

 **BREAKFAST**

MENU SUBJECT TO CHANGE

SERVED DAILY: 1% White or FF Flavored Milk
100% Apple or Orange Juice**SEPTEMBER 2021**
CARDINAL CAFÉ**PK-12 – FREE**
ADULT & 2ND MEALS-- \$2.75**Monday****Tuesday****Wednesday****Thursday****Friday****1**PANCAKE on a STICK w/ svrup
(OR)
CEREAL & TOAST
Chilled Peaches
Jelly**2**OATMEAL & TOAST
(OR)
CEREAL & POP-TART
Chilled Pineapple
Jelly**3**GLAZED DONUT
(OR)
CEREAL & TOAST
Chilled Pears
Jelly**6****NO**
SCHOOL
LABOR DAY**7**BREAKFAST PIZZA
(OR)
CEREAL & POP-TART
Chilled Mixed Fruit**8**YOGURT, CHEESE STICK,
& GRANOLA
(OR)
CEREAL & TOAST
Chilled Peaches / Jelly**9**FRENCH TOAST w/ svrup
(OR)
CEREAL & TOAST
Chilled Pineapple
Jelly**10**EGGSTRAVAGANZA
w/ TOAST
(OR)
CEREAL & POP-TART
Chilled Pears / Jelly**13**MINI WAFFLES w/ svrup
(OR)
CEREAL & POP-TART
Chilled Applesauce**14**BREAKFAST PIZZA
(OR)
CEREAL & TOAST
Chilled Mixed Fruit
Jelly**15**PANCAKE on a STICK w/ svrup
(OR)
CEREAL & TOAST
Chilled Peaches
Jelly**16**OATMEAL & TOAST
(OR)
CEREAL & POP-TART
Chilled Pineapple
Jelly**17**GLAZED DONUT
(OR)
CEREAL & TOAST
Chilled Pears
Jelly**20**NO SCHOOL**21**BREAKFAST PIZZA
(OR)
CEREAL & TOAST
Chilled Mixed Fruit
Jelly**22**YOGURT, CHEESE STICK,
& GRANOLA
(OR)
CEREAL & TOAST
Chilled Peaches / Jelly**23**FRENCH TOAST w/ svrup
(OR)
CEREAL & TOAST
Chilled Pineapple
Jelly**24**EGGSTRAVAGANZA
w/ TOAST
(OR)
CEREAL & POP-TART
Chilled Pears / Jelly**27**MINI WAFFLES w/ svrup
(OR)
CEREAL & POP-TART
Chilled Applesauce**28**BREAKFAST PIZZA
(OR)
CEREAL & TOAST
Chilled Mixed Fruit
Jelly**29**PANCAKE on a STICK w/ svrup
(OR)
CEREAL & TOAST
Chilled Peaches
Jelly**30**OATMEAL & TOAST
(OR)
CEREAL & POP-TART
Chilled Pineapple
Jelly

Healthy meals will be offered every school day to all students at no cost. Typically, a student's household must meet income eligibility requirements to qualify for free or reduced-price meals. However, the United States Department of Agriculture (USDA) issued guidance that allows schools to offer meals to all students at no cost for the 2021-2022 school year. Each school/site or central office has a copy of the policy, which may be reviewed upon request.

While no application or eligibility determination process is required for your student to receive free meals this school year, the income eligibility requirement will likely resume in the 2022-2023 school year.

This institution is an equal opportunity provider.



LUNCH

MENU SUBJECT TO CHANGE
SERVED DAILY

1% White or FF Flavored Milk / Fresh Fruit



SEPTEMBER 2021 CARDINAL CAFÉ

PK-12 – FREE

ADULT MEALS & 2nd MEALS -- \$4.00

Monday

Tuesday

Wednesday

Thursday

Friday



NO
SCHOOL
LABOR DAY

6

F.L.: BURRITO w/ Sun Chips w/ Chips 7
SOFT BEEFY TACOS (2)
Refried Beans / Spanish Rice
Lettuce & Tomato
Chilled Peaches
H.S. SOFT CHICKEN TACO (2)

7

SALAD: CHICKEN TENDER 8
PIZZA
(PEPPERONI OR CHEESE)
Corn / Green Beans
Side Salad / Pineapple
H.S. HBURGER PIZZA / Apple Crisp

8

F.L. – GRILLED CHEESE 9
CHICKEN SPAGHETTI
Peas / Carrots
Garlic Stick
Chilled Pears
H.S. – TATER TOT CASSAROLE

9

SALAD: BEEF TACO 10
BBQ PULLED PORK on bun
Cole Slaw
Baked Beans
Chilled Applesauce
H.S. CHICKEN NUGGETS / Cookie

10

SALAD: CHEF w/ HAM 13
POPCORN CHICKEN
Mashed Potatoes w/ gravy
Glazed Carrots
Biscuit / Mixed Fruit
H.S. CHICKEN STRIP / Cookie

13

F.L.: HAM & CHEESE SAND. 14
CHEESE NACHOS /w CHIPS
Pinto Beans
Steamed Broccoli
Chilled Peaches
H.S. – QUESADILLA

14

SALAD: NO MEAT 15
PIZZA
(PEPPERONI OR CHEESE)
Corn / Green Beans
Side Salad / Pineapple
H.S. SPECIALTY PIZZA / Peach Crisp

15

F.L.: CORNDOG w/ Chips 16
BAKED POTATO
Diced Ham / Cheese Cup /Butter
Sour Cream / Carrots w/ranch
Roll / Chilled Pears
H.S. BBQ PORK

16

SALAD: BEEF TACO 17
CHEESEBURGER
Deli Salad / Baked Fries
Pork & Beans
Chilled Applesauce
H.S. Chicken on bun / Cookie

17

NO SCHOOL

20

F.L.: BURRITO w/ Sun Chips 21
BEEFY NACHOS /w CHIPS
Pinto Beans
Steamed Broccoli
Chilled Peaches
H.S. – QUESADILLA

21

SALAD: CHICKEN TENDER 22
PIZZA
(PEPPERONI OR CHEESE)
Corn / Green Beans
Side Salad / Pineapple
H.S. HBURGER PIZZA / Apple Crisp

22

F.L. – GRILLED CHEESE 23
BEEF SPAGHETTI
Peas / Carrots
Garlic Stick
Chilled Pears
H.S. – MEATBALL SUB

23

SALAD: CHICKEN TACO 24
CHICKEN on a bun
Baked Fries
Pork & Beans
Chilled Applesauce
H.S. Spicy Chicken on bun

24

SALAD: CHEF w/ HAM 27
STEAK FINGERS
Mashed Potatoes w/ gravy
Black Eye Peas
Biscuit / Mixed Fruit
H.S. SALISBURY STEAK / Cookie

27

F.L.: HAM & CHEESE SAND. w/ Chips 28
TATER TOT CASSAROLE
Veg. Blend
Side Salad
Chilled Peaches
H.S. BURRITO w/ Cheese Sauce

28

SALAD: NO MEAT 29
PIZZA
(PEPPERONI OR CHEESE)
Corn / Green Beans
Side Salad / Pineapple
H.S. SPECIALTY PIZZA / Peach Crisp

29

F.L.: CORNDOG w/ Chips 30
BAKED POTATO
Diced Ham / Cheese Cup /Butter
Sour Cream / Carrots w/ranch
Roll / Chilled Pears
H.S. BBQ PORK

30



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