

Breakfast menu:

Grab n Go Meals served daily

(cereal, muffins, flavored breads, etc.)

Fruit and Milk Served Daily with

Breakfast and Lunch

September Menu 2021



"This Institution is an Equal Opportunity Provider"

Menu subject to change without notice.

30 Workshop No Student Day	31 Workshop No Student Day	1 Chicken Patty Sandwich Carrots	2 Spaghetti & Meatballs Green Beans & Roll	3 Cheese Pizza Veggie Sticks
6 LABOR DAY No School!	7 Cheeseburger Carrots	8 Pancakes & Sausage Potato Wedges	9 Chicken Alfredo & Roll Broccoli	10 Pepperoni Pizza Veggie Sticks
13 Chicken Nuggets & Roll Or Ham & Cheese Sandwich French Fries	14 Taco Meat & Cheese Chips or Wrap Or Ham & Cheese Sandwich Tossed Salad Apple Crisp	15 <u>Early Release</u> BBQ Rib Sandwich Or Ham & Cheese Sandwich Baked Beans	16 Sloppy Joes Or Ham & Cheese Sandwich Carrots	17 Ham Pizza Or Ham & Cheese Sandwich Veggie Sticks
20 Breakfast Sandwich Or Chef Salad & Roll Baked Beans	21 Chicken Quesadillas Or Chef Salad Roll Corn	22 Grilled Cheese & Tomato Soup Or Chef Salad & Roll Pumpkin Chocolate Chip Cookie	23 Harvest Lunch Shepherd's Pie & Roll (beef from Emery's in Gardiner) Tossed Salad (vegetables from Andrew's Farm) Apples (Bailey's Farm in Windsor) Oakhurst Milk	24 Cheese Pizza Or Chef Salad & Roll Veggie Sticks
27 Macaroni & Cheese & Roll Or Cheeseburger Green Beans	28 Meatball Subs Or Cheeseburger Corn on the Cob	29 Hot Dog in a Roll Or Cheeseburger Baked Beans	30 Rice Bowl (Rice, Chicken, Sweet & Sour Sauce) Or Cheeseburger Broccoli	1 Pepperoni Pizza Or Cheeseburger Veggie Sticks Pudding w/Topping

Please fill out your F&R Meal Application

It helps our district in so many ways!

Your student will receive FREE meals regardless of the outcome!!!