

SEPTEMBER 2019

Powers Lake

Monday

NO SCHOOL
Labor Day

Breakfast:
Monday McMuffins
Juice, fruit, Milk

Lunch:
Shepherd's Pie
Applesauce, Bun

Breakfast:
Monday McMuffins
Juice, Fruit, Milk

Lunch:
Meatball Hoagies
Pineapple, Beets

Breakfast:
Donuts, Yogurt
Lunch:
Sweet and Sour Chicken
Fried Rice, Carrots
Applesauce

Breakfast:
Monday McMuffins

Lunch:
Rotini, Meat sauce,
Breadsticks, Applesauce

Tuesday

Breakfast:
Hashbrowns, Ham, juice,
Fruit, milk

Lunch:
Wokin Orange Chicken, Fried
Rice, Pears, Bun

Breakfast:
French Toast
Juice, Milk, Fruit

Lunch:
Chicken Pot Pie
Bun

Breakfast:
Cold Cereal
Fruit, Juice, Milk

Lunch:
Chicken Alfredo
Corn, Garlic Breadsticks, Pears

Breakfast:
Pancake on a Stick
Lunch:
Lasagna, carrots,
Garlic Bread Sticks,
Peaches

Wednesday

Breakfast:
Scramble Eggs, Bacon,
Juice, fruit, milk

Lunch:
Hamburger Gravy, Mashed
Potatoes, Peas, fruit cocktail, milk

Breakfast:
Cold Cereal
Fruit, Juice, Milk

Lunch:
Pork Riblet Sandwich
Carrots, Mixed Fruit

Breakfast:
Bacon, Eggs, Fruit
Juice, Milk

Lunch:
Chili, Cornbread, Pineapple
Choc. Cake

Breakfast:
Cold Cereal
Fruit, Juice, Milk

Lunch:
Ham and Scalloped Potatoes
Broccoli
Spiced Apples

Thursday

Breakfast:
Donuts, Yogurt

Lunch:
Pulled Pork Sandwich
Baked Beans, Coleslaw, fruit

Breakfast:
Bagels, Cream Cheese
Fruit, Juice

Lunch:
Chicken Fajitas, Carrots
Pears, Buns

Breakfast:
Breakfast Wrap
Fruit, Juice, Milk

Lunch:
Baked Chicken Breast
Mashed Potatoes, Gravy, Corn,
Bun, Mixed Fruit

Breakfast:
Bagels and yogurt

Lunch:
Chicken Enchilada
Corn
Fruit Pie

Friday

Breakfast:
Sausage Links, Eggs, Fruit,
Juice, Milk

Lunch:
Popcorn Chicken, Gems, Pears,
Peas

Breakfast:
Long Johns

Lunch:
Cheese French Bread Pizza,
Carrots, Fruit Pie

Breakfast:
Eggs, Toast

Lunch:
Hamburger on a bun, Cheese Slices
Peas, Peaches

Breakfast:
Biscuits and Gravy

Lunch:
Tater Tot Hot Dish
Green Beans
Applesauce

[Enter Additional Info]