



September

This Institution is an equal opportunity provider.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/	2/ Labor Day No School	3/Breakfast: Poptart Lunch: Chicken Nuggets, Tri-Color Pasta Salad, Steamed Carrots, Apple , Cookie Alternate: Turkey, Ham, Cheese Sub	4/Breakfast Breakfast Bar/Toast Lunch: Spaghetti/Meat Sauce, Garlic Toast, Green Beans, Celery Sticks, Peaches Alternate: Egg Roll	5/ Breakfast: Minni Cinni Lunch: Hot Dog/WG Bun, Baked Beans, Fresh Cauliflower, Mixed Fruit Alternate: Chicken Salad/WG Bun	6/ Breakfast: Scrambled Eggs/Toast Lunch: Pizza Crunchers, Marinara, Romaine/Dressing, Watermelon Alternate: Turkey/WG Bun	7/
8/	9/ Breakfast: Snackbread Lunch: Pancakes, Sausage, Hash Brown, Applesauce Alternate: Egg Salad/WG Bun	10/ Breakfast: McJ-Hawk Lunch: Cheese-filled Breadstick, Marinara, Romaine/Dressing, Corn, Pears Alternate: Ham & Cheese/WG Bun	11/Breakfast: Long John Lunch: Chicken Strips, Mashed Potatoes/Gravy, Green Beans, Dinner Roll, Banana Alternate: Egg Roll	12/ Breakfast; Bagel/Cream Cheese Lunch: Breaded Tenderloin/WG Bun, Baked Beans, Carrot Sticks, Mixed Fruit Alternate: Turkey & Swiss/WG Bun	13/ Breakfast: Sausage Gravy/Biscuit Lunch: Pizza, Marinara, Fresh Cauliflower, Pineapple, Ice Cream Alternate Chicken Salad/WG Bun	14/
15/	16/ Breakfast: Mini Donuts, Lunch:Beef & Bean Burrito, Spanish Rice, Corn, Lettuce, Tropical Fruit Mix Alternate: Ham/WG Bun	17/ Breakfast: Yogurt Parfait Lunch Breaded Fish/WG Bun, Coleslaw, Peas, Mandarin Oranges Alternate: Italian Sub	18/ SENIOR CITIZENS LUNCH Breakfast: Breakfast Slider Lunch Chicken Alfredo, Steamed Broccoli, Celery Sticks, Dinner Roll, Peaches Alternate: Breaded Pork Chop	19/ Breakfast: French Toast Sticks Lunch: Bratwurst/WG Bun, Baked Beans, Carrot Sticks, Pears Alternate: Turkey/WG Bun	20/ Breakfast: Egg Bake/Toast Lunch: Chicken Quesadilla, Salsa, Romaine/Dressing, Canteloupe Alternate: Ham & Cheese/WG Bun	21/
22/	23/ Breakfast: Muffin Lunch: Ham Patty & Cheese/WG Bun, Baked Chips, Peas, Orange Alternate: Tuna Salad/WG Bun	24/Breakfast: Waffles Lunch: Grilled Chicken/WG Bun, Green Beans, Potato Salad, Applesauce Alternate: Ham/WG Bun	25/ Breakfast: Cinnamon Roll Lunch: Salisbury Steak, Mashed Potatoes/Gravy, Mixed Vegetables, Dinner Roll, Peas Alternate: Fish	26/ Breakfast: Pancake/ Sausage on a Stick Lunch: Breaded Turkey Fritter/WG Bun, Baked Beans, Carrot Sticks, Banana Alternate: Chicken Salad/WG Bun	27/ HOMECOMING Breakfast: Cheese Omelet/Toast Lunch: Taco Pizza, Salsa, Romaine/Dressing, Peaches with Blueberries, Orange Sherbet Alternate: Ham & Cheese/WG Bun	28/
29/	30/ Breakfast: Breakfast Breadstick Lunch: Sloppy Joes/WG Bun, Carrot/Celery Sticks, Baked Beans, Mixed Fruit Alternate: Turkey, Bacon, Cheese Club Sandwich					



BREAKFAST options includes cereal variety, oatmeal, toast, applesauce, orange, orange juice, apple juice, grape juice fresh fruit variety

SALAD BAR offered for grades 5-12 may include the following: lettuce, romaine, spinach, broccoli cauliflower and other fresh vegetables. Also included are: apples, oranges, canned and other fresh fruits.