

# September Breakfast Menus



This is an equal opportunity provider. Menus are subject to change.

## MONDAYS

Breakfast Pizza  
OR  
Cereal Selection

Fruit & Juice  
Choice of Milk

## TUESDAYS

Doughnuts  
OR  
Cereal Selection

Fruit & Juice  
Choice of Milk

## PARENTS,

### WE ARE HIRING!

Want to have a job that has similar hours and days as your kids? **COME WORK WITH US.** Apply online at [www.bryancountyschools.org](http://www.bryancountyschools.org). Click on the **EMPLOYMENT** icon and select :

**SCHOOL NUTRITION WORKER** OR  
**SUBSTITUTE SCHOOL NUTRITION WORKER**

CALL (912) 459-5121 if you have any questions!

## WEDNESDAYS

Breakfast Pizza  
OR  
Cereal Selection

Juice & Fruit  
Choice of Milk

## THURSDAYS

Pop Tarts  
OR  
Cereal Selection

Juice & Fruit  
Choice of Milk

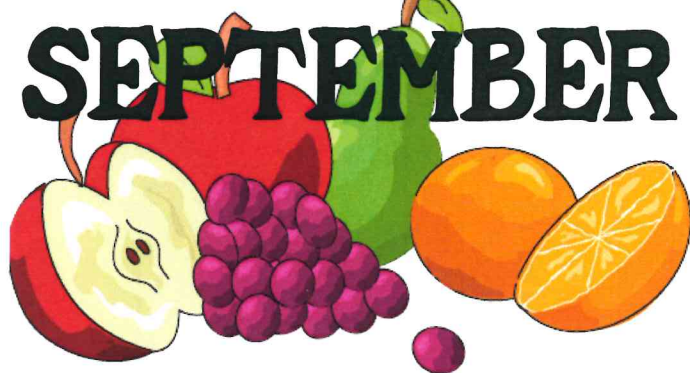
## FRIDAYS

Mini Pancakes  
OR  
Cereal Selection

Fruit & Juice  
Choice of Milk

# Bryan County Schools Lunch Menus

# SEPTEMBER



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Wednesday, September 1

Salisbury Steak & Roll  
Mashed Potatoes & Gravy  
Green Beans  
Assorted Fruits  
Choice of Milk

Thursday, September 2

Cheesy Stick  
Chicken Noodle Soup  
French Fries  
Assorted Fruits  
Choice of Milk



Friday, September 3

Steak Fingers & Roll  
Baked Potato/Trimings  
Caesar Salad  
Assorted Fruits  
Choice of Milk



**NO SCHOOL  
MONDAY,  
SEPTEMBER 6**

Tuesday, September 7

**TEACHER  
WORKDAY**



**NO SCHOOL FOR  
STUDENTS TODAY!**

Wednesday, September 8

Chicken Fingers  
Creamed Potatoes & Gravy  
Farm Fresh Vegetables  
Yeast Roll  
Assorted Fruits  
Choice of Milk

Thursday, September 9

French Bread Pizza  
Loaded Potato Soup  
Garden Side Salad  
Assorted Fruits  
Choice of Milk

**YOU HAVE  
A SECOND  
CHOICE!**



This year, students have a  
daily second option for  
their main entrée:

**GRADES PRE-K Thru 5:**

**PBJ Sandwich**

**GRADES 6-12: CHEF SALAD**



Friday, September 10

Corn Dog  
Long Branch Potatoes  
Raw Veggies & Dip  
Assorted Fruits  
School Baked Cookie  
Choice of Milk

Monday, September 13

Pizza  
Steamed Corn  
Raw Veggies & Dip  
Assorted Fruits  
Choice of Milk



**WE'RE HIRING!**

**COME JOIN  
OUR TEAM!**

Do you have school aged children?  
You'll LOVE having a schedule similar  
to theirs! Apply online through the  
school district website:

[www.bryancountyschools.org](http://www.bryancountyschools.org).

Click on the **EMPLOYMENT** icon and find  
"School Nutrition Worker" in the list. We  
look forward to working on your  
application so apply soon!



Tuesday, September 14

Chicken & Rice  
Farm Fresh Vegetable  
Assorted Fruits  
Cinnamon Roll  
Choice of Milk

Wednesday, September 15

Hard Shell Beef Taco  
Lettuce/Tomatoes/Cheese  
Raw Veggies & Dip  
Steamed Corn  
Assorted Fruits  
Choice of Milk



Thursday, September 16

Cheeseburger  
Lettuce/Tomatoes/Pickles  
French Fries  
Assorted Fruits  
Choice of Milk

Friday, September 17

Hot Dog  
French Fries  
Coleslaw  
Assorted Fruits  
Choice of Milk





Monday, September 20

Salisbury Steak & Roll  
Mashed Potatoes & Gravy  
Green Beans  
Assorted Fruits  
Choice of Milk

Tuesday, September 21

Cheesy Stick  
Chicken Noodle Soup  
French Fries  
Assorted Fruits  
Choice of Milk



## NUTRITION TO GO

**Tomatoes are one of the few foods that contain lycopene, which studies have shown to help prevent cancer. Your body absorbs more lycopene when a meal also contains a little fat, perhaps from olive oil or cheese. Cooked or processed tomatoes (as in tomato sauce) also increase lycopene absorption.**

**A QUICK BITE FOR PARENTS**

Wednesday, September 22

Chicken Fingers  
Rice and Gravy  
Farm Fresh Vegetables  
Yeast Roll  
Assorted Fruits  
Choice of Milk

Thursday, September 23

French Bread Pizza  
Loaded Potato Soup  
Garden Side Salad  
Assorted Fruits  
Choice of Milk



Friday, September 24

Steak Fingers & Roll  
Baked Potato/Trimmings  
Caesar Salad  
Assorted Fruits  
Choice of Milk

## HERB/SPICE

### Thyme

Herbs and spices are plants that are used to flavor food. Many cooks use thyme in meat dishes (especially lamb), soups, and stews. It will grow easily in any garden and return year after year. Thyme has such fantastic flavor that it is even used in mouthwash!

## OF THE MONTH

Monday, September 27

Pizza  
Steamed Corn  
Raw Veggies & Dip  
Assorted Fruits  
Choice of Milk



## National Chocolate Milk Day Monday, September 27th!



Tuesday, September 28

Cheeseburger  
Lettuce/Tomatoes/Pickles  
French Fries  
Assorted Fruits  
Choice of Milk

Wednesday, September 29

Hard Shell Beef Taco  
Lettuce/Tomatoes/Cheese  
Raw Veggies & Dip  
Steamed Corn  
Assorted Fruits  
Choice of Milk



## DON'T PACK A LUNCH ~ PACK THE LUNCHROOM!



Breakfast and lunch are free for students! Students may choose to purchase additional meals or extras, but the first meal is on us! There is no need to pack a lunch from home—just pack the lunchroom!



Thursday, September 30

Chicken & Rice  
Farm Fresh Vegetable  
Assorted Fruits  
Cinnamon Roll  
Choice of Milk

