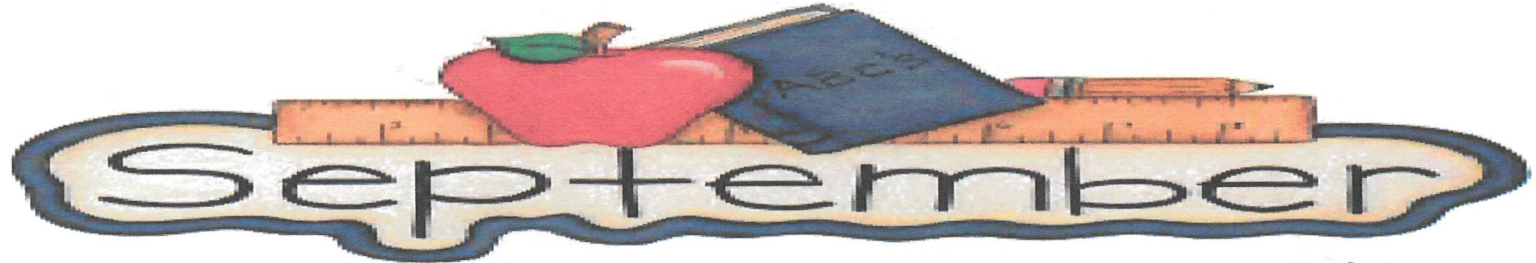
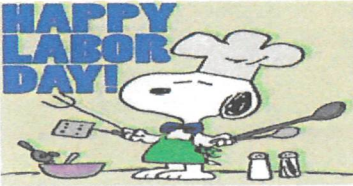
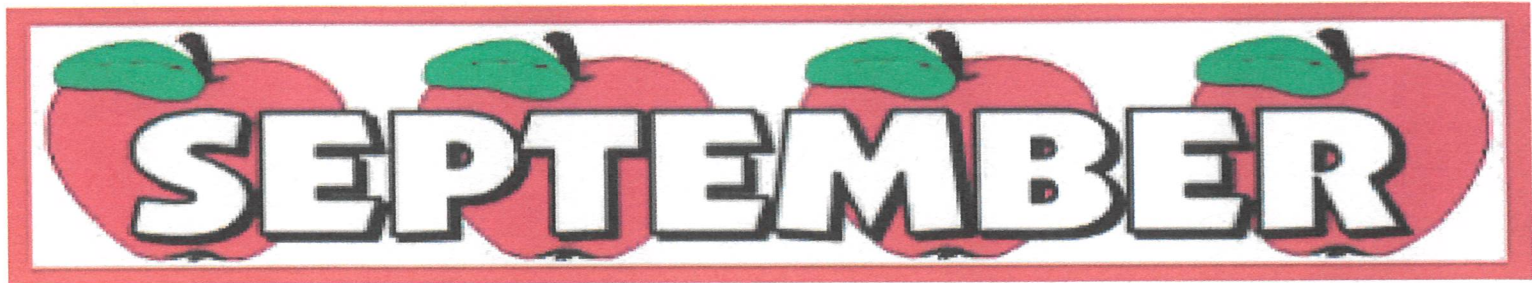


Breakfast Menu  
2022-2023  
Menu subject to change

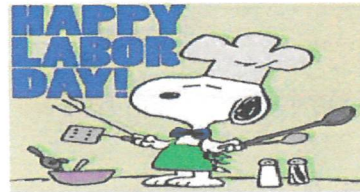


Monday	Tuesday	Wednesday	Thursday	Nutrients
<p><i>This institution is an equal opportunity provider.</i></p>			<p>Pancake on a Stick Sliced Fresh Apple Strawberry Cup Milk Skim Milk</p>	<p><b>Cal</b> 564 <b>T.Fat</b> 14.09 G <b>S.Fat</b> 4.6 G <b>Chol</b> 34.0 Mg <b>Sodm</b> 642.64 Mg</p>
<p>5 Breakfast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

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



# SEPTEMBER

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Nutrients</i>
<i>This institution is an equal opportunity provider.</i>			1 Spaghetti/Meat Sauce Bread Stick Assorted Fruit/Veggie Milk Chocolate Milk	<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
5 Hamburger on a Bun Catsup & Pickles Assorted Fruit/Veggie Milk Skim Milk	6 Macaroni and Cheese Dinner Roll Assorted Fruit/Veggie Milk Skim Milk	7 Submarine Sandwich Mayo Assorted Fruit/Veggie Milk Skim Milk	8 Chicken Drumsticks Dinner Roll Assorted Fruit/Veggie Milk Chocolate Milk	<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
12 Pepperoni Pizza Assorted Fruit/Veggie Milk Skim Milk	13 Tacos Spanish Rice Assorted Fruit/Veggie Milk Skim Milk	14 Chicken and Noodles Dinner Roll Assorted Fruit/Veggie Milk Skim Milk	15 STUDENT CHOICE Milk Chocolate Milk	<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
19 Mandarin Chicken Rice Assorted Fruit/Veggie Milk Skim Milk	20 Hot Dog/Bun Catsup or Mustard Assorted Fruit/Veggie Milk Skim Milk	21 Southwestern Macaroni Dinner Roll Assorted Fruit/Veggie Milk Skim Milk	22 Grilled Cheese Sandwich Tomato Soup Assorted Fruit/Veggie Milk Chocolate Milk	<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
26 French Toast Stix Sausage Links Assorted Fruit/Veggie Milk Skim Milk	27 Chili Cinnamon Roll Assorted Fruit/Veggie Milk Skim Milk	28 Burrito Assorted Fruit/Veggie Milk Skim Milk	29 P.B. & Jelly Sandwich String Cheese Assorted Fruit/Veggie Milk Chocolate Milk	<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