BREAKFAST

SEPTEMBER 2020

Parkers Chapel

Pre-K

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cereal and Toast Diced Peaches (½ c.) 1% Low Fat Milk (8 oz.)	2 Breakfast Pizza Pineapple Tidbits (½ c.) 1% Low Fat Milk (8 oz.)	3 Cereal and Toast Diced Pears (½ c.) 1% Low Fat Milk (8 oz.)	4 Sausage Waffle Sandwich Applesauce (½ c.) 1% Low Fat Milk (8 oz.)
	8 Cereal and Toast Diced Peaches (½ c.) 1% Low Fat Milk (8 oz.)	9 PB & J Uncrustable Pineapple Tidbits (½ c.) 1% Low Fat Milk (8 oz.)	10 Cereal and Toast Diced Pears (½ c.) 1% Low Fat Milk (8 oz.)	11 Ham & Cheese Croissant Applesauce (½ c.) 1% Low Fat Milk (8 oz.)
14 Dutch Waffle Mixed Fruit (½ c.) 1% Low Fat Milk (8 oz.)	15 Cereal and Toast Diced Peaches (½ c.) 1% Low Fat Milk (8 oz.)	16 Breakfast Pizza Pineapple Tidbits (½ c.) 1% Low Fat Milk (8 oz.)	17 Cereal and Toast Diced Pears (½ c.) 1% Low Fat Milk (8 oz.)	18 Sausage & Cheese Biscuit Applesauce (½ c.) 1% Low Fat Milk (8 oz.)
21 Mini Blueberry Waffles Mixed Fruit (½ c.) 1% Low Fat Milk (8 oz.)	22 Cereal and Toast Diced Peaches (½ c.) 1% Low Fat Milk (8 oz.)	23 P B & J Uncrustable Pineapple Tidbits (½ c.) 1% Low Fat Milk (8 oz.)	24 Cereal and Toast Diced Pears (½ c.) 1% Low Fat Milk (8 oz.)	25 Sausage Biscuit Applesauce (½ c.) 1% Low Fat Milk (8 oz.)
28 Chocolate Chip Mini Pancakes Mixed Fruit (½ c.) 1% Low Fat Milk (8 oz.)	29 Cereal and Toast Diced Peaches (½ c.) 1% Low Fat Milk (8 oz.)	30 Breakfast Pizza Pineapple Tidbits (½ c.) 1% Low Fat Milk (8 oz.)		

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BREAKFAST

SEPTEMBER 2020

Parkers Chapel

K-12th

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Honeybun Cereal w/Toast Fruit and/or Juice Milk Choice	2 Breakfast Pizza Cereal w/Bug Bites Fruit and/or Juice Milk Choice	3 Cheese Omelet w/Toast Cereal w/Toast Fruit and/or Juice Milk Choice	4 Sausage Waffle Sandwich Cereal w/Bug Bites Fruit and/or Juice Milk Choice
LABOR DAY	8 Pancake on a Stick Cereal w/Toast Fruit and/or Juice Milk Choice	9 Cinnamon Roll Cereal w/Bug Bites Fruit and/or Juice Milk Choice	10 Strawberry Poptart Cereal w/Toast Fruit and/or Juice Milk Choice	11 Ham & Cheese Croissant Cereal w/Bug Bites Fruit and/or Juice Milk Choice
14 Dutch Waffle w/Syrup Cereal w/Bug Bites Fruit and/or Juice Milk Choice	15 Super Donut Cereal w/Toast Fruit and/or Juice Milk Choice	16 Breakfast Pizza Cereal w/Bug Bites Fruit and/or Juice Milk Choice	17 French Toast Sticks w/syrup Cereal w/Toast Fruit and/or Juice Milk Choice	18 Sausage Egg & Cheese Biscuit Cereal w/Bug Bites Fruit and/or Juice Milk Choice
21 Waffle w/Syrup Cereal w/Bug Bites Fruit and/or Juice Milk Choice	22 Blueberry Muffin Cereal w/Toast Fruit and/or Juice Milk Choice	23 PB & J Uncrustable Cereal w/Bug Bites Fruit and/or Juice Milk Choice	24 Blueberry Parfait Cereal w/Toast Fruit and/or Juice Milk Choice	25 Sausage Biscuit Cereal w/Bug Bites Fruit and/or Juice Milk Choice
28 Pancakes w/Syrup Cereal w/Bug Bites Fruit and/or Juice Milk Choice	29 Honeybun Cereal w/Toast Fruit and/or Juice Milk Choice	30 Breakfast Pizza Cereal w/Bug Bites Fruit and/or Juice Milk Choice		

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BREAKFAST

SEPTEMBER 2020

Parkers Chapel

High School
2nd Chance

Monday	Tuesday	Wednesday	Thursday	Friday
	1 GRAB -N- GO Honeybun Fruit Juice Milk Choice	2 GRAB -N- GO Breakfast Pizza Fruit Juice Milk Choice	3 GRAB -N- GO Smoothie Bug Bites Juice Milk Choice	4 GRAB -N- GO Sausage Waffle Sandwich Fruit Juice Milk Choice
LABOR DAY	8 GRAB -N- GO Pancake on a Stick Fruit Juice Milk Choice	9 GRAB -N- GO Cinnamon Roll Fruit Juice Milk Choice	10 GRAB -N- GO Pop Tart Fruit Juice Milk Choice	11 GRAB -N- GO Ham & Cheese Croissant Fruit Juice Milk Choice
14 GRAB -N- GO Blueberry Mini Waffles Fruit Juice Milk Choice	15 GRAB -N- GO Super Donut Fruit Juice Milk Choice	16 GRAB -N- GO Breakfast Pizza Fruit Juice Milk Choice	17 GRAB -N- GO French Toast Sticks w/Syrup Fruit Juice Milk Choice	18 GRAB -N- GO Sausage, Egg & Cheese Biscuit Fruit Juice Milk Choice
21 GRAB -N- GO Maple Blast Mini Waffles Fruit Juice Milk Choice	22 GRAB -N- GO Blueberry Muffin Fruit Juice Milk Choice	23 GRAB -N- GO PB & J Uncrustable Fruit Juice Milk Choice	24 GRAB -N- GO Blueberry Parfait Bug Bites Juice Milk Choice	25 GRAB -N- GO Sausage Biscuit Fruit Juice Milk Choice
28 GRAB -N- GO Blueberry Mini Waffles Fruit Juice Milk Choice	29 GRAB -N- GO Honeybun Fruit Juice Milk Choice	30 GRAB -N- GO Breakfast Pizza Fruit Juice Milk Choice		

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LUNCH

SEPTEMBER 2020

Parkers Chapel

Pre-K

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Rib Sandwich French Fries Diced Peaches 1% Low-fat Milk	2 Chicken Strips w/Roll French Fries Fresh Fruit 1% Low-fat Milk	3 Spaghetti w/Meat Sauce Cucumbers Diced Pears 1% Low-fat Milk	4 Crispitos Pinto Beans Mixed Fruit 1% Low-fat Milk
LABOR DAY	8 Chicken Sandwich Mashed Potatoes w/Gravy Diced Peaches 1% Low-fat Milk	9 Cheeseburger Black-eyed Peas Fresh Fruit 1% Low-fat Milk	10 Sweet & Sour Meatballs w/Roll Fried Rice Steamed Broccoli Diced Pears 1% Low-fat Milk	11 Cheese Pizza Green Beans Mixed Fruit 1% Low-fat Milk
14 Chili Cheese Fries w/Roll Fresh Broccoli Applesauce 1% Low-fat Milk	15 Soft Tacos Refried Beans Diced Peaches 1% Low-fat Milk	16 BBQ Glazed Chicken w/Roll Mashed Potatoes Fresh Fruit 1% Low-fat Milk	17 Lasagna Cucumbers Diced Pears 1% Low-fat Milk	18 Chili Cheese Nachos Refried Beans Fresh Fruit 1% Low-fat Milk
21 Chicken Nuggets Glazed Carrots Cucumbers Applesauce 1% Low-fat Milk	22 Beef Tips w/Roll Mashed Potatoes w/Gravy Diced Peaches 1% Low-fat Milk	23 Chicken Alfredo w/Roll Steamed Broccoli Fresh Fruit 1% Low-fat Milk	24 Pizza Pasta Black-eyed Peas Diced Pears 1% Low-fat Milk	25 Cheese Pizza Green Beans Mixed Fruit 1% Low-fat Milk
28 Chicken Strips w/Roll Mashed Potatoes Applesauce 1% Low-fat Milk	29 Beefy Mac French Fries Diced Peaches 1% Low-fat Milk	30 Cheeseburger Mashed Potatoes Fresh Fruit 1% Low-fat Milk		

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LUNCH

SEPTEMBER 2020

Parkers Chapel

K-6th

Monday	Tuesday	Wednesday	Thursday	Friday
	1 1. BBQ Rib Sandwich 2. Chicken Sandwich French Fries Diced Peaches Milk Choice	**2** 1. Chicken Strips 2. Cheeseburger French Fries Fresh Fruit Milk Choice	**3** 1. Spaghetti w/Meat Sauce w/ Roll 2. Chicken Sandwich Broccoli and Cucumbers Diced Pears Milk Choice	**4** 1. Crispitos 2. Cheese Pizza Pinto Beans Mixed Fruit Milk Choice
LABOR DAY	**8** 1. Country Fried Steak w/Roll 2. Chicken Sandwich Mashed Potatoes w/Gravy Diced Peaches Milk Choice	**9** 1. Corn Dog 2. Cheeseburger Black-eyed Peas Baby Carrots Fresh Fruit Milk Choice	**10** 1. Sweet & Sour Meatballs w/Roll 2. Chicken Sandwich Fried Rice Steamed Broccoli Side Salad Diced Pears Milk Choice	**11** 1. Italian Sub 2. Pepperoni Pizza Green Beans Mixed Fruit Milk Choice
14 1. Chili Cheese Fries w/Roll 2. Hamburger French Fries Fresh Broccoli Applesauce Milk Choice	**15** 1. Soft Tacos 2. Chicken Sandwich Spanish Rice Refried Beans Baby Carrots Diced Peaches Milk Choice	**16** 1. BBQ Glazed Chicken w/Roll 2. Cheeseburger Mashed Potatoes Fresh Fruit Milk Choice	**17** 1. Lasagna w/Roll 2. Chicken Sandwich Cucumbers Diced Pears Milk Choice	**18** 1. Chili Cheese Nachos 2. Cheese Pizza Refried Beans Side Salad Fresh Fruit Milk Choice
21 1. Chicken Nuggets w/Roll 2. Hamburger Glazed Carrots Cucumbers Fresh Fruit Milk Choice	**22** 1. Beef Tips w/Roll 2. Chicken Sandwich Mashed Potatoes w/Gravy Diced Peaches Milk Choice	**23** 1. Chicken Alfredo w/Roll 2. Cheeseburger Steamed Broccoli Pineapple Tidbits Milk Choice	**24** 1. Pizza Pasta w/Roll 2. Chicken Sandwich Black-eyed Peas Diced Pears Milk Choice	**25** 1. Turkey Melt Sandwich 2. Pepperoni Pizza Green Beans Mixed Fruit Milk Choice
28 1. Chicken Strips w/Roll 2. Hamburger Mashed Potatoes Applesauce Milk Choice	**29** 1. Beefy Mac w/Roll 2. Chicken Sandwich French Fries Diced Peaches Milk Choice	**30** 1. Creole Oven Roasted Chicken w/Roll 2. Cheeseburger Mashed Potatoes Fresh Fruit Milk Choice		

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LUNCH

SEPTEMBER 2020

Parkers Chapel

7th-12th

Monday	Tuesday	Wednesday	Thursday	Friday
	1 1. BBQ Rib Sandwich 2. Chicken Sandwich French Fries Diced Peaches and Fresh Fruit Milk Choice	**2** 1. Chicken Strips 2. Cheeseburger French Fries Pineapple Tidbits and Fresh Fruit Milk Choice	**3** 1. Spaghetti w/Meat Sauce w/ Roll 2. Chicken Sandwich Broccoli and Cucumbers Diced Pears and Fresh Fruit Milk Choice	**4** 1. Crispitos 2. Cheese Pizza Pinto Beans Side Salad Mixed Fruit and Fresh Fruit Milk Choice
LABOR DAY	**8** 1. Country Fried Steak w/Roll 2. Chicken Sandwich Mashed Potatoes w/Gravy Baby Carrots Diced Peaches and Fresh Fruit Milk Choice	**9** 1. Corn Dog 2. Cheeseburger Black-eyed Peas Baby Carrots Pineapple Tidbits and Fresh Fruit Milk Choice	**10** 1. Sweet & Sour Meatballs w/Roll 2. Chicken Sandwich Fried Rice Steamed Broccoli Side Salad Diced Pears and Fresh Fruit Milk Choice	**11** 1. Italian Sub 2. Pepperoni Pizza Green Beans Mixed Fruit and Fresh Fruit Chocolate Chip Cookie Milk Choice
14 1. Chili Cheese Fries w/Roll 2. Hamburger French Fries Cucumbers Applesauce and Fresh Fruit Milk Choice	**15** 1. Soft Tacos 2. Chicken Sandwich Spanish Rice Refried Beans Baby Carrots Diced Peaches and Fresh Fruit Milk Choice	**16** 1. BBQ Glazed Chicken w/Roll 2. Cheeseburger Mashed Potatoes Pineapple Tidbits and Fresh Fruit Milk Choice	**17** 1. Lasagna w/Roll 2. Chicken Sandwich Cucumbers and Broccoli Diced Pears and Fresh Fruit Milk Choice	**18** 1. Chili Cheese Nachos 2. Cheese Pizza Refried Beans Side Salad Mixed Fruit and Fresh Fruit Milk Choice
21 1. Chicken Nuggets w/Roll 2. Hamburger Glazed Carrots Cucumbers Applesauce and Fresh Fruit Milk Choice	**22** 1. Beef Tips w/Roll 2. Chicken Sandwich Mashed Potatoes w/Gravy Diced Peaches and Fresh Fruit Milk Choice	**23** 1. Chicken Alfredo w/Roll 2. Cheeseburger Steamed Broccoli Baby Carrots Pineapple Tidbits and Fresh Fruit Milk Choice	**24** 1. Pizza Pasta w/Roll 2. Chicken Sandwich Black-eyed Peas Diced Pears and Fresh Fruit Milk Choice	**25** 1. Turkey Melt Sandwich 2. Pepperoni Pizza Green Beans Side Salad Mixed Fruit and Fresh Fruit Chocolate Chip Cookie Milk Choice
28 1. Chicken Strips w/Roll 2. Hamburger Mashed Potatoes Fresh Broccoli Applesauce and Fresh Fruit Milk Choice	**29** 1. Beefy Mac w/Roll 2. Chicken Sandwich French Fries Diced Peaches and Fresh Fruit Milk Choice	**30** 1. Creole Oven Roasted Chicken w/Roll 2. Cheeseburger Mashed Potatoes Baby Carrots Pineapple Tidbits and Fresh Fruit Milk Choice		

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