

# September 2018

## St. George Municipal School Unit Breakfast & Lunch Menu

*\*Menu is subject to change without notice.*

**Prices:**

Regular Breakfast \$1.00.  
 Regular Lunch: \$2.65  
 Staff Regular \$4.00.  
 A La Carte \$2.00  
 Adult Visitors \$5.00  
 Extra Milk \$0.50

**Daily Lunch Alternatives:**

Chef Salad  
 Peanut Butter & Jelly Sandwich

**Sandwich of the Day:**

Monday: Ham & Cheese  
 Tuesday: Tuna  
 Wednesday: Turkey & Cheese  
 Thursday: Ham & Cheese  
 Friday: Turkey & Cheese  
 Gluten-Free Options Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9/3</b>	<b>9/4</b>	<b>9/5</b>	<b>9/6</b>	<b>9/7</b>
<b>LABOR DAY</b>	Breakfast: Breakfast Breads, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Crispy Chicken Sandwich on Whole Grain Roll, Romaine Lettuce, Tomatoes, Cucumbers, Mixed Fruit, Milk	Breakfast: French Toast Sticks w/ Syrup, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Rotini w/ Meat Sauce, Whole Grain Roll, Green Beans, Oranges, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Hot Dogs w/ Whole Grain Bun, Baked Beans, Cole Slaw, Apples, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Pizza (Cheese or Pepperoni), Corn, Peaches, Milk.
<b>9/10</b>	<b>9/11</b>	<b>9/12</b>	<b>9/13</b>	<b>9/14</b>
Breakfast: Breakfast Breads, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Grilled Cheese Sandwiches w/ Tomato Soup, Carrot Sticks, Pears, Milk.	Breakfast: Croissants, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Hamburgers (Plain or w/ Cheese), Lettuce & Tomatoes, Peaches, Milk.	Breakfast: Fruit Yogurt Cups, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Chili w/ Frito Chips, Shredded Cheese, Corn, Applesauce, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Salad Bar, Whole Grain Rolls, Pineapple, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Macaroni & Cheese, Whole Grain Biscuit, Green Peas, Mixed Fruit, Milk.
<b>9/17</b>	<b>9/18</b>	<b>9/19/2018 (Early Release Day)</b>	<b>9/20</b>	<b>9/21</b>
Breakfast: Breakfast Breads, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Chicken Tenders, Broccoli, Apples, Milk.	Breakfast: Whole Grain Yeast Donut Holes, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Beef Taco Bowls, Salsa, Sour Cream, Cheese, Lettuce, Corn, Oranges, Milk.	Breakfast: Apple Turnover, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Ham & Cheese Sandwiches, Carrot Sticks, Hummus, Applesauce Cups, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Grilled Chicken Breast, Green Beans, Watermelon, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Pizza (Ham & Pineapple or, Cheese), Cucumbers, Peaches, Milk.
<b>9/24</b>	<b>9/25</b>	<b>9/26</b>	<b>9/27</b>	<b>9/28</b>
Breakfast: Breakfast Breads, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Whole Grain Waffles, Sausage, Tater Tots, Mandarin Oranges, Milk.	Breakfast: Fruit Yogurt Cups, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Meatball Subs, Carrot Sticks, Pears, Milk.	Breakfast: Breakfast Pizza, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Salad Bar, Whole Grain Rolls, Pineapple, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Turkey w/ Gravy, Stuffing, Mashed Potatoes, Peas, Cranberry Sauce, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Chicken Wrap, Lettuce & Tomato, Mixed Fruit, Milk.

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