

Breakfast Menu



Invictus Leadership Academy September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cranberry Oatmeal Round Apple Sauce Whole Fruit 2 1% White Milk Fat Free White Milk	2 Chicken Sausage & Pancake w/ Syrup Whole Fruit 100% Fruit Juice 2 1% White Milk Fat Free White Milk	3 Pan Dulce Green Apple Whole Fruit 2 1% White Milk Fat Free White Milk
6	7 Mini Blueberry Pancakes Orange Whole Fruit 1% White Milk Fat Free White Milk	8 Mantecada Sweet Bread Pear Whole Fruit 2 1% White Milk Fat Free White Milk	9 Froot Loops w/ Cinnamon Grahams Whole Fruit 100% Fruit Juice 2 1% White Milk Fat Free White Milk	10 Apple Jacks w/ Granola Green Apple Whole Fruit 2 1% White Milk Fat Free White Milk
13 Chocolate Chip Muffin Flat Whole Fruit 1% White Milk Fat Free White Milk	14 Apple Jacks w/ Cinnamon Grahams Orange Whole Fruit 1% White Milk Fat Free White Milk	15 Mango Bar Apple Sauce Whole Fruit 2 1% White Milk Fat Free White Milk	16 Froot Loops w/ Cinnamon Grahams Whole Fruit 100% Fruit Juice 2 1% White Milk Fat Free White Milk	17 Mini Soybutter & Jelly Sandwich Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk
20 Coffee Cake Whole Fruit Orange 1% White Milk Fat Free White Milk	21 Mini Banana Pancakes Orange Whole Fruit 1% White Milk Fat Free White Milk	22 Fruit Yogurt Parfait Granola Pear Whole Fruit 2 1% White Milk Fat Free White Milk	23 Chicken & Waffle w/ Syrup Whole Fruit 100% Fruit Juice 2 1% White Milk Fat Free White Milk	24 Apple Jacks w/ Granola Whole Fruit 2 Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk
27 Cinnamon Delight Whole Fruit Orange 1% White Milk Fat Free White Milk	28 Blueberry Muffin Orange Whole Fruit 1% White Milk Fat Free White Milk	29 Cranberry Oatmeal Round Apple Sauce Whole Fruit 2 1% White Milk Fat Free White Milk	30 Chicken Sausage & Pancake w/ Syrup Whole Fruit 100% Fruit Juice 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 septiembre 2021

lunes	martes	miércoles	jueves	viernes
		1	2	3
		Avena de Arándano Compota de manzanas Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa	Salchicha de pollo y panqueque con jarabe Fruta entera Jugo de fruta 100% 2 1% Leche Blanca Leche Blanca Sin Grasa	Pan Dulce Manzana verde Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa
6	7	8	9	10
	Mini panqueques de arándanos Naranja Fruta entera 1% Leche Blanca Leche Blanca Sin Grasa Orange Whole Fruit 1% White Milk Fat Free White Milk	Pan Dulce Mantecada Pera Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa	Froot Loops con Cinnamon Grahams Fruta entera Jugo de fruta 100% 2 1% Leche Blanca Leche Blanca Sin Grasa	Apple Jacks con granola Manzana verde Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa
Muffin de chispas de chocolate				
13	14	15	16	17
Muffin de chispas de chocolate flat Fruta entera 1% Leche Blanca Leche Blanca Sin Grasa	Apple Jacks con Cinnamon Grahams Naranja Fruta entera 1% Leche Blanca Leche Blanca Sin Grasa	Barra de Mango Compota de manzanas Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa	Froot Loops con Cinnamon Grahams Fruta entera Jugo de fruta 100% 2 1% Leche Blanca Leche Blanca Sin Grasa	Mini Sándwich de Mantequilla de Soja y Jalea Fruta entera (nectarina) 1% Leche Blanca Leche Blanca Sin Grasa
20	21	22	23	24
Pastel de café Fruta entera Naranja 1% Leche Blanca Leche Blanca Sin Grasa	Mini Panqueques de Plátano Naranja Fruta entera 1% Leche Blanca Leche Blanca Sin Grasa	Yogur de frutas Parfait Granola Pera Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa	Pollo y waffles con miel Fruta entera Jugo de fruta 100% 2 1% Leche Blanca Leche Blanca Sin Grasa	Apple Jacks con granola Fruta entera 2 Fruta entera (nectarina) 1% Leche Blanca Leche Blanca Sin Grasa
27	28	29	30	
Delicia de canela Fruta entera Naranja 1% Leche Blanca Leche Blanca Sin Grasa	Muffin de arándanos Naranja Fruta entera 1% Leche Blanca Leche Blanca Sin Grasa	Arándano Avena Redonda Compota de manzanas Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa	Salchicha de pollo y panqueque con jarabe Fruta entera Jugo de fruta 100% 2 1% Leche Blanca Leche Blanca 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.



Lunch Menu



Invictus Leadership Academy September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Nuggets & Mash Tuscan White Bean Salad Banana 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	2 Turkey Chipotle Wrap Cucumber Raw. Baby Carrots 2 Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	3 Turkey Ham & Cheese Croissant Mixed Green Salad w/ Ranch 100% Fruit Juice 3 Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk
6	7 Beef Nachos w/ Tortilla Chips Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	8 Chicken Salad Sandwich Pinto Bean Salad Banana 1% White Milk Fat Free White Milk	9 Chicken Burrito Bowl w/ Whole Grain Dessert Baby Carrots 2 Orange 1% White Milk Fat Free White Milk	10 Bean & Cheese Burrito House Salad w/ Italian 100% Fruit Juice 3 1% White Milk Fat Free White Milk
13 Cheeseburger w/ Oven Baked Fries Apple 1% White Milk Fat Free White Milk	14 Cheese Lasagna w/ Tomato Basil Sauce Baby Carrots 2 100% Fruit Juice 1% White Milk Fat Free White Milk	15 Chicken Salad Sandwich Jicama & Bean Salad w/ Tajin Dressing Banana 1% White Milk Fat Free White Milk	16 Breakfast for Lunch: Pancakes, Chicken Sausage & Seasoned Wedges Baby Carrots 2 Orange 1% White Milk. Fat Free White Milk	17 Mac & Cheese w/ Whole Grain Dessert Kale & Green Apple Salad w/ Ranch 100% Fruit Juice 3 1% White Milk Fat Free White Milk
20 Chicken Sandwich w/ Oven Baked Fries Apple 1% White Milk Fat Free White Milk	21 Turkey Chili w/ Original Popped Chips Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	22 Chicken Nuggets & Mash Sweet Edamame Salad Banana 1% White Milk Fat Free White Milk	23 Spaghetti & Meatballs Baby Carrots 2 Orange 1% White Milk Fat Free White Milk	24 Hamburger w/ BBQ Popped Chips House Salad w/ Italian Apple 1% White Milk Fat Free White Milk
27 Beef Hot Dog w/ Oven Baked Fries Apple 1% White Milk Fat Free White Milk	28 Beef Nachos w/ Tortilla Chips Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	29 Chicken Salad Sandwich Tuscan White Bean Salad Banana 1% White Milk Fat Free White Milk	30 BBQ Meatballs w/ Seasoned Potato Wedges & Dinner Roll Baby Carrots 2 Orange 1% White Milk Fat Free White Milk	

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Menú Almuerzo



Invictus Leadership Academy septiembre 2021

lunes	martes	miércoles	jueves	viernes
		1	2	3
		Nuggets de pollo y puré de papa Ensalada de frijoles blancos de la Toscana Plátano 1% Leche Blanca Leche Blanca Sin Grasa Leche con chocolate sin grasa	Envoltura de chipotle de pavo Pepino crudo. Baby Zanahorias 2 Naranja 1% Leche Blanca Leche Blanca Sin Grasa Leche con chocolate sin grasa	Croissant de jamón y queso de pavo Ensalada Verde Mixta con Rancho Jugo de fruta 100% 3 Fruta entera 1% Leche Blanca Leche Blanca Sin Grasa Leche con chocolate sin grasa
6	7	8	9	10
	Nachos de ternera con chips de tortilla Zanahorias baby Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	Sándwich de ensalada de pollo Ensalada de frijoles Pinto Plátano 1% Leche Blanca Leche Blanca Sin Grasa	Tazón de burrito de pollo con postre de grano entero Zanahorias Baby 2 Naranja 1% Leche Blanca Leche Blanca Sin Grasa	Burrito de frijoles y queso Ensalada de la casa con italiano Jugo de fruta 100% 3 1% Leche Blanca Leche Blanca Sin Grasa
13	14	15	16	17
Hamburguesa con queso con papas fritas al horno Manzana 1% Leche Blanca Leche Blanca Sin Grasa	Lasaña de queso con salsa de tomate y albahaca Zanahorias Baby 2 Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	Sándwich de ensalada de pollo Ensalada de jícama y frijoles con aderezo de tajín Plátano 1% Leche Blanca Leche Blanca Sin Grasa	Desayuno para el almuerzo: panqueques, salchichas de pollo y papas condimentadas Zanahorias Baby 2 Naranja 1% Leche Blanca. Leche Blanca Sin Grasa	Mac & Cheese con postre integral Ensalada de col rizada y manzana verde con rancho Jugo de fruta 100% 3 1% Leche Blanca Leche Blanca Sin Grasa
20	21	22	23	24
Sándwich de pollo con papas fritas al horno Manzana 1% Leche Blanca Leche Blanca Sin Grasa	Chili de pavo con chips Zanahorias baby Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	Nuggets de pollo y puré de papa Ensalada dulce de Edamame Plátano 1% Leche Blanca Leche Blanca Sin Grasa	Espaguetis y albóndigas Zanahorias Baby 2 Naranja 1% Leche Blanca Leche Blanca Sin Grasa	Hamburguesa con bbq Popped Chips Ensalada de la casa con italiano Manzana 1% Leche Blanca Leche Blanca Sin Grasa
27	28	29	30	
Hot Dogs de carne con papas fritas al horno Manzana 1% Leche Blanca Leche Blanca Sin Grasa	Nachos de carne con chips de tortilla Zanahorias baby Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	Sándwich de ensalada de pollo Ensalada de frijoles blancos de la Toscana Plátano 1% Leche Blanca Leche Blanca Sin Grasa	Albóndigas de BBQ con papas sazonadas y rollo de cena Baby Zanahorias 2 Naranja 1% Leche Blanca Leche Blanca Sin Grasa	

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