

SEPTEMBER 2021

Banta Breakfast & Lunch Menu

LUNCH



School Information: All meals are served with Fruits, Vegetables and choice of 1% white milk of Chocolate Milk. All menus are subject to change at any time.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Yogurt & Cracker **1**
Corn Dog

Breakfast Bar **2**
Enchiladas with Rice and Beans

Benefit Bar **3**
Fish Sticks with Street Corn
Cool Tropics

Labor Day **6**
No School

Breakfast Pizza **7**
Mini Corn Dogs

International Literacy Day **8**
Bagel with Cream Cheese
Hot Dog with Chili

Concha Bread **9**
Chicken Sandwich

Pizza Bagel **10**
Burger with Potatoes

Benefit Bar **13**
Pizza

Pop Tart **14**
Loaded Nachos with beef,
Cheese and Salsa

Breakfast Bar with Cracker **15**
Corn Dog

Mexican Independence Day **16**
Concha Bread
Enchiladas with Salsa
Jicama with tajin & Chamoy

Cinnamon Roll **17**
Chicken Sandwich with Street Corn

Concha Bread **20**
Pizza

Benefit Bar **21**
Beef Dippers/Meatballs over Rice

First Day of Fall **22**
Cinnamon Roll
Popcorn Chicken with Mashed Potatoes & Gravy

Breakfast Pizza **23**
Deli Wrap

National Horchata Day **24**
Breakfast Bar with Cracker
Burgers with French Fries

Pop Tart **27**
Pizza

Bagel with Cream Chee **28**
Tuna Sub

World School Milk Day **29**
Yogurt with Cracker
Spaghetti with a cheese bread

Apple Frudal **30**
Enchilada with Rice and Beans