Cheese w/
Chips



14

Breakfast Bar

Hamburger
w/French Fires

15

Awaken Burger

Papa Murphy's
Pizza



18

Blueberry Muffin

Orange Chicken &
Rice



19

Pancake on a Stick

Nachos

20

Country Pizza

Spaghetti w/ Roll

21

Cereal Bar

Hot Dog & Chips



22

Bacon Grilled
Cheese

Domino's Pizza

25

Muffin

Drumstick w/
Mashed Potatoes



26

Mini Pancake

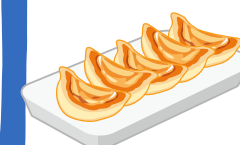
Handmade Burrito



27

Bagel Pizza

Pot Stickers w/
Rice



28

Yogurt Smoothie

Chicken Sandwich
w/ chips



29

Chicken & Bacon
Awaken Burger

French Bread Pizza

Meals meet USDA Regulations and all items are whole grain-rich

Students must select 3 of 5 offered food components, at least one being a fruit or vegetable.

*Menu subject to change based on availability. This institution is

Meals meet USDA Regulations and all items are whole grain-rich.

an equal opportunity provider.

