

SEPTEMBER BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				1
All bread and buns served are whole-grain.	Milk served daily: 1% white milk			Egg/Cheese Omelet OR Cereal
All pasta and rice served are whole-grain.	Skim white milk			Sausage Link
	Skim chocolate milk			Toast w/Jelly
				Mixed Fruit
				Fruit Punch Juice
4	5	6 1:30 EARLY DISMISSAL	7	8
	Pancake on a Stick w/Syrup OR Cereal	Coffee Cake OR Cereal	Scrambled Eggs & Ham OR Cereal	Cinnamon Roll OR Cereal
NO SCHOOL	Applesauce	Yogurt	Toast w/Jelly	Yogurt
	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 OR Cereal	Oatmeal OR Cereal	Coffee Cake OR Cereal	Pancake w/Syrup OR Cereal	Donut 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 OR Cereal	Pancake on a Stick w/Syrup OR Cereal	Coffee Cake OR Cereal	Sausage/Gravy over Biscuit OR Cereal	Long John 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 Muffin OR Cereal	Egg/Cheese Omelet OR Cereal	Coffee Cake OR Cereal	Sausage & Egg Croissant OR Cereal	Breakfast Pizza OR Cereal
Yogurt	Sausage Link	Yogurt	Yogurt	String Cheese
Peaches	Toast w/Jelly	Pears	Oranges	Mixed Fruit
Apple Juice	Applesauce	Orange Juice	Grape Juice	Fruit Punch Juice
	Berry Juice			

SEPTEMBER LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
				1
All bread and buns served are whole-grain.	Milk served daily: 1% white milk			Hot Dog w/Bun
All pasta and rice served are whole-grain.	Skim white milk			Baked Beans
	Skim chocolate milk			Chips
				Cucumbers
				Mixed Fruit
				Chocolate Chip Cookie
4	5	6 1:30 EARLY DISMISSAL	7	8
	Popcorn Chicken	Turkey & Ham Sandwich	Salisbury Steak	Pork Tenderloin w/Bun
	Mashed Potatoes	Chips	Mashed Potatoes	Baked Beans
NO SCHOOL	Corn	Tomato Slice	Dinner Roll	Romaine Lettuce
	Buttered Bread	Cucumbers	Green Beans	Cooked Carrots
	Diced Peaches	Dragon Juice	Oranges	Apple
		Grapes		
11	12	13 1:30 EARLY DISMISSAL	14	15
Scalloped Potatoes w/Ham	Chicken Strips	Maidrite w/Bun	Chicken Alfredo w/ Penne Pasta	Hamburger w/Bun
Peas	Mashed Potatoes	French Fries	Cheesy Breadstick	Potato Wedges
Broccoli	Glazed Carrots	Cucumbers	Cauliflower	Baked Beans
Dinner Roll	Mixed Fruit	Strawberries	Broccoli w/Cheese	Tomato Slice
Diced Pears	Cinnamon Roll		Pineapple	Apples
				Rice Krispie Treat
18	19	20 1:30 EARLY DISMISSAL	21	22
Mandarin Orange Chicken	Beef Taco	Macaroni & Cheese	Little Smokies	Brat w/Bun
Brown Rice	Fiesta Beans/Salsa	Peas	Mashed Potatoes	Tater Tots
Cooked Carrots	Romaine Lettuce	Cauliflower	Buttered Bread	Baked Beans
Broccoli	Applesauce	Dinner Roll	Celery Sticks	Diced Peaches
Garlic Breadstick	Frozen Sherbet Cup	Grapes	Rosy Applesauce	Sugar Cookie
Strawberries				
25	26	27 1:30 EARLY DISMISSAL	28	29
Toasted Ham/Cheese Sandwich	Spaghetti	Chicken Nuggets	Crispito	Chicken Patty w/Bun
Potato Starz	Garlic Breadstick	Chips	Fiesta Beans/Salsa	Potato Wedges
Celery	Romaine Lettuce	Cucumbers	Romaine Lettuce	Corn
Diced Peaches	Baby Carrots	Apple	Nacho Chips/Cheese	Applesauce
	Banana	Dragon Juice	Pineapple & Oranges	Frozen Juice Cup
		Graham Cracker Cookie		Brownie