

SEPTEMBER 2022

Estes Park Schools

Monday

Tuesday

Wednesday

Thursday

Friday



5

**NO SCHOOL
LABOR DAY!**

Breakfast:

Cheese omelet, sausage, fruit

Lunch:

Grilled cheese, tomato soup, melon

6

Breakfast:

Cereal, oatmeal, fruit

Lunch:

Chicken broccoli alfredo pasta, garlic toast

7

Breakfast:

Breakfast burrito, fruit snack

Lunch:

Burgers, potato smiles, pickle spear

8

Breakfast:

Mini-Cini, fruit

Lunch:

Pizza, cucumber salad, pudding

9

NO SCHOOL AT ES

Breakfast:

Oatmeal round, fruit

Lunch:

Orange chicken, rice, broccoli, fortune cookie

12

Breakfast:

Breakfast taco, fruit

Lunch:

Pepperoni & mozzarella breadsticks, marinara sauce, salad bar

13

Breakfast:

Cereal, oatmeal, fruit

Lunch:

Chicken strips, corn on the cob

14

Breakfast:

Bagelful, fruit snack

Lunch:

Turkey, cheese & dill spear wrap, carrots/ranch, chips

15

Breakfast:

Yogurt parfait

Lunch:

Chicken Caesar salad, garlic toast, fruit cup

16

Breakfast:

Muffin, berry cup

Lunch:

Pretzel w/ cheese sauce, cucumber salad, fruit in a cloud

19

Breakfast:

Poptart, raisins

Lunch:

Lasagna roll up, green beans, garlic toast

20

Breakfast:

Cereal, oatmeal, fruit

Lunch:

Chicken sandwich, carrot dipper with ranch

21

Breakfast:

French toast, fruit

Lunch:

Bowl of chili topped w/ cheddar cheese, corn muffin

22

Breakfast:

Loaf slice, string cheese

Lunch:

Pizza, salad bar, pudding

23

Breakfast:

Scrambled Eggs, Sausage

Lunch:

BBQ chicken, baked beans, celery sticks

26

Breakfast:

Pancake on a stick, fruit snack

Lunch:

Taquitos, cheesy beans, melon

27

Breakfast:

Cereal, oatmeal, fruit

Lunch:

Popcorn chicken, candied carrots, oranges and pineapple

28

Breakfast:

Breakfast sandwich, fruit

Lunch:

Hot dog or chili dog, potato smiles, applesauce

29

Breakfast:

Muffin, yogurt

Lunch:

Pizza, Caesar salad, cookie

30