

# SEPTEMBER

## LUNCH

### GREAT HEARTS LIVE OAK

#### L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
August 30, 2021	August 31, 2021	September 1, 2021	September 2, 2021	September 3, 2021
		*WALKING TACO* CHEESY TACO MEAT Wild White Nacho Doritos^ CHARBROILED HAMBURGER Hamburger Bun ^ Jalapenos Romaine Lettuce French Dressing Fresh Banana Salsa Mustard Ketchup Choice of Milk	TURKEY HAM & CHEESE PANINI ^ CORN DOG ON A STICK^ Potato Wedges Sliced Apples Mustard Ketchup Choice of Milk POPCORN CHICKEN ^ SALAD Shredded Cheddar Cheese Croutons ^ Romaine Lettuce Celery Sticks Ranch Dressing	CRUNCHY CHICKEN TENDERS^ BBQ PULLED PORK Hamburger Bun ^ Baked Beans Fresh Baby Carrots Ranch Dressing Applesauce Cup BBQ Sauce Choice of Milk TURKEY BOLOGNA & CHEESE PROTEIN BOX ULTRAGRAIN TORTILLA WRAP ^ Romaine Lettuce Honey Mustard
September 6, 2021	September 7, 2021	September 8, 2021	September 9, 2021	September 10, 2021
LABOR DAY	TOASTED CHEESE FLATBREAD SANDWICH Diced Carrots PIZZA DIPPERS ^ Marinara Dipping Sauce SunSet Sip Juice Applesauce Choice of Milk	CHICKEN ALFREDO PASTA ^ CHARBROILED HAMBURGER Hamburger Bun ^ Romaine Lettuce Cucumbers Ranch Dressing Fresh Banana Mustard Ketchup Choice of Milk	TERIYAKI CHICKEN PATTY Hamburger Bun ^ HOT DOG Hot Dog Bun ^ Golden Potato Rounds Fresh Plum Mustard Ketchup Choice of Milk POPCORN CHICKEN ^ SALAD Shredded Cheddar Cheese Croutons ^ Romaine Lettuce Green Pepper Strips French Dressing	CHICKEN NUGGETS ^ BEEF RIB-B-QUE Hamburger Bun ^ Baked Beans Fresh Baby Carrots Ranch Dressing Diced Pears Honey Mustard Choice of Milk TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^ Light Mayonnaise
September 13, 2021	September 14, 2021	September 15, 2021	September 16, 2021	September 17, 2021
CHEESY PENNE BAKE ^ Breadstick ^ CHEESE PIZZA ^ Green Beans Mixed Fruit Choice of Milk	MEATBALL SUB Hot Dog Bun ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Potato Wedges Orange Juice BBQ Sauce Ketchup Choice of Milk	MAC & CHEESE ^ Fresh Baby Carrots Ranch Dressing BBQ CHICKEN Hamburger Bun ^ Baked Beans Pineapple Tidbits Snickerdoodle Cookie ^ Choice of Milk	CRUNCHY CHICKEN TENDERS ^ HOT DOG Hot Dog Bun ^ Mixed Vegetables Celery Sticks Ranch Dressing Sliced Apples BBQ Sauce Mustard Ketchup Choice of Milk DICED CHICKEN Shredded Cheddar Cheese Croutons ^ Romaine Lettuce Fresh Broccoli Breadstick ^	*NATIONAL CHEESEBURGER DAY* GENERAL TSO'S CHICKEN & NOODLES ^ CHEESEBURGER Hamburger Bun ^ Romaine Lettuce Fresh Baby Carrots Ranch Dressing Fresh Banana Mustard Ketchup Choice of Milk TURKEY SALAMI & CHEESE PROTEIN BOX ULTRAGRAIN TORTILLA WRAP ^
September 20, 2021	September 21, 2021	September 22, 2021	September 23, 2021	September 24, 2021
VEGETARIAN CHILI WITH BEANS Cornbread ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Mixed Vegetables Applesauce Choice of Milk	SPAGHETTI & MEATBALLS ^ Breadstick ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Pickle Chips Broccoli Diced Pears BBQ Sauce Choice of Milk	BBQ CHICKEN TATER TOT-CHOS Tortilla Chips ^ CHARBROILED HAMBURGER Hamburger Bun ^ Golden Potato Rounds Fresh Banana Mustard Ketchup Choice of Milk	*NEW ITEM* TACO "JOE" Hamburger Bun ^ CORN DOG ON A STICK^ Fresh Baby Carrots Ranch Dressing Baked Beans Fresh Plum Mustard Ketchup Choice of Milk POPCORN CHICKEN ^ SALAD Shredded Cheddar Cheese Croutons ^ Romaine Lettuce Carrot Sticks	"NATIONAL PANCAKE DAY" PANCAKES & SAUSAGE ^ POPCORN CHICKEN ^ Tropical Veggie Juice Diced Peaches Syrup BBQ Sauce Choice of Milk TURKEY BREAST & CHEESE PROTEIN BOX Sliced Bread ^ Light Mayonnaise
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
NO SCHOOL	BEAN & CHEESE BURRITO ^ Salsa Cup CHEESE PIZZA ^ Corn Pineapple Tidbits Choice of Milk	POPCORN CHICKEN ^ CHEESEBURGER Hamburger Bun ^ SunSet Sip Juice French Fries Orange Juice BBQ Sauce Mustard Ketchup Cheddar Sun Chips ^ Choice of Milk	CRUNCHY CHICKEN TENDERS ^ HOT DOG Hot Dog Bun ^ Baked Beans Celery Sticks Ranch Dressing Sliced Apples Honey Mustard Ketchup Choice of Milk DICED CHICKEN Shredded Cheddar Cheese Croutons ^ Romaine Lettuce Cucumbers Italian Dressing Breadstick ^	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

\*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

Find your school's menus online at: [preferredmealsmenu.com](http://preferredmealsmenu.com)

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USDA is an equal opportunity provider and employer.

## Allergen Information: GREAT HEARTS LIVE OAK

**ALLERGEN WARNING:** This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-01-2021	*WALKING TACO*								
	CHEESY TACO MEAT	X						X	
	Wild White Nacho Doritos^	X							
	CHARBROILED HAMBURGER		X					X	
	Hamburger Bun ^	X						X	X
	Jalapenos								
	Romaine Lettuce								
	French Dressing							X	
	Fresh Banana								
	Salsa								
	Mustard								
	Ketchup								
09-02-2021	Choice of Milk	X							
	TURKEY HAM & CHEESE PANINI ^	X						X	X
	CORN DOG ON A STICK^		X					X	X
	Potato Wedges							X	
	Sliced Apples								
	Mustard								
	Ketchup								
	Choice of Milk	X							
	POPCORN CHICKEN ^ SALAD							X	X
	Shredded Cheddar Cheese	X							
	Croutons ^	X							X
	Romaine Lettuce								
09-03-2021	Celery Sticks								
	Ranch Dressing	X	X					X	
	CRUNCHY CHICKEN TENDERS^							X	X
	BBQ PULLED PORK							X	
	Hamburger Bun ^	X						X	X
	Baked Beans								
	Fresh Baby Carrots								
	Ranch Dressing	X	X					X	
	Applesauce Cup								
	BBQ Sauce							X	
	Choice of Milk	X							
	TURKEY BOLOGNA & CHEESE PROTEIN BOX	X						X	
	ULTRAGRAIN TORTILLA WRAP ^								X
	Romaine Lettuce								
	Honey Mustard		X						

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-06-2021	LABOR DAY								
09-07-2021	TOASTED CHEESE FLATBREAD SANDWICH	X							X
	Diced Carrots								
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	SunSet Sip Juice								
	Applesauce								
	Choice of Milk	X							
09-08-2021	CHICKEN ALFREDO PASTA ^	X						X	X
	CHARBROILED HAMBURGER		X					X	
	Hamburger Bun ^	X						X	X
	Romaine Lettuce								
	Cucumbers								
	Ranch Dressing	X	X					X	
	Fresh Banana								
	Mustard								
	Ketchup								
	Choice of Milk	X							
09-09-2021	TERIYAKI CHICKEN PATTY							X	X
	Hamburger Bun ^	X						X	X
	HOT DOG								
	Hot Dog Bun ^	X						X	X
	Golden Potato Rounds							X	
	Fresh Plum								
	Mustard								
	Ketchup								
	Choice of Milk	X							
	POPCORN CHICKEN ^ SALAD							X	X
	Shredded Cheddar Cheese	X							
	Croutons ^	X							X
	Romaine Lettuce								
	Green Pepper Strips								
	French Dressing							X	
09-10-2021	CHICKEN NUGGETS ^							X	X
	BEEF RIB-B-QUE							X	
	Hamburger Bun ^	X						X	X
	Baked Beans								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-10-2021	Fresh Baby Carrots								
	Ranch Dressing	X	X					X	
	Diced Pears								
	Honey Mustard		X						
	Choice of Milk	X							
	TURKEY HAM & CHEESE PROTEIN BOX	X						X	
	Sliced Bread ^	X						X	X
	Light Mayonnaise		X					X	
09-13-2021	CHEESY PENNE BAKE ^	X							X
	Breadstick ^							X	X
	CHEESE PIZZA ^	X						X	X
	Green Beans								
	Mixed Fruit								
	Choice of Milk	X							
09-14-2021	MEATBALL SUB	X	X					X	X
	Hot Dog Bun ^	X						X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Potato Wedges							X	
	Orange Juice								
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
09-15-2021	MAC & CHEESE ^	X						X	X
	Fresh Baby Carrots								
	Ranch Dressing	X	X					X	
	BBQ CHICKEN							X	
	Hamburger Bun ^	X						X	X
	Baked Beans								
	Pineapple Tidbits								
	Snickerdoodle Cookie ^							X	X
	Choice of Milk	X							
09-16-2021	CRUNCHY CHICKEN TENDERS ^							X	X
	HOT DOG								
	Hot Dog Bun ^	X						X	X
	Mixed Vegetables								
	Celery Sticks								
	Ranch Dressing	X	X					X	
	Sliced Apples								
	BBQ Sauce							X	
	Mustard								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-16-2021	Ketchup								
	Choice of Milk	X							
	DICED CHICKEN								
	Shredded Cheddar Cheese	X							
	Croutons ^	X							X
	Romaine Lettuce								
	Fresh Broccoli								
	Breadstick ^							X	X
09-17-2021	*NATONAL CHEESEBURGER DAY*								
	GENERAL TSO'S CHICKEN & NOODLES ^	X	X					X	X
	CHEESEBURGER	X	X					X	
	Hamburger Bun ^	X						X	X
	Romaine Lettuce								
	Fresh Baby Carrots								
	Ranch Dressing	X	X					X	
	Fresh Banana								
	Mustard								
	Ketchup								
	Choice of Milk	X							
	TURKEY SALAMI & CHEESE PROTEIN BOX	X						X	
	ULTRAGRAIN TORTILLA WRAP ^								X
09-20-2021	VEGETARIAN CHILI WITH BEANS							X	X
	Cornbread ^	X	X					X	X
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Mixed Vegetables								
	Applesauce								
	Choice of Milk	X							
09-21-2021	SPAGHETTI & MEATBALLS ^	X	X					X	X
	Breadstick ^							X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Pickle Chips								
	Broccoli								
	Diced Pears								
	BBQ Sauce							X	
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-22-2021	BBQ CHICKEN TATER TOT-CHOS	X						X	
	Tortilla Chips ^								
	CHARBROILED HAMBURGER		X					X	
	Hamburger Bun ^	X						X	X
	Golden Potato Rounds							X	
	Fresh Banana								
	Mustard								
	Ketchup								
	Choice of Milk	X							
09-23-2021	*NEW ITEM*								
	TACO "JOE"							X	
	Hamburger Bun ^	X						X	X
	CORN DOG ON A STICK^		X					X	X
	Fresh Baby Carrots								
	Ranch Dressing	X	X					X	
	Baked Beans								
	Fresh Plum								
	Mustard								
	Ketchup								
	Choice of Milk	X							
	POPCORN CHICKEN ^ SALAD							X	X
	Shredded Cheddar Cheese	X							
	Croutons ^	X							X
	Romaine Lettuce								
	Carrot Sticks								
09-24-2021	"NATIONAL PANCAKE DAY"								
	PANCAKES & SAUSAGE ^	X	X					X	X
	POPCORN CHICKEN ^							X	X
	Tropical Veggie Juice								
	Diced Peaches								
	Syrup								
	BBQ Sauce							X	
	Choice of Milk	X							
	TURKEY BREAST & CHEESE PROTEIN BOX	X						X	
	Sliced Bread ^	X						X	X
09-27-2021	Light Mayonnaise		X					X	
	NO SCHOOL								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-28-2021	BEAN & CHEESE BURRITO ^	X						X	X
	Salsa Cup								
	CHEESE PIZZA ^	X						X	X
	Corn								
	Pineapple Tidbits								
	Choice of Milk	X							
09-29-2021	POPCORN CHICKEN ^							X	X
	CHEESEBURGER	X	X					X	
	Hamburger Bun ^	X						X	X
	SunSet Sip Juice								
	French Fries							X	
	Orange Juice								
	BBQ Sauce							X	
	Mustard								
	Ketchup								
	Cheddar Sun Chips ^	X							X
	Choice of Milk	X							
09-30-2021	CRUNCHY CHICKEN TENDERS ^							X	X
	HOT DOG								
	Hot Dog Bun ^	X						X	X
	Baked Beans								
	Celery Sticks								
	Ranch Dressing	X	X					X	
	Sliced Apples								
	Honey		X						
	Mustard								
	Ketchup								
	Choice of Milk	X							
	DICED CHICKEN								
	Shredded Cheddar Cheese	X							
	Croutons ^	X							X
	Romaine Lettuce								
	Cucumbers								
	Italian Dressing							X	
	Breadstick ^							X	X