



USD 112 Central Plains September 2019



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>NO SCHOOL Labor Day</p>	<p>3 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Mini-Waffles with Syrup, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Beef & Bean Burrito, Tortilla Chips (9-12), Tomato Salsa, Romaine & Tomato, Mexican Corn, Fruit, Milk</p>	<p>4 GnG Mini-Donuts, Fruit, String Cheese, Juice, Milk <u>BREAKFAST</u> Star Spangled Pancakes, Sausage Patty, Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Country Style Beef Pattie, WW Roll & Jelly, Mashed Potatoes & Gravy, Steamed Broccoli, Fruit, Milk</p>	<p>5 GnG WW Breakfast Pizza, Fruit, Juice, Milk <u>BREAKFAST</u> WW Bagel w Toppings, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> BBQ Beef on a Bun, Peas, Baked Beans, Summer Fruit Salad, Royal Brownie, Milk</p>	<p>6 GnG WW Cinnamon Bun ,Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Egg & Biscuit Sandwich, with Tomato Salsa, Fruit, Fruit Juice, Milk <u>LUNCH</u> Turkey & Cheese Sub Sandwich, Dk Green Leaf Lettuce, Tomato Slice, Sweet Potato Fries, Fruit, Milk</p>
<p>9 GnG Breakfast Cookie, Fruit String Cheese, Juice, Milk <u>BREAKFAST</u> WG Cereal, Yogurt Cup, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Pork Rib on a Bun, Dk Green Leaf Lettuce, & Tomato Slice, Sweet Potato fries, Fruit, Milk</p>	<p>10 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Biscuit & Gravy, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Taco Soup, Tortilla Chips & Tomato Salsa, Broccoli Florets, Fruit, Milk</p>	<p>11 GnG Good Bun, Fruit, String Cheese, Juice, Milk <u>BREAKFAST</u> Scrumptious Coffeecake, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Corn Dog, Green Beans, Tater Tots, Snickerdoodle Fruit, Milk</p>	<p>12 GnG WW Bagel w topping, Fruit, Juice, Milk <u>BREAKFAST</u> Ham & Cheese Quesadilla , w Tomato Salsa, Fruit, Fruit Juice, Milk <u>LUNCH</u> Chicken Quesadilla, Tortilla Chips (9-12), Refried Beans, Vegetable, Fruit, Milk Choice</p>	<p>13 GnG WW Donut, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> French Toast Sticks w Syrup, Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Cowboy Cavatini, WW Roll & Jelly, Seasoned Corn, Garden Salad, Fruit, Milk Choice</p>
<p>16</p> <p>NO SCHOOL In-Service</p>	<p>17 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Mini-Waffles with Syrup, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Hamburger on a Bun, Dk Green Leaf Lettuce, Tomato Slice, Oven Fries, Fruit, Milk</p>	<p>18 GnG Mini-Donuts, Fruit, String Cheese, Juice, Milk <u>BREAKFAST</u> Whole Grain Cinnamon Roll, Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Chicken Nuggets, WW Roll & Jelly, Mashed Potatoes & Gravy, Tossed Salad, Fruit, Milk</p>	<p>19 GnG WW Breakfast Pizza, Fruit, Juice, Milk <u>BREAKFAST</u> Breakfast Pizza, 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>20 GnG WW Cinnamon Bun ,Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Breakfast Bread, Fruit, Fruit Juice, Milk <u>LUNCH</u> Macaroni & Cheese, Meatballs WW Bread & Jelly, Seasoned Peas, Baby Carrots, Fruit, Milk</p>
<p>23 GnG Pop Tarts, Fruit String Cheese, Juice, Milk <u>BREAKFAST</u> WG Cereal, Sausage Patty, Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Hot Ham & Cheese Pockets Potato Wedges, Broccoli Florets, Fruit, Milk</p>	<p>24 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Biscuit & Gravy, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Pepperoni Pizza, Tossed Salad, Cherry Tomatoes, Cookie, Orange, Fruit, Milk Choice</p>	<p>25 GnG Good Bun, Fruit, String Cheese, Juice, Milk <u>BREAKFAST</u> Kansas Granola Bar, Fruit, Fruit Juice, Milk Choice <u>LUNCH</u> Taco Burger/Bun, Tortilla Chips, Tomato Salsa, Dk Green Leaf Lettuce, Tomato Slice, Refried Beans, Fruit, Milk Choice</p>	<p>26 GnG WW Bagel w topping, Fruit, Juice, Milk <u>BREAKFAST</u> Sausage Biscuit Breakfast Sandwich, Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Lasagna, Garlic Bread Stick w/ Marinara Sauce, Garden Salad, Fruit, Milk</p>	<p>27 GnG WW Donut, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Pancake on a Stick, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Breaded Chicken Patty, WW Roll & Honey, Mashed Potatoes & Gravy, Green Beans, Fruit, Milk</p>
<p>30 GnG Breakfast Cookie, Fruit String Cheese, Juice, Milk <u>BREAKFAST</u> French Toast Sticks w Syrup, Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Breadsticks w/ Tuscan Meat Balls in Marinara Sauce, Seasoned Corn, Tossed Salad, Fruit, Milk</p>			<p><i>GnG - Grab and Go breakfast is being served at CPHS and Wilson (7-12) between 1st & 2nd hour.</i></p>	<p>USDA is an equal opportunity provider and employer.</p> <p style="text-align: center;">Menu is subject to CHANGE</p>