

# September

2018

## Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	No School 	First Day of School Hot Dogs Baked Beans French Fries Fruit Milk	Beef & Bean Burrito Salsa Spanish Rice Romaine Salad Fruit Milk	Sliced Pork Roast Mash tatos w/ gravy Green Beans Stuffing & Cookie Fruit Milk	Chicken & Waffles Sweet Potato Fries Applesauce Milk	8
9	BBQ Pork Sandwich Coleslaw French Fries Fruit Milk	Chicken Fettuccini Carrot & Red Pepper Sticks Fruit Cheesy Breadstick Milk	Tuna Sandwich Wrap Lettuce / Tomato slices Sugar Snap Peas Fruit Milk	Beef Nachos Refried Beans Shredded lettuce/ Salsa Fruit Milk	Pizza Rippers Broccoli & Cauliflower Fruit Milk	15
16	Finger Steaks French Fries Celery Fruit Milk	Sweet & Sour Chicken Brown Rice Broccoli Pineapple Milk	Ham Cheese Sliders Diced Sweet Potatoes Green Beans Fruit Milk	Chicken Fried Steak Mash Tatos/w gravy Cooked Carrots WG Berries & Cream Fruit Milk	Chili Cheese Fries Salsa Peaches Pretzel Milk	22
23	Chicken Sandwich Lettuce/ Tomato French Fries Fruit Milk	Penne Spaghetti Bake Romaine Salad Fruit Milk	Chicken Fajita Corn Celery and PB Fruit Milk	Deli Turkey Sandwich Carrot & Cucumber Sticks Chips Fruit Milk	Fish Sticks Mac & Cheese Baked Beans Coleslaw Fruit Milk	29
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"This institution is an equal opportunity provider"

\*Foods subject to change depending on availability

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## Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 No School	4 Breakfast Pizza Assorted Fruit/ Juice Milk	5 Cherry Fruit Pocket Assorted Fruit/ Juice Milk	6 French Toast Assorted Fruit/ Juice Milk	7 Biscuit & Gravy Assorted Fruit/ Juice Milk	8
9	10 Breakfast Tornado Assorted Fruit/ Juice Milk	11 Pancakes Assorted Fruit/ Juice Milk	12 Sausage/Egg Muffin Assorted Fruit/ Juice Milk	13 Breadstick Bites Assorted Fruit/ Juice Milk	14 Biscuit & Gravy Assorted Fruit/ Juice Milk	15
16	17 PB & Jelly Sandwich Assorted Fruit/ Juice Milk	18 Waffles Assorted Fruit/ Juice Milk	19 Blueberry Oatmeal Muffin Assorted Fruit/ Juice Milk	20 Pop Tarts Assorted Fruit/ Juice Milk	21 Biscuit & Gravy Assorted Fruit/ Juice Milk	22
23	24 Ham/Cheese Combo Bagel Assorted Fruit/ Juice Milk	25 Benefit Bar Assorted Fruit/ Juice Milk	26 Pancake Sticks Assorted Fruit/ Juice Milk	27 Chocolate Croissant Assorted Fruit/ Juice Milk	28 Biscuit & Gravy Assorted Fruit/ Juice Milk	29
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\*High School gets option of extra cereal/grain