## SEPTEMBER BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
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				Egg/Cheese Omelet
All bread and buns served	Milk served daily:			<b>OR</b> Cereal
are whole-grain.	1% white milk			Sausage Link
All pasta and rice served	Skim white milk			Toast w/Jelly
are whole-grain.	Skim chocolate milk			Mixed Fruit
				Fruit Punch Juice
l	5	6 1:30 EARLY DISMISSAL	7	8
	Pancake on a Stick w/Syrup	Coffee Cake	Scrambled Eggs & Ham	Cinnamon Roll
	OR Cereal	OR Cereal	OR Cereal	<b>OR</b> Cereal
NO SCHOOL	Applesauce	Yogurt	Toast w/Jelly	Yogurt
NO SCHOOL	Berry Juice	Pears	Oranges	Mixed Fruit
		Orange Juice	Grape Juice	Fruit Punch Juice
11	12	13 1:30 EARLY DISMISSAL	14	15
Waffle w/Syrup	Oatmeal	Coffee Cake	Pancake w/Syrup	Donut
OR Cereal	<b>OR</b> Cereal	OR Cereal	OR Cereal	OR Cereal
Sausage Patty	String Cheese	Yogurt	Sausage Patty	String Cheese
Peaches	Applesauce	Pears	Oranges	Mixed Fruit
Apple Juice	Berry Juice	Orange Juice	Grape Juice	Fruit Punch Juice
18	19	20 1:30 EARLY DISMISSAL	21	22
French Toast Sticks w/Syrup	Pancake on a Stick w/Syrup	Coffee Cake	Sausage/Gravy over Biscuit	Long John
OR Cereal	<b>OR</b> Cereal	OR Cereal	OR Cereal	OR Cereal
Sausage Patty	Applesauce	Yogurt	Sausage Link	String Cheese
Peaches	Berry Juice	Pears	Oranges	Mixed Fruit
Apple Juice		Orange Juice	Grape Juice	Fruit Punch Juice
25	26	27 1:30 EARLY DISMISSAL	28	29
Pumpkin Chocolate Chip	Egg/Cheese Omelet	Coffee Cake	Sausage & Egg Croissant	Breakfast Pizza
Muffin	<b>OR</b> Cereal	OR Cereal	OR Cereal	OR Cereal
OR Cereal	Sausage Link	Yogurt	Yogurt	String Cheese
Yogurt	Toast w/Jelly	Pears	Oranges	Mixed Fruit
Peaches	Applesauce	Orange Juice	Grape Juice	Fruit Punch Juice
Apple Juice	Berry Juice			

## SEPTEMBER LUNCH

Milk served daily:  1% white milk  Skim white milk  Skim chocolate milk  Popcorn Chicken  Mashed Potatoes	6 1:30 EARLY DISMISSAL	7	Hot Dog w/Bun Baked Beans Chips Cucumbers Mixed Fruit Chocolate Chip Cookie
1% white milk Skim white milk Skim chocolate milk Popcorn Chicken		7	Baked Beans Chips Cucumbers Mixed Fruit
1% white milk Skim white milk Skim chocolate milk Popcorn Chicken		7	Chips Cucumbers Mixed Fruit
Skim white milk Skim chocolate milk  Popcorn Chicken		7	Cucumbers Mixed Fruit
Skim chocolate milk		7	Mixed Fruit
opcorn Chicken		7	
Popcorn Chicken		7	Chocolate Chip Cookie
Popcorn Chicken		7	
•		1	8
Asched Potatoes	Turkey & Ham Sandwich	Salisbury Steak	Pork Tenderloin w/Bun
מומטווכע דטנמנטפט	Chips	Mashed Potatoes	Baked Beans
Corn	Tomato Slice	Dinner Roll	Romaine Lettuce
Buttered Bread	Cucumbers	Green Beans	Cooked Carrots
Diced Peaches	Dragon Juice	Oranges	Apple
	Grapes		
.2	13 1:30 EARLY DISMISSAL	14	15
Chicken Strips	Maidrite w/Bun	Chicken Alfredo w/	Hamburger w/Bun
Mashed Potatoes	French Fries	Penne Pasta	Potato Wedges
Glazed Carrots	Cucumbers	Cheesy Breadstick	Baked Beans
Лixed Fruit	Strawberries	Cauliflower	Tomato Slice
Cinnamon Roll		Broccoli w/Cheese	Apples
		Pineapple	Rice Krispie Treat
9	20 1:30 EARLY DISMISSAL	21	22
Beef Taco	Macaroni & Cheese	Little Smokies	Brat w/Bun
iesta Beans/Salsa	Peas	Mashed Potatoes	Tater Tots
Romaine Lettuce	Cauliflower	Buttered Bread	Baked Beans
Applesauce	Dinner Roll	Celery Sticks	Diced Peaches
rozen Sherbet Cup	Grapes	Rosy Applesauce	Sugar Cookie
16	27 1:30 EARLY DISMISSAL	28	29
paghetti	Chicken Nuggets	Crispito	Chicken Patty w/Bun
Garlic Breadstick	Chips	Fiesta Beans/Salsa	Potato Wedges
tomaine Lettuce	Cucumbers	Romaine Lettuce	Corn
aby Carrots	Apple	Nacho Chips/Cheese	Applesauce
anana	Dragon Juice	Pineapple & Oranges	Frozen Juice Cup
	Graham Cracker Cookie		Brownie
	uttered Bread iced Peaches  2 hicken Strips Mashed Potatoes Mashed Potatoes Mixed Fruit innamon Roll  9 eef Taco esta Beans/Salsa omaine Lettuce pplesauce rozen Sherbet Cup  6 Daghetti arlic Breadstick omaine Lettuce aby Carrots	cuttered Bread iced Peaches Dragon Juice Grapes  13 1:30 EARLY DISMISSAL hicken Strips Maidrite w/Bun French Fries Lazed Carrots Cucumbers Strawberries Linnamon Roll  Defer Taco Lesta Beans/Salsa Lesta Beans/Salsa Lesta Beans/Salsa Lestuce Lesta Beans/Salsa Dragon Juice  13 1:30 EARLY DISMISSAL Dragon Juice  Cucumbers  Cucumbers  Cucumbers  Cucumbers  Cucumbers  Cauliflower Dinner Roll  Grapes  Chicken Nuggets Chips Cucumbers  Apple Dragon Juice	tuttered Bread  Cucumbers  Dragon Juice  Grapes  2 13 1:30 EARLY DISMISSAL  Inhicken Strips  Maidrite w/Bun  Chicken Alfredo w/  Mashed Potatoes  Inamon Roll  Broccoli w/Cheese  Pineapple  20 1:30 EARLY DISMISSAL  Broccoli w/Cheese  Pineapple  20 1:30 EARLY DISMISSAL  Eef Taco  Macaroni & Cheese  Mashed Potatoes  Mashed Potatoes  Dragon Juice  Green Beans  Oranges  Oranges  Oranges  Oranges  Oranges  Alamont  Alamont  Chicken Alfredo w/  Penne Pasta  Chicken Alfredo w/  Chicken Alfredo w/  Alamont  Cheese Penne Pasta  Cheesey Breadstick  Cauliflower  Dinnamon Roll  Dragon Juice  Oranges  Dragon Juice  Oranges  Oranges  Alamont  Chicken Beans  Crispito  Fiesta Beans/Salsa  Crispito  Romaine Lettuce  Apple  Nacho Chips/Cheese  Pineapple & Oranges