



USD 112 Central Plains September 2018



Mon	Tue	Wed	Thu	Fri
<p>USDA is an equal opportunity provider and employer.</p> <p>Menu is subject to CHANGE</p>	<p><i>GnG - Grab and Go breakfast being served at CPMS (6-8), CPHS and Wilson (7-12) between 1st & 2nd hour.</i></p>			
<p>3</p> <p>NO SCHOOL Labor Day</p>	<p>4 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Biscuit & Gravy, Fresh Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Pig in a Blanket, Roasted Red Potatoes, Broccoli w/Cheese, Fruit, Milk</p>	<p>5 GnG Good Bun, Fruit, String Cheese, Juice, Milk <u>BREAKFAST</u> WG Cereal, Sausage Patty, Pears, Fruit Juice Choice, Milk <u>LUNCH</u> Taco Salad, Tortilla Chips, & Tomato Salsa, Refried Beans, Cinnamon Puff, (6-12), Fruit, Milk</p>	<p>6 GnG WW Bagel w topping, Fruit, Juice, Milk <u>BREAKFAST</u> Pancake on a Stick, Fresh Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Chicken & Noodles, Whole Wheat Roll & Honey (6-12), Mashed Potatoes, Baby Carrots, Fruit, Milk</p>	<p>7 GnG WW Donut, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Sausage Biscuit Sandwich, Fresh Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Chicken Crisпитos, Spanish Brown Rice, Romaine Lettuce, Tomato, Salsa, Peas, Oatmeal Cookie (9-12), Fruit, Milk</p>
<p>10 GnG Breakfast Cookie, Fruit String Cheese, Juice, Milk <u>BREAKFAST</u> French Toast Sticks, Syrup, Fresh Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Mini Meatball Sub, Ranch Potato Wedges, Tossed Salad, Fruit, Milk</p>	<p>11 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Breakfast Bread, Fresh Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Biscuits & Gravy, Sausage Patty (6-12), Peas, Hash Brown Patty, Fruit, Milk</p>	<p>12 GnG Mini-Donuts, Fruit, String Cheese, Juice, Milk <u>BREAKFAST</u> Breakfast Pizza, Peaches, Fruit Juice Choice, Milk <u>LUNCH</u> Chicken Alfredo, Bread Sticks, Cherry Tomatoes, Cucumber Slices, Fruit, Milk</p>	<p>13 GnG WW Bagel w topping, Fruit, Juice, Milk <u>BREAKFAST</u> WW Bagel w Toppings, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Beef Pizza, Broccoli Florets, Baby Carrots, Fruit, Milk</p>	<p>14</p> <p>NO SCHOOL In Service</p>
<p>17 GnG Breakfast Cookie, Fruit String Cheese, Juice, Milk <u>BREAKFAST</u> WG Cereal, String Cheese, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Pork Rib on a Bun, Leaf Lettuce, Tomato Slice, Sweet Potato Fries, Fruit, Milk</p>	<p>18 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Biscuit & Gravy, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Cowboy Cavatini, WW Roll, & Jelly, Seasoned Corn, Garden Salad, Fruit, Milk Choice</p>	<p>19 GnG Good Bun, Fruit, String Cheese, Juice, Milk <u>BREAKFAST</u> Pancake on a Stick, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Chicken Quesadilla, Tortilla Chips (9-12), Refried Beans, Vegetable, Fruit, Milk Choice</p>	<p>20 GnG WW Bagel w topping, Fruit, Juice, Milk <u>BREAKFAST</u> Sausage Breakfast Sandwich, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Corn Dog, Green Beans, Tater Tots, Snickerdoodle Fruit, Milk</p>	<p>21 GnG WW Donut, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Whole Grain Donut, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Taco Soup, Tortilla Chips & Salsa, Broccoli Florets, Fresh Fruit, Fruit, Milk</p>
<p>24 GnG Breakfast Cookie, Fruit String Cheese, Juice, Milk <u>BREAKFAST</u> Waffles with Syrup, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Hamburger on a Bun, Dk Green Leaf Lettuce, Tomato Slice, Oven Fries, Milk, Fruit</p>	<p>25 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Star Spangled Pancakes, Sausage Patty, Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Chili, WG Crackers (9-12) Red Bell Pepper, Cinnamon Roll, Fruit, Milk</p>	<p>26 GnG Mini-Donuts, Fruit, String Cheese, Juice, Milk <u>BREAKFAST</u> Biscuit & Egg with Tomato Salsa, Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Macaroni & Cheese, Meatballs WW Bread & Jelly (6-12) Seasoned Peas, Baby Carrots, Milk</p>	<p>27 GnG WW Bagel w topping, Fruit, Juice, Milk <u>BREAKFAST</u> WW Bagel w Toppings, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Baked Ham, Biscuit & Jelly, Sweet Potatoes Fries, Green Beans, Fruit Crisp(9-12) Fruit, Milk</p>	<p>28 GnG WW Cinnamon Bun, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> WG Cinnamon Roll, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Chicken Nuggets, WW Roll & Jelly, Mashed Potatoes & Gravy, Tossed Salad, Fruit, Milk</p>