



September

This Institution is an equal opportunity provider.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1/ BREAKFAST: Cinnamon Roll LUNCH: Chicken Nuggets, Macaroni Salad, Peas, Fresh Cauliflower, Mixed Fruit ALTERNATE: Cold Ham/ Bun	2/ BREAKFAST: Breakfast Bar/Toast LUNCH: Turkey & Noodles, Green Beans, Celery Sticks, Peaches, Dinner Roll ALTERNATE: Chicken Salad/Croissant	3/ BREAKFAST: Yogurt Cup & Teddy Grahams LUNCH: BBQ Pork Rib/WG Bun, Baked Beans, Carrot Sticks, Banana ALTERNATE: Turkey & Swiss/WG Bun	4/ BREAKFAST: Cheese Omelet & Toast LUNCH: Taco Pizza, Salsa, Fresh Broccoli, Lettuce/ Dressing, Applesauce, Cookie ALTERNATE: Ham & Cheese / WG Bun	5/
	Happy Labour DAY !!	8/ BREAKFAST: Mini Donuts LUNCH: Corn Dog, Green Beans, Fresh Cauliflower, Peas ALTERNATE: Turkey, Ham, Cheese Sub	9/ BREAKFAST: Mini Cinni LUNCH: Spaghetti/Meat Sauce, Romaine/ Dressing, Celery Sticks, Garlic Bread Twist, Orange ALTERNATE: Chicken Crispito	10/ BREAKFAST: French Toast Sticks LUNCH: Pork Tenderloin/ WG Bun, Baked Beans, Carrot Sticks, Mixed Fruit ALTERNATE: Turkey/WG Bun	11/ BREAKFAST: Sausage Gravy/Biscuit LUNCH: Pizza Crunchers, Marinara, Corn, Grapes, Cookie ALTERNATE: Chicken, Bacon, Ranch Wrap	12/
	14/ BREAKFAST: Breakfast Pizza LUNCH: Breaded Turkey Fritter/WG Bun, Peas, Carrot Sticks, Applesauce ALTERNATE: Ham/WG Bun	15/ BREAKFAST: Pancake, Sausage on a Stick LUNCH: Taco's, Chips, Lettuce, Cheese, Tomatoes, Banana, Cookie ALTERNATE: Tuna Salad/ WG Bun	16/ BREAKFAST: Snack Bread LUNCH: Chicken Strips, Mashed Potatoes Gravy, Green Beans, Dinner Roll, Mandarin Oranges ALTERNATE: Breaded Pork Chop	17/ BREAKFAST: Cinnamon Toast Crunch Bars LUNCH: Bratwurst/WG Bun, Baked Beans, Fresh Broccoli, Peaches ALTERNATE: Chicken Salad/Crossiant	18/ BREAKFAST: Chicken & Biscuit Sandwich LUNCH: Pizza, Marinara, Romaine/Dressing, Peas, Jonny Pop Ice Cream ALTERNATE: Turkey/WG Bun	19/
HOMECOMING WEEK	21/ BREAKFAST: Muffin LUNCH: Sloppy Joe's/ WG Bun, Sun Chips, Corn, Celery Sticks, Mixed Fruit ALTERNATE: Ham/WG Bun	22/ BREAKFAST: Bagel Cream Cheese LUNCH: Breaded Chicken Patty/WG Bun, Steamed Carrots, Celery Sticks, Applesauce ALTERNATE: Italian Sub	23/ BREAKFAST: Breakfast Slider LUNCH: Scalloped Potatoes w/Ham, Green Beans, Bread & Butter, Peaches ALTERNATE: Pork Egg Roll	24/ BREAKFAST: Waffles LUNCH: Hot Dog/Bun, Baked Beans, Carrot Sticks, Peas ALTERNATE: Turkey Wrap	25/ BREAKFAST: Scrambled Eggs/Toast LUNCH: Chicken Quesadilla, Salsa, Romaine /Dressing, Pineapple ALTERNATE: Ham & Cheese/WG Bun	
	28/ BREAKFAST: Poptart LUNCH: Hamburger Patty/WG Bun, Tomato Slices, Hash Brown, Apple Slices ALTERNATE: Egg Salad/Croissant	29/ BREAKFAST: Cinnamon Roll LUNCH: Chicken Nuggets, Macaroni Salad, Peas, Fresh Cauliflower, Mixed Fruit ALTERNATE: Ham/WG Bun	30/ BREAKFAST: Breakfast Bar/Toast LUNCH: Chicken Alfredo, Green Beans, Celery Sticks, Peaches Dinner Roll ALTERNATE: Fish Patty			

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

Premade, full component, Chef Salads are available for PREORDER BY 9:00 am in MS & HS offices and Kitchen for students in grades 5-12. A fruit and milk are also offered with Chef Salads

SALAD BAR prepackaged items offered for students grades 5-12 example: pasta salad, fruits, vegetables, dressings, potato salad

menus are subject to change