

## Segue Kindergarten Lunch Menu



### Mood Boost

Through Mood Boost we are teaching students how certain foods effect their moods in the areas of Strong, Alert, Happy, Calm, Smart, and Confident.



### Plant Power

Plant Power is a celebration of plant-based, fresh, seasonal, and local foods.

Through a variety of menu items and cafeteria activities, students will explore how they and their families can incorporate more of these powerful foods into their regular diet.



31 -RUSH HOUR TRAFFIC STOP Breakfast for Lunch Homemade Cinnamon French Toast Chicken Sausage Patties Strawberries	30 BBQ Chicken Tenders Fries	1 Pasta with Meatballs Fresh Local Roasted Zucchini Garlic Bread	2 Chicken Patty Sandwich	3 Cheese or Pepperoni Pizza
6 No School Labor Day	7 Chicken & Cheese Quesadilla	8 Chicken Parmesan Sandwich	9 Cheeseburger Baked Crinkle Fries	10 Cheese or Pepperoni Pizza
13 Honey Glazed Chicken Sweet Honey Glazed Chicken Drumsticks Fresh Local Brussel Sprouts	14 Brooklyn Style Pepperoni Flatbread	15 Mozzarella Stick with Marinara Sauce Garbanzo	16 Pancakes with 2 Chicken Sausage Patty	17 Cheese or Pepperoni Pizza
20 Hamburger	21 Ham, Egg and Cheese on English Muffin	22 Homemade Meatloaf Freshly-made Meatloaf Topped with Gravy Local Homemade Mashed Potatoes Roasted Green Beans	23 Mac & Cheese	24 Cheese or Pepperoni Pizza
27 Chicken Nuggets	28 Mini Corn Dogs Baked Crinkle Fries	29 Texas Toast Grilled Cheese Roasted Potato Wedges	30 Italian Chicken Meatball Sub	 Locally Sourced

### Daily Alternate Options:

Week 1: Chicken Patty Sandwich  
Pizza Fun Lunch

Week 2: Ham & Cheese Sub  
Nacho Fun Lunch

Week 3: Turkey Hot Dog  
Hummus & Red Pepper Fun Lunch

Week 4: Beef Taco Salad  
Bagel Fun Lunch

Week 5: Chicken Nuggets  
Yogurt Fun Lunch



Discovery KITCHEN



Vegetarian

All items are made with whole grains.  
All meals are served with a variety of fruits and vegetables--local when available.

All meals are served with milk (1% low fat white or fat free chocolate).

Menu is subject to change.

This institution is an equal opportunity provider.