

# September 2024 | Promesa Academy - Breakfast



## Announcements:

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> CLOSED Labor Day	<b>3</b> WG Cinnamon Toasters Honey Graham Crackers Fresh Banana	<b>4</b> <b>Breakfast Sandwich</b> Turkey Sausage Patty WW English Muffin Cinn/Raisin Apples 100% Orange Juice	<b>5</b> <b>Breakfast Tacos – 2</b> Bean & Cheese on WW Tortilla Mixed Fruit Cup 100% Apple Juice	<b>6</b> Raspberry Cereal Bar WW Animal Cracker Mango & Papaya Cup 100% Grape Juice
<b>9</b> <b>Breakfast Sandwich</b> Turkey Canadian Bacon w/ Sliced Cheese WG Bagel Cinn/Raisin Apples	<b>10</b> WG Frosted Flakes Mozzarella String Cheese Fresh Banana	<b>11</b> WG Waffles Cinn/Raisin Peaches 100% Orange Juice (Syrup)	<b>12</b> <b>Fruit &amp; Yogurt Plate</b> Vanilla Yogurt Granola Diced Mango 100% Grape Juice	<b>13</b> WG Strawberry Poptart Mandarin Orange Cup 100% Apple Juice
<b>16</b> <b>Breakfast Sandwich</b> Egg Patty w/ Cheese On WW English Muffin Pineapple Tidbit Cup 100% Apple Juice	<b>17</b> WG Trix Cereal Cinnamon Goldfish Crackers Fresh Banana	<b>18</b> Blueberry Cereal Bar Mozzarella String Cheese Applesauce Cup 100% Grape Juice	<b>19</b> WG Waffles Cinn/Raisin Peaches 100% Apple Juice (Syrup)	<b>20</b> <b>Breakfast Pizza</b> WG Turkey Sausage Pizza Mixed Fruit Cup 100% Orange Juice
<b>23</b> WW Pancakes Cinn/Raisin Peaches (Syrup)	<b>24</b> WG Cocoa Puffs Mozzarella String Cheese Fresh Banana	<b>25</b> WG Banana Muffin Mandarin Orange Cup 100% Grape Juice	<b>26</b> <b>Fruit &amp; Yogurt Plate</b> Vanilla Yogurt Granola Mixed Berries 100% Orange Juice	<b>27</b> WG Blueberry Poptart Mixed Fruit Cup 100% Apple Juice

**Key Terms:**  
 WG = Whole Grain  
 WW = Whole Wheat

**Available Milk Flavor:**  
 1% White Milk  
 Skim White Milk

**30**  
 WW French Toast Sticks  
 Cinn/Raisin Peaches  
 (Syrup)



## Watermelon

**Season in Texas: May - October**  
**Did you know?**

You can eat the entire watermelon; some people make sweet pickles out of the rind



Milk & Cutlery Kit Included



Food and Nutrition Division  
[www.SquareMeals.org](http://www.SquareMeals.org)



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Updated 6/6/2024  
 National School Lunch Program



# September 2024 | Promesa Academy - Lunch



## Announcements:

### Key Terms:

WG = Whole Grain  
WW = Whole Wheat

### Available Milk Flavor:

1% White Milk  
Fat-Free Choc Milk



Milk & Cutlery Kit Included

\*Contains Pork;  
Substitutes available if needed

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> CLOSED Labor Day	<b>3</b> Chicken Parmesan over WW Spaghetti Steamed Broccoli Buttered Yellow Squash Fresh Orange Wedges	<b>4</b> Turkey Sloppy Joes on WW Hamburger Bun Oven Fries Steamed Carrots Fresh Apple (Ketchup)	<b>5</b> WG Pepperoni Pizza* Baby Carrots Cucumber Slices Mandarin Orange Cup (FF Ranch Dressing)	<b>6</b> Cheese Enchiladas w/ Ranchero Sauce Mexicali Corn Pinto Beans Fresh Orange Wedges
<b>9</b> WG Breaded Chicken Nuggets Mashed Potatoes Broccoli w/ Cheese Fresh Orange Wedges (Ketchup; Mustard)	<b>10</b> Salisbury Steak w/ LS Brown Gravy over WW Egg Noodles Mixed Veggie Blend Seasoned Zucchini Mixed Fruit Cup	<b>11</b> WW Spaghetti & Turkey Meat Sauce Seasoned Cauliflower Capri Veggie Blend Fresh Apple	<b>12</b> WG Pepperoni Pizza* Cucumber Slices Baby Carrots Applesauce Cup (FF Ranch Dressing)	<b>13</b> Lemon Herb Chicken WW Roll Pinto Beans Buttered Carrots Fresh Orange Wedges
<b>16</b> WG Mini Corn Dogs Steamed Corn Italian Veggie Blend Fresh Orange Wedges (Ketchup; Mustard)	<b>17 Taco Tuesday</b> Turkey & Cheese w/ WW Tortilla Lettuce/Tomato Cup Pinto Beans Diced Peach Cup	<b>18</b> Turkey Hot Dog on WW Hot Dog Bun Sweet Potato Tots Green Beans Fresh Apple (Ketchup; Mustard)	<b>19</b> WG Pepperoni Pizza* Baby Carrots Side Salad Diced Pear Cup (FF Ranch Dressing)	<b>20</b> Beef Meatballs on WW Spaghetti Steamed Broccoli Buttered Yellow Squash Fresh Orange Wedges
<b>23</b> Breaded Steak Fingers Mashed Potatoes Normandy Veggie Blend Diced Pear Cup (Ketchup)	<b>24</b> Chicken Penne Alfredo on WG Penne Steamed Broccoli Roasted Sweet Potato Fresh Orange Wedges	<b>25</b> Cheeseburger on WW Hamburger Bun Tater Tots Buttered Carrots Fresh Apple (Ketchup; Mustard)	<b>26</b> WG Pepperoni Pizza* Cucumber Slices Baby Carrots Mango & Papaya Cup (FF Ranch Dressing)	<b>27</b> WG Cheese Ravioli Spaghetti Sauce WW Roll Green Beans Black-Eyed Peas Fresh Orange Wedges
<b>30</b> Breaded Chicken Tenders Green Beans Potatoes Au Gratin Applesauce Cup (Ketchup; Mustard)				

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