

# September 2020

## BEECHER CITY CUSD #20

### LUNCH



**School Information:** THIS DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER.

THIS MENU IS SUBJECT TO CHANGE.



**Nutrition Tip:** With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

NO SCHOOL

DONUT 1  
PULLED PORK  
COLE SLAW/BAKED BEANS  
PEACHES

BREAKFAST PIZZA 2  
LASANGA  
GARLIC BREAD  
SALAD/PEARS

SAUSAGE ON STICK 3  
COUNTRY FRIED STEAK  
MASHED POTATOES  
CORN/MANDARIN ORANGES

BACON/EGG BISCUIT 4  
LOADED NACHOS  
LETTUCE/TOMATO/  
CHEESE/SALSA/PINEAPPLE

NO SCHOOL 7

POPTART 8  
SUB SANDWICH  
CHIPS  
CARROTS/GRAPES

SAUSAGE/CHEESE BISCUIT 9  
CHICKEN BOWL  
MASHED POTATOES  
CORN/APPLES

PANCAKES W/ SYRUP 10  
SLOPPY JOE ON BUN  
POTATO WEDGES  
BAKED BEANS/PEACHES

MUFFIN 11  
SAUSAGE  
FRIED POTATOES  
CORN ON COB/PEARS

DANISH 14  
HAM AND CHEESE  
CHIPS  
PEAS/ORANGES

BAGEL W/ CR. CHEESE 15  
HAMBURGER MAC N CHEESE  
CORN  
PINEAPPLE

SCRAMBLED EGGS 16  
CHICKEN LEGS  
MASHED POTATOES  
GREEN BEANS/ GRAPES

BREAKFAST PIZZA 17  
BISCUIT AND GRAVY  
HASHBROWN/BACON  
PEARS

RICE KRISPY TREAT 18  
½ DAY  
TEACHER INSERVICE

WAFFLE W/ SYRUP 21  
GOULOSH  
BREAD STICK/ SALAD  
GREEN BEANS/ PEACHES

BREAKFAST BURRITO 22  
POTATO SOUP  
CRACKERS  
APPLES

DANISH 23  
SHEPARDS PIE  
MASHED POTATOES/CORN  
MANDARIN ORANGES

FRENCH TOAST STICKS 24  
FISH SANDWICH  
MAC N CHEESE/COLE SLAW  
CHIPS/GRAPES

MUFFIN 25  
PONY SHOE  
PEAS  
BANANA

BISCUIT AND GRAVY 28  
CHICKEN POT PIE  
MASHED POTATO  
PEACHES

YOGURT W/GRANOLA 29  
CHEESE BURGER  
FRENCH FRIES  
CORN/PINEAPPLE

LOADED EGGS 30  
CORN DOG  
CHIPS  
CARROTS/PEARS

