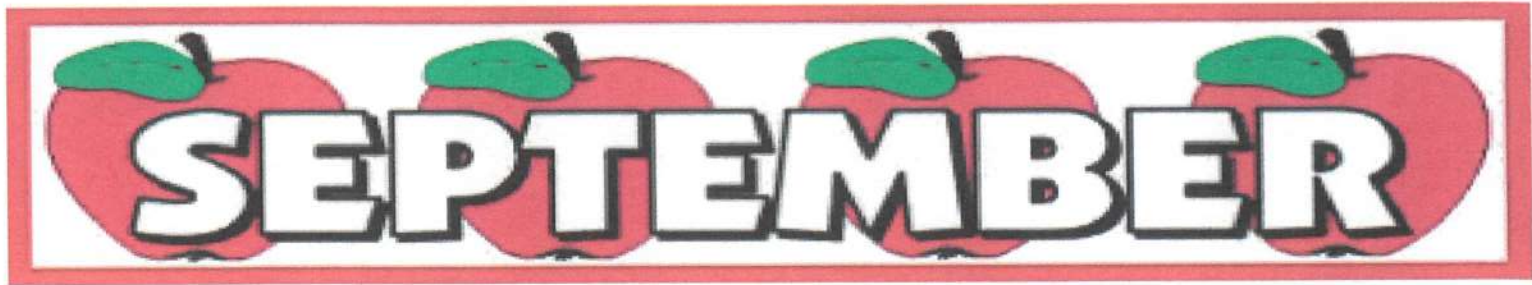


Breakfast Menu  
2022-2023  
Menu subject to change




Monday	Tuesday	Wednesday	Thursday	Nutrients
<p><i>This institution is an equal opportunity provider.</i></p>			Pancake on a Stick Sliced Fresh Apple Strawberry Cup Milk Skim Milk	<b>Cal</b> 564 <b>T.Fat</b> 14.09 G <b>S.Fat</b> 4.6 G <b>Chol</b> 34.0 Mg <b>Sodm</b> 642.64 Mg
5 Breakfast Wrap Watermelon Applesauce Cup Sliced Fresh Apple Milk Skim Milk	6 Banana Muffin String Cheese Sliced Apricots Sliced Fresh Apple Milk Skim Milk	7 Breakfast Pizza Fruit Mix Sliced Fresh Apple Milk Skim Milk	8 Mini Bagel/Cream Cheese Peaches Sliced Fresh Apple Milk Skim Milk	<b>Cal</b> 547 <b>T.Fat</b> 10.56 G <b>S.Fat</b> 4.5 G <b>Chol</b> 72.8 Mg <b>Sodm</b> 602.60 Mg
12 Choc. Crescent Craisins Sliced Fresh Apple Milk Skim Milk	13 Blueberry Mini Waffles Watermelon Applesauce Cup Sliced Fresh Apple Milk Skim Milk	14 Apple Frudel Peach Cup Sliced Fresh Apple Milk Skim Milk	15 Pancake on a Stick Strawberries Sliced Fresh Apple Milk Skim Milk	<b>Cal</b> 630 <b>T.Fat</b> 11.84 G <b>S.Fat</b> 3.4 G <b>Chol</b> 19.8 Mg <b>Sodm</b> 571.00 Mg
19 Breakfast Burritos Strawberry Cup Sliced Fresh Apple Milk Skim Milk	20 Cinnamon Pull Aparts Craisins Sliced Fresh Apple Milk Skim Milk	21 Blueberry Mini Waffles Applesauce Cup Sliced Fresh Apple Milk Skim Milk	22 Gogurt Cinnamon Elf Graham Straw-Mango Sidekick Sliced Fresh Apple Milk Skim Milk	<b>Cal</b> 620 <b>T.Fat</b> 10.43 G <b>S.Fat</b> 3.4 G <b>Chol</b> 28.4 Mg <b>Sodm</b> 505.41 Mg
26 Mini Bagel/Cream Cheese Strawberry Cup Sliced Fresh Apple Milk Skim Milk	27 Breakfast Pizza Chilled Pears Sliced Fresh Apple Milk Skim Milk	28 Cinn Toast Cereal Bar String Cheese Peaches Sliced Fresh Apple Milk Skim Milk	29 Yogurt Crunchy Granola Peach Cup Sliced Fresh Apple Milk Skim Milk	<b>Cal</b> 573 <b>T.Fat</b> 9.11 G <b>S.Fat</b> 3.4 G <b>Chol</b> 25.8 Mg <b>Sodm</b> 536.97 Mg

Cortez Schools  
Lunch Menu/2022-2023  
Menu subject to change due to  
availability and seasonality.



# SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Nutrients
<p><i>This institution is an equal opportunity provider.</i></p>			<p>Spaghetti/Meat Sauce Bread Stick Assorted Fruit/Veggie Milk Chocolate Milk</p>	<p><b>Cal</b> 1735 <b>T.Fat</b> 40.59 G <b>S.Fat</b> 11.5 G <b>Chol</b> 89.4 Mg <b>Sodm</b> 1470.17 Mg</p>
<p>5 Hamburger on a Bun Catsup &amp; Pickles Assorted Fruit/Veggie Milk Skim Milk</p>	<p>6 Macaroni and Cheese Dinner Roll Assorted Fruit/Veggie Milk Skim Milk</p>	<p>7 Submarine Sandwich Mayo Assorted Fruit/Veggie Milk Skim Milk</p>	<p>8 Chicken Drumsticks Dinner Roll Assorted Fruit/Veggie Milk Chocolate Milk</p>	<p><b>Cal</b> 1583 <b>T.Fat</b> 37.43 G <b>S.Fat</b> 12.0 G <b>Chol</b> 84.1 Mg <b>Sodm</b> 2042.93 Mg</p>
<p>12 Pepperoni Pizza Assorted Fruit/Veggie Milk Skim Milk</p>	<p>13 Tacos Spanish Rice Assorted Fruit/Veggie Milk Skim Milk</p>	<p>14 Chicken and Noodles Dinner Roll Assorted Fruit/Veggie Milk Skim Milk</p>	<p>15 STUDENT CHOICE Milk Chocolate Milk</p>	<p><b>Cal</b> 1205 <b>T.Fat</b> 25.55 G <b>S.Fat</b> 7.8 G <b>Chol</b> 70.1 Mg <b>Sodm</b> 1286.92 Mg</p>
<p>19 Mandarin Chicken Rice Assorted Fruit/Veggie Milk Skim Milk</p>	<p>20 Hot Dog/Bun Catsup or Mustard Assorted Fruit/Veggie Milk Skim Milk</p>	<p>21 Southwestern Macaroni Dinner Roll Assorted Fruit/Veggie Milk Skim Milk</p>	<p>22 Grilled Cheese Sandwich Tomato Soup Assorted Fruit/Veggie Milk Chocolate Milk</p>	<p><b>Cal</b> 1480 <b>T.Fat</b> 29.45 G <b>S.Fat</b> 9.1 G <b>Chol</b> 63.1 Mg <b>Sodm</b> 1666.30 Mg</p>
<p>26 French Toast Stix Sausage Links Assorted Fruit/Veggie Milk Skim Milk</p>	<p>27 Chili Cinnamon Roll Assorted Fruit/Veggie Milk Skim Milk</p>	<p>28 Burrito Assorted Fruit/Veggie Milk Skim Milk</p>	<p>29 P.B. &amp; Jelly Sandwich String Cheese Assorted Fruit/Veggie Milk Chocolate Milk</p>	<p><b>Cal</b> 1588 <b>T.Fat</b> 40.32 G <b>S.Fat</b> 11.6 G <b>Chol</b> 61.6 Mg <b>Sodm</b> 1825.34 Mg</p>