

# Breakfast Menu



## Invictus Leadership Academy October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pan Dulce Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk
4 Whole Grain Bagel w/ Cream Cheese Whole Fruit 1% White Milk Fat Free White Milk	5 Mini Blueberry Pancakes Orange Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk	6 Mantecada Sweet Bread Pear Whole Fruit 2 1% White Milk Fat Free White Milk	7 Froot Loops w/ Cinnamon Grahams Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	8 Apple Jacks w/ Granola Craisins Whole Fruit 2 1% White Milk Fat Free White Milk
11 Chocolate Chip Muffin Flat Whole Fruit Orange 1% White Milk Fat Free White Milk	12 Apple Jacks w/ Cinnamon Grahams Orange Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk	13 Mango Bar Apple Sauce Whole Fruit 2 1% White Milk Fat Free White Milk	14 Froot Loops w/ Cinnamon Grahams Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	15 Mini Soybutter & Jelly Sandwich Craisins Whole Fruit 2 1% White Milk Fat Free White Milk
18 Coffee Cake Whole Fruit Orange 1% White Milk Fat Free White Milk	19 Mini Banana Pancakes Orange Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk	20 Strawberry Yogurt Parfait w/ Granola Pear 1% White Milk Fat Free White Milk	21 Chicken & Waffle w/ Syrup Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	22 Apple Jacks w/ Granola Craisins Whole Fruit 2 1% White Milk Fat Free White Milk
25 Cinnamon Delight Whole Fruit Orange 1% White Milk Fat Free White Milk	26 Mini Maple Pancakes Orange Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk	27 Frosted Flakes w/ Chocolate Grahams Apple Sauce Whole Fruit 2 1% White Milk Fat Free White Milk	28 Chicken Sausage & Pancake w/ Syrup Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	29 Pan Dulce Craisins Whole Fruit 2 1% White Milk Fat Free White Milk

### MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.  
This institution is an equal opportunity provider.



# Menú Desayuno



Invictus Leadership Academy octubre 2021

lunes	martes	miércoles	jueves	viernes
				1 Pan Dulce Fruta entera (nectarina) 1% Leche Blanca Leche Blanca Sin Grasa
4 Bagel de grano entero con queso crema Fruta entera 1% Leche Blanca Leche Blanca Sin Grasa	5 Mini panqueques de arándanos Naranja Fruta entera (nectarina) 1% Leche Blanca Leche Blanca Sin Grasa	6 Pan Dulce Mantecada Pera Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa	7 Froot Loops con Cinnamon Grahams Fruta entera Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	8 Apple Jacks con granola Craisins Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa
11 Muffin de chispas de chocolate flat Fruta entera Naranja 1% Leche Blanca Leche Blanca Sin Grasa	12 Apple Jacks con Cinnamon Grahams Naranja Fruta entera (nectarina) 1% Leche Blanca Leche Blanca Sin Grasa	13 Mango Bar Compota de manzanas Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa	14 Froot Loops con Cinnamon Grahams Fruta entera Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	15 Mini Sándwich de Mantequilla de Soja y Jalea Craisins Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa
18 Pastel de café Fruta entera Naranja 1% Leche Blanca Leche Blanca Sin Grasa	19 Mini panqueques de plátano Naranja Fruta entera (nectarina) 1% Leche Blanca Leche Blanca Sin Grasa	20 Parfait de Yogur de Fresa con Granola Pera Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa	21 Pollo y gofre con jarabe Fruta entera Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	22 Apple Jacks con granola Craisins Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa
25 Delicia de canela Fruta entera Naranja 1% Leche Blanca Leche Blanca Sin Grasa	26 Mini panqueques de arce Naranja Fruta entera (nectarina) 1% Leche Blanca Leche Blanca Sin Grasa	27 Frosted Flakes con Chocolate Grahams Compota de manzanas Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa	28 Salchicha de pollo y panqueque con jarabe Fruta entera Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	29 Pan Dulce arandanos secas Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa

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# Lunch Menu



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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Enchiladas w/ Red Sauce Mixed Green Salad w/ Ranch Apple 1% White Milk Fat Free White Milk
4 Beef Chili Cheese Fries w/ Churro Chips Pear 1% White Milk Fat Free White Milk	5 Beef Nachos w/ Tortilla Chips Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	6 Chicken Nuggets & Mash Pinto Bean Salad Banana 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	7 Chicken Burrito Bowl w/ WG Cookie Baby Carrots 2 Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	8 Beef, Bean & Cheese Burrito House Salad w/ Italian Apple 1% White Milk Fat Free White Milk
11 Cheddar Cheeseburger w/ Oven Baked Fries. Pear 1% White Milk Fat Free White Milk	12 Beef Nachos w/ Tortilla Chips Turkey Ham & Cheese Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	13 Chicken Nuggets & Mash Edamame w/ Hot Sauce Banana 1% White Milk Fat Free White Milk	14 Breakfast for Lunch: Pancakes, Chicken Sausage & Seasoned Wedges Baby Carrots 2 Orange 1% White Milk Fat Free White Milk	15 Mac & Cheese w/ Whole Grain Cookie Kale & Green Apple Salad w/ Ranch Apple 1% White Milk Fat Free White Milk
18 Honey-Mustard Grilled Chicken Sandwich w/ Oven Baked Fries Pear 1% White Milk Fat Free White Milk	19 Beef Nachos w/ Tortilla Chips Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	20 Soybutter & Jelly Sandwich w/ Baby Carrots Edamame w/ Tajin Banana 1% White Milk Fat Free White Milk	21 Spaghetti & Meatballs Baby Carrots 2 Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	22 Hamburger w/ BBQ Popped Chips Lettuce, Tomato, Pickle Kit Apple 1% White Milk Fat Free White Milk Fat Free Chocolate Milk
25 Beef Hot Dog on WG Bun w/ Oven Baked Fries Pear 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	26 Turkey Ham & Cheese Croissant w/ Baby Carrots Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	27 Chicken Nuggets & Mash Cucumber Slices w/ Tajin Banana 1% White Milk Fat Free White Milk	28 BBQ Meatballs w/ Seasoned Potato Wedges & Dinner Roll Baby Carrots 2 Orange 1% White Milk Fat Free White Milk	29 Beef, Bean & Cheese Burrito Chicken Salad Sandwich Mixed Green Salad w/ Ranch Apple 1% White Milk Fat Free White Milk Fat Free Chocolate Milk

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# Menú Almuerzo

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Enchiladas de pollo con salsa roja Ensalada Verde Mixta con Rancho Manzana 1% Leche Blanca Leche Blanca Sin Grasa
4 Papas con carne y queso con churro chips Pera 1% Leche Blanca Leche Blanca Sin Grasa	5 Nachos de carne con chips de tortilla Zanahorias baby Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	6 Nuggets de pollo y puré de papa Ensalada de frijoles Pinto Plátano 1% Leche Blanca Leche Blanca Sin Grasa Leche con chocolate sin grasa	7 Tazón de burrito de pollo con galleta WG Baby Zanahorias 2 Naranja 1% Leche Blanca Leche Blanca Sin Grasa Leche con chocolate sin grasa	8 Burrito de carne de res, frijoles y queso Ensalada de la casa con italiano Manzana 1% Leche Blanca Leche Blanca Sin Grasa
11 Hamburguesa con queso Cheddar con papas fritas al horno. Pera 1% Leche Blanca Leche Blanca Sin Grasa	12 Nachos de carne con chips de tortilla Jamón de pavo y queso Baby Zanahorias Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	13 Nuggets de pollo y puré de papa Edamame con salsa picante Plátano 1% Leche Blanca Leche Blanca Sin Grasa	14 Desayuno para el almuerzo: panqueques, salchichas de pollo y papas condimentadas Zanahorias Baby 2 Naranja 1% Leche Blanca Leche Blanca Sin Grasa	15 Mac & Cheese con galleta de grano entero Ensalada de col rizada y manzana verde con rancho Manzana 1% Leche Blanca Leche Blanca Sin Grasa
18 Sándwich de pollo a la parrilla de miel y mostaza con papas fritas al horno Pera 1% Leche Blanca Leche Blanca Sin Grasa	19 Nachos de carne con chips de tortilla Zanahorias baby Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	20 Sándwich de mantequilla de soja y jalea con zanahorias para bebés Edamame con Tajín Plátano 1% Leche Blanca Leche Blanca Sin Grasa	21 Espaguetis y albóndigas Baby Zanahorias 2 Naranja 1% Leche Blanca Leche Blanca Sin Grasa Leche con chocolate sin grasa	22 Hamburguesa con BBQ Popped Chips Kit de lechuga, tomate, encurtidos Manzana 1% Leche Blanca Leche Blanca Sin Grasa Leche con chocolate sin grasa
25 Hot Dog de carne en pan integral con papas fritas al horno Pera 1% Leche Blanca Leche Blanca Sin Grasa Leche con chocolate sin grasa	26 Croissant de jamón y queso de pavo con zanahorias baby Zanahorias baby Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	27 Nuggets de pollo y puré de papa Rodajas de pepino con Tajín Plátano 1% Leche Blanca Leche Blanca Sin Grasa	28 Albóndigas a la BBQ con papas sazonadas y rollo de cena Zanahorias Baby 2 Naranja 1% Leche Blanca Leche Blanca Sin Grasa	29 Burrito de carne de res, frijoles y queso Ensalada Verde Mixta con Rancho Manzana 1% Leche Blanca Leche Blanca Sin Grasa Leche con chocolate sin grasa

## MENÚ SUJETO A CAMBIOS SIN PREVIO AVISO

El desayuno incluye un plato principal, fruta y leche Blanca sin grasa o 1% de leche blanca.  
Esta institución es un proveedor de igualdad de oportunidades.

