

## AUGUST - SEPTEMBER 4-week cycle SISD Menu 2023

Monday	Tuesday	Wednesday	Thursday
<p><b>28 Breakfast</b> Yogurt-parfait with granola and peaches, apple juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Sloppy Joe sandwich WG, corn, strawberry spinach salad, fresh apples/grapes</p>	<p><b>29 Breakfast</b> Cheese stuffed breadsticks WG, pears, orange juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Sweet and sour chicken, fried brown rice, eggroll, celery, cucumber, carrots, applesauce, grape juice</p>	<p><b>30 Breakfast</b> Breakfast Birthday Cake with turkey sausage patty, pancake WG, strawberries, cranberry juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Ham/cheese sandwich WG, ranch-style black beans, tomatoes, pineapples, apple juice</p>	<p><b>31 Breakfast</b> Bagel WG with cream-cheese, scrambled eggs, canned mandarins, grape juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Chicken patty with gravy and mashed potatoes, dinner roll WG, lettuce, cucumber, strawberry cup, orange juice</p>
<p><b>4 HOLIDAY</b></p> <p style="text-align: center;"><b>LABOR DAY</b></p>	<p><b>5 Breakfast</b> Yogurt, cinnamon roll WG, mixed fruit, apple juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Macaroni and cheese, chicken drumstick, cut green beans, baby carrots, strawberry cup, grape juice</p>	<p><b>6 Breakfast</b> Breakfast wrap WG (egg, cheese, sausage), hashbrowns, orange juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Crispy beef taco WG, baked beans, cheesy broccoli, canned pears, cranberry juice</p>	<p><b>7 Breakfast</b> Biscuits WG and gravy, applesauce, grape juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Pepperoni pizza WG, tomato and cucumber salad, baked potato wedges, fresh oranges, apple juice</p>
<p><b>11 Breakfast</b> French toast stick WG, yogurt, canned peaches, apple juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>BBQ pork sandwich WG, coleslaw, mixed fruit, orange juice, fig bar</p>	<p><b>12 Breakfast</b> Dutch waffle WG, fresh apple/banana, orange juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Teriyaki chicken, fried brown rice, eggroll, creamed spinach, carrots, strawberry cup, cranberry juice</p>	<p><b>13 Breakfast</b> Breakfast Birthday Cake with turkey sausage patty, pancake WG, strawberries, grape juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Grilled cheese sandwich, tomato soup, corn, canned pears, apple juice</p>	<p><b>14 Breakfast</b> Cereal WG, pineapples, cranberry juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Beefy Nachos Grande with tortilla chips WG, refried beans, garden salad, applesauce, grape juice</p>
<p><b>18 Breakfast</b> Fruity oatmeal with raisins and apples, muffin WG, grape juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Chili, corn bread, veggie stir-fry with brown rice and beans, grapefruit, cranberry juice</p>	<p><b>19 Breakfast</b> Maple Baked French Toast Squares, canned pears, apple juice.</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Chicken nuggets, garlic bread, French fries, celery, carrots, lettuce, apples, orange juice</p>	<p><b>20 Breakfast</b> Cheesy turkey sausage links, tater tot bowl, toast WG, applesauce</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Bean/cheese burrito, cheesy broccoli, tomatoes, lettuce, mixed fruit, apple juice, fig bar</p>	<p><b>21 Breakfast</b> English muffin WG with egg patty, cheese, strawberry cup, cranberry juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Chicken meatballs with alfredo sauce, spaghetti, cut green beans, peaches, grape juice</p>

**Two choices of milk are provided with every meal, at least 80% of grains are whole grain (WG) rich.**