

# Menus for September 2024



**CNMI Public School System, Child Nutrition Program**

This institution is an equal opportunity provider. Menus are subject to change.

# EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

**WELLNESS IS A WAY OF LIFE!**

*This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!*

Remembering our Heroes on September 11, and showing our support for them all year round.



**Last Chance to Bask!**  
Labor Day Monday, Sept. 2  
Enjoy your day off!

**Tuesday, September 3**

**Breakfast**

Grilled Ham  
Fruit/Fruit Smoothie  
With Fried Rice  
Fruit/Fruit Smoothie

**Lunch**

Chicken Burger  
Green Salad with Cucumber  
Carrots with Dressing  
Fruit

**Secondary Second Choice**

Vegilicious Salad  
Ham/Hard Boiled Eggs  
WGR Penne Pasta  
Fruit

**Wednesday, September 4**

**Breakfast**

Pan de Sal  
Fruit/Fruit Smoothie

**Lunch**

Grilled Ham Steak  
Steamed Rice  
Texas BBQ Beans  
Red Bell Pepper  
Green Beans  
Fruit

**Secondary Second Choice**

Chicken Pad Thai  
Red Bell Pepper  
Green Beans  
Fruit

**Thursday, September 5**

**Breakfast**

Sausage Links  
Steamed Rice  
Fruit/Fruit Smoothie

**Lunch**

Beef Lasagna  
Garlic Cauliflower & Spinach  
Fruit

**Secondary Second Choice**

Vegilicious Salad  
Ham/Hard Boiled Eggs  
WGR Penne Pasta  
Fruit

**Friday, September 6**

**Breakfast**

French Toast with Syrup  
Sausage  
Fruit

**Lunch**

Oven Fried Chicken  
Red Rice  
Corn & Local Vegetables  
Flavored Milk  
Fruit

**Secondary Second Choice**

Korean Chicken Bowl  
Steamed Rice  
Corn & Local Vegetables  
Fruit

**Monday, September 9**

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Buffalo Chicken Wrap  
Corn & Cucumber Succotash  
Fruit

**Tuesday, September 10**

**Breakfast**

Garlic Fried Rice  
with Chicken Nuggets  
Fruit/Fruit Smoothie

**Lunch**

Sloppy Joes  
Broccoli  
Sweet Potato Fries  
Fruit

**Secondary Second Choice**

Taco Salad  
Lentil Taco Meat/Lentils  
WGR Tortilla/Tortilla Chips  
Fruit

**Wednesday, September 11**

**Breakfast**

Mac & Cheese  
Fruit/Fruit Smoothie

**Lunch**

Pork Curry  
Steamed Rice  
Potatoes  
Carrots  
Fruit

**Secondary Second Choice**

Chicken Pancit Canton  
Carrots & Cabbage  
Fruit

**Thursday, September 12**

**Breakfast**

Ham & Egg Scramble  
with Steamed Rice  
Fruit

**Lunch**

Pepperoni Pizza  
Green Salad with Cucumbers  
& Dressing  
Lentils  
Fruit

**Secondary Second Choice**

Taco Salad  
Lentil Taco Meat/Lentils  
WGR Tortilla/Tortilla Chips  
Fruit

**Friday, September 13**

**Breakfast**

Pancakes with Syrup  
Bacon  
Fruit

**Lunch**

Chicken Adobo  
Steamed Rice  
Pumpkin & Local Vegetables  
Flavored Milk  
Fruit

**Secondary Second Choice**

Kimchi Fried Rice  
w/ Chicken Bowl  
Pumpkin & Local Vegetables  
Fruit

# FRUIT

## Star Fruit

Star Fruit (also known as "carambolas") are the coolest looking fruits you'll ever see! They're a good source of vitamin C, fiber, and B vitamins. Kind of sweet, kind of tart, star fruit are great in fruit salad or on a green salad.

# OF THE MONTH

Monday, September 16

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Thai Beef Noodle Bowl  
Red Bell Peppers  
Mixed Vegetables  
Fruit

Tuesday, September 17

**Breakfast**

Ham & Cheese Roll  
Fruit/Fruit Smoothie

**Lunch**

Marianas BBQ Burger  
Sandwich Sides  
Potato Wedges  
Fruit

**Secondary Second Choice**

Vegilicious Salad  
Ham/Hard Boiled Eggs  
WGR Penne Pasta  
Fruit

Wednesday, September 18

**Breakfast**

Breakfast Burrito  
Fruit/Fruit Smoothie

**Lunch**

Beef Bulgogi with Green Bell  
Peppers and Onions  
Steamed Rice  
Carrots  
Fruit

**Secondary Second Choice**

Chicken Kelaguen w/ Titiyas  
Carrot Sticks & Cucumber Sticks  
w/ Dip  
Fruit

Thursday, September 19

**Breakfast**

Fried Rice with Portuguese Sausage  
Fruit/Fruit Smoothie

**Lunch**

Spaghetti Bolognese  
WGR Roll  
Garden Salad w/ Tomatoes &  
Dressing  
Spanish Chickpeas  
Fruit

**Secondary Second Choice**

Vegilicious Salad  
Ham/Hard Boiled Eggs  
WGR Penne Pasta  
Fruit

Friday, September 20

**Breakfast**

French Toast with Syrup  
Sausage  
Fruit

**Lunch**

Kung Pao Chicken  
Steamed Rice  
Sesame Broccoli  
Local Vegetables  
Flavored Milk  
Fruit

**Secondary Second Choice**

Beef Broccoli  
Steamed Rice  
Bean Sprouts  
Fruit

Monday, September 23

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Orange Chicken  
Steamed Rice  
Pacific Blend Vegetables  
Fruit

Tuesday, September 24

**Breakfast**

French Toast Casserole  
w/ Berry Sauce  
Sausage Patty  
Fruit/Fruit Smoothie

**Lunch**

Subway Sandwich with Honey Onion  
Dressing on WGR Bun  
Sandwich Sides  
Sweet Potato Fries  
Fruit

**Secondary Second Choice**

Taco Salad  
Lentil Taco Meat/Lentils  
WGR Tortilla/Tortilla Chips  
Fruit

Wednesday, September 25

**Breakfast**

Grilled Cheese  
Fruit/Fruit Smoothie

**Lunch**

Beef Steak with  
Green Peas & Onions  
Red Rice  
Broccoli  
Fruit

**Secondary Second Choice**

Banh Mi Sandwich  
Pickled Carrots & Radish  
Broccoli  
Fruit

Thursday, September 26

**Breakfast**

Ground Beef &  
Veggie Omelet  
Steamed Rice  
Fruit/Fruit Smoothie

**Lunch**

Chicken Alfredo Penne Pasta  
Garden Salad with Carrots & Dressing  
Lentils  
Fruit

**Secondary Second Choice**

Taco Salad  
Lentil Taco Meat/Lentils  
WGR Tortilla/Tortilla Chips  
Fruit

Friday, September 27

**Breakfast**

Pancakes with Syrup  
Bacon  
Fruit

**Lunch**

BBQ Chicken  
Red Rice  
Local Vegetables  
Corn  
Flavored Milk  
Fruit

**Secondary Second Choice**

Breaded Chicken Bowl  
with Mashed Potatoes & Gravy  
Corn  
WGR Roll  
Fruit

Monday, September 30

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Chicken Lo Mein  
Carrots  
Broccoli  
Fruit

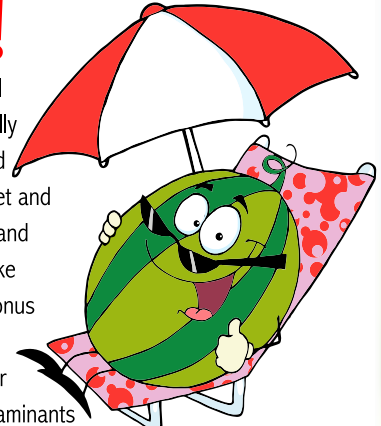


Every complete meal  
we serve comes with  
your choice of milk!



**Sweet, Cool, AND Clean!**

Watermelons are cool customers! They really know how to chill, and they're naturally sweet and loaded with vitamins and incredible nutrients like lycopene. And the bonus is they're among the "cleanest" fruits: their thick rinds keep contaminants safely away from the sweet, juicy insides we love so much!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**LICKETY SPLIT.**



Hummingbirds can drink nectar from flowers at the rate of 13 licks per second! No wonder the Portuguese call the bird "beija-flor," or "flower kisser."

**ANIMAL APPETITES**



**FLORIDA**

"The Sunshine State"

Admitted to the Union March 3, 1845 as the 27th State  
State Capital: Tallahassee