

# MILAN HIGH, MIDDLE AND INTERMEDIATE SCHOOLS

## SEPTEMBER 2020 MENU

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Breakfast includes fruit juice and milk</b>	<b>Aug. 31</b> Pop-tarts, Cheeses Stick, Fruit <hr/> Biscuit & Gravy, Hash Brown Round Veg. Juice, Fruit	1 Cereal, Graham Cracker, Fruit <hr/> Pizza Crunchers w/Pizza Sauce, Broccoli, Corn Granola Bar, Fruit	2 Pancake & Sausage Stick, Cheese Stick, Fruit <hr/> Sloppy Joe/ Bun Sweet Potato Fries Green Beans, Fruit	3 Mini Donuts, Yogurt, Fruit <hr/> Orange Chicken Fried Rice, Peas Carrots w/ Ranch, Fruit	4 Pop-tarts, Cheese Stick, Fruit <hr/> Chicken Patty/ Bun Baked Beans Cucumbers, Fruit	5
6 <b>Lunch includes milk</b>	7 Labor Day	8 Mini Donuts, Yogurt, Fruit <hr/> French Toast Sticks Sausage Links, Hash Brown Rounds, Glazed Carrots Fruit	9 Pop-tarts, Cheese Stick, Fruit <hr/> Sausage Pizza Tossed Salad, Cucumbers, Tomatoes, Muffin Fruit	10 Cheese Omelet, Graham Cracker, Fruit <hr/> Country Fried Steak Mashed Potatoes, Gravy Green Beans, Roll Fruit	11 Cereal Bowl Granola Bar, Fruit <hr/> Walking Taco (chips, taco meat & cheese), Salsa, Refried Beans Fruit	12
13	14 Choc. Chip & Oat Bar, Cheese Stick, Fruit <hr/> Chicken Nuggets, Mac & Cheese, Peas, Baked Beans, Applesauce	15 Pop Tarts, Cheese Stick, Fruit <hr/> Grilled Cheese Sand. Tomato Soup, Corn Pudding cup Fruit	16 Cereal, Graham Cracker, Fruit <hr/> Rib-a-que/BBQ Sauce/ Bun, Celery Sticks, Carrots w/ Ranch Fruit	17 Breakfast Burrito, Cheese Stick, Fruit <hr/> Cheesy Meatloaf Mashed Potatoes & Gravy, Green Beans, Roll, Fruit	18 Choc. Chip Oat Bar, Graham Cracker, Fruit <hr/> Pepperoni Calzone Tossed Salad Grape Tomatoes Fruit	19
20	21 Bagel, Cream Cheese & Jelly, Fruit <hr/> Mini Corn Dogs Cauliflower & Cheese Green Beans, Graham Cracker, Fruit	22 Cereal, Cheese Stick Fruit <hr/> Noodles & Chicken, Hash Brown Rounds, V-Juice Fruit	23 Sausage & Pancake Stick, Graham Cracker, <u>Fruit</u> <hr/> Meatball Sub (Pretzel Bun), Sweet Potato Fries Creamy Cole Slaw Fruit	24 Pop-Tarts, Cheese Stick, Fruit <hr/> Philly Cheese Steak / Bun, Black Beans, Corn Applesauce	25 Bagel, Cream Cheese & Jelly, Fruit <hr/> Bosco Mozz. Cheese Sticks w/ Pizza Sauce Tossed Salad Grape Tomatoes, Fruit	26
27	28 Mini Choc. Donuts Yogurt, Fruit <hr/> Steak Hoagie w/ Sauce, Cheese & Bun Au Gratin Potatoes Peas, Fruit	29 Cereal, Cheese Stick, <u>Fruit</u> <hr/> Sausage Patty, Cheese Omelet, Muffin, Green Beans, Buttered Carrots Applesauce	30 Pop-Tarts, Muffin Fruit <hr/> Soft Pretzels w/ Cheese Sauce, Corn, Sweet Potato Puffs Fruit	1 Cheese Omelet, Graham Cracker, Fruit <hr/> Chicken Fajita Wrap Refried Beans, Salsa, Chips Fruit	2 Donuts, Yogurt, Fruit <hr/> French Bread Pizza Tossed Salad Grape Tomatoes Fruit	