

2024

# SEPTEMBER

## Tree of Life International Charter School




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> 	<p>3</p> <p><b>BREAKFAST:</b> FRUIT &amp; YOGURT PARFAIT</p> <p><b>LUNCH:</b> BBQ CHICKEN SANDWICH SALAD FRUIT SLUSH</p>	<p>4</p> <p><b>BREAKFAST:</b> HOMEMADE MUFFIN FRUIT</p> <p><b>LUNCH:</b> NACHO FRIES REFRIED BEANS FRUIT</p>	<p>5</p> <p><b>BREAKFAST:</b> EGGS &amp; TOAST FRUIT</p> <p><b>LUNCH:</b> EGG MCMUFFIN HASHBROWN CARROTS &amp; FRUIT</p>	<p>6</p> <p><b>BREAKFAST:</b> WAFFLES FRUIT</p> <p><b>LUNCH:</b> CHICKEN PATTY SANDWICH MIXED VEGGIES &amp; RANCH FRUIT</p>
<p>9</p> <p><b>BREAKFAST:</b> BREAKFAST PIZZA FRUIT</p> <p><b>LUNCH:</b> GRILLED CHEESE SALAD BROCCOLI &amp; FRUIT</p>	<p>10</p> <p><b>BREAKFAST:</b> FRUIT &amp; YOGURT PARFAIT</p> <p><b>LUNCH:</b> CHICKEN, RICE &amp; BEAN BURRITO CARROTS FRUIT SLUSH</p>	<p>11</p> <p><b>BREAKFAST:</b> HOMEMADE MUFFIN FRUIT</p> <p><b>LUNCH:</b> SLOPPY JOES CORN FRUIT</p>	<p>12</p> <p><b>BREAKFAST:</b> EGGS &amp; TOAST FRUIT</p> <p><b>LUNCH:</b> MAC &amp; CHEESE GREEN BEANS FRUIT</p>	<p>13</p> <p><b>BREAKFAST:</b> WAFFLES FRUIT</p> <p><b>LUNCH:</b> PAPA MURPHY'S PIZZA SALAD FRUIT</p> 
<p>16</p> <p><b>BREAKFAST:</b> BREAKFAST PIZZA FRUIT</p> <p><b>LUNCH:</b> HOMEMADE BEAN BURRITO SALAD FRUIT</p>	<p>17</p> <p><b>BREAKFAST:</b> FRUIT &amp; YOGURT PARFAIT</p> <p><b>LUNCH:</b> HOT DOG FRIES CARROTS &amp; FRUIT SLUSH</p>	<p>18</p> <p><b>BREAKFAST:</b> HOMEMADE MUFFIN FRUIT</p> <p><b>LUNCH:</b> DELI SANDWICH &amp; CHIPS CUCUMBERS &amp; RANCH FRUIT</p>	<p>19</p> <p><b>BREAKFAST:</b> EGGS &amp; TOAST FRUIT</p> <p><b>LUNCH:</b> SOFT TACO REFRIED BEANS FRUIT</p>	<p>20</p> <p><b>BREAKFAST:</b> WAFFLES FRUIT</p> <p><b>LUNCH:</b> CORN DOG BAKED BEANS FRUIT</p>
<p>23</p> <p><b>BREAKFAST:</b> BREAKFAST PIZZA FRUIT</p> <p><b>LUNCH:</b> CHICKEN TENDERS MASHED POTATOES SALAD &amp; FRUIT</p>	<p>24</p> <p><b>BREAKFAST:</b> FRUIT &amp; YOGURT PARFAIT</p> <p><b>LUNCH:</b> BBQ CHICKEN SANDWICH SALAD FRUIT SLUSH</p>	<p>25</p> <p><b>BREAKFAST:</b> HOMEMADE MUFFIN FRUIT</p> <p><b>LUNCH:</b> NACHO FRIES REFRIED BEANS FRUIT</p>	<p>26</p> <p><b>BREAKFAST:</b> COOK'S CHOICE</p> <p><b>LUNCH:</b> COOK'S CHOICE</p>	<p>27</p> <p><b>BREAKFAST:</b> WAFFLES, FRUIT</p> <p><b>LUNCH:</b> PAPA MURPHY'S PIZZA SALAD FRUIT HAPPY BIRTHDAY TREAT</p> 
<p>30</p> <p><b>BREAKFAST:</b> BREAKFAST PIZZA FRUIT</p> <p><b>LUNCH:</b> GRILLED CHEESE SALAD BROCCOLI &amp; FRUIT</p>	<p><b>Breakfast:</b> All breakfasts include the following components: 2 Oz. Grains, 1 Cup Fruit &amp; 1 Cup Milk.</p> <p><b>Lunch:</b> All lunches include the following components: 1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz Grains, Fruit, &amp; vegetables</p> <p>Milk options are 1% white or Fat Free Chocolate</p> <p>Happy Birthday to everyone with a birthday in September! Birthday treat comes with hot lunch only</p>			