



# September

This Institution is an equal opportunity provider.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1% white milk, skim white milk, fat free chocolate milk offered for every meal.		1/ <b>BREAKFAST:</b> <b>Snackbread</b> LUNCH: Breaded Chicken Strips, Mashed Potatoes/Gravy, Green Beans, Diced Peaches, Bread & Butter <b>ALTERNATE:</b> Cold Ham/WG Bun NO CHEF SALADS	2/ <b>BREAKFAST:</b> Breakfast Bar LUNCH: Beef Hot Dog/WG Hot dog Bun, Baked Beans, Fresh Carrot Sticks/low fat ranch dressing, Orange <b>ALTERNATE:</b> Cold Turkey/WG Bun Grilled Chicken Chef Salad MS/HS	3/ <b>BREAKFAST:</b> Cheese Omelet & Toast LUNCH: Pizza/WG Crust, Fresh Broccoli/low fat ranch dressing, Pineapple Tidbits <b>ALTERNATE:</b> Chicken Salad/WG Crossaint BLT Chef Salad MS/HS & Staff	4/
		7/ <b>BREAKFAST:</b> Mini Donuts LUNCH: Breaded Chicken Nuggets, Sunchips, Green Beans, Applesauce <b>ALTERNATE:</b> Cold Ham & Cheese/WG Bun Turkey Chef Salad MS/HS & Staff	8/ <b>BREAKFAST:</b> Breakfast Pizza LUNCH: Spaghetti/Meat Sauce, Garlic Toast, Romaine/Dressing, Diced Peas <b>ALTERNATE:</b> Cold Turkey & Swiss/WG Bun NO CHEF SALADS	9/ <b>BREAKFAST:</b> Fruit Frudel LUNCH: Breaded Pork Tenderloin/WG Bun, Baked Beans, Carrot Sticks/low fat ranch dressing, Diced Peaches <b>ALTERNATE:</b> Chicken Salad/WG Croissant Diced Ham Chef Salad MS/HS & Staff	10/ <b>BREAKFAST:</b> Egg, Ham, Cheese on English Muffin LUNCH: Chicken Quesadilla, Salsa, Corn, Mixed Fruit <b>ALTERNATE:</b> Turkey, Ham, Cheese Sub/WG Bun Italian Chicken Chef Salad MS/HS & Staff	11/
	13/ <b>BREAKFAST:</b> Poptart LUNCH: Scrambled Eggs with bacon, Tri Tator Hash Brown, Muffin, Applesauce <b>ALTERNATE:</b> Vegetable Egg Roll NO CHEF SALADS	14/ <b>BREAKFAST:</b> Pancake & Sausage on a stick/light syrup LUNCH: Walking Taco with Tortilla Chips, Shredded Lettuce, Cheese, Diced Tomatoes, Banana, Brownie <b>ALTERNATE:</b> Tuna Salad/WG Bun NO CHEF SALADS	15/ <b>BREAKFAST:</b> Cinnamon Roll LUNCH: Turkey in Gravy over Mashed Potatoes, Green Beans, Dinner Roll, Diced Peaches <b>ALTERNATE:</b> Italian Sub/WG Bun NO CHEF SALADS	16/ <b>BREAKFAST:</b> Yogurt Parfait LUNCH: Bratwurst/WG Bun, Baked Beans, Fresh Broccoli/low fat ranch dressing, Orange <b>ALTERNATE:</b> Turkey Wrap Taco Chef Salad MS/HS & Staff	17/ <b>BREAKFAST:</b> Chicken, Cheese & Biscuit Sandwich LUNCH: Chili Crisпитos, Cheese Sauce, Shredded Lettuce, Fresh Fruit Mix, WG Cookie Ham & Turkey Chef Salad MS/HS & Staff	18/
	20/ <b>BREAKFAST:</b> Bagel/Cream Cheese LUNCH: Hamburger/WG Bun, Mixed Vegetables, Applesauce <b>ALTERNATE:</b> Cold Ham/WG Bun NO CHEF SALADS	21/ <b>BREAKFAST:</b> Pancakes/light syrup LUNCH: Breaded Corn Dog, Baked Beans, Fresh Cauliflower/low fat ranch dressing, Banana <b>ALTERNATE:</b> Turkey Wrap BLT Chef Salad MS/HS & Staff	22/ <b>BREAKFAST:</b> Breakfast Pizza Slider LUNCH: Breaded Pork Chop, AuGratin Potatoes, Green Beans, Dinner Roll, Diced Peas <b>ALTERNATE:</b> Vegetable Egg Roll NO CHEF SALAD	23/ <b>BREAKFAST:</b> Mini Cinni LUNCH: BBQ Pork Rib/WG Bun, Coleslaw, Fresh Carrot Sticks/low fat ranch dressing, Diced Peaches <b>ALTERNATE:</b> Chicken Salad/WG Croissant Grilled Chicken Chef Salad MS/HS & Staff	24/ <b>BREAKFAST:</b> WG Biscuit/Sausage Gravy LUNCH: Pizza Crunchers, Marinara, Fresh Broccoli/low fat ranch dressing, Pineapple Tibets, Sherbet <b>ALTERNATE:</b> Turkey, Ham, Cheese Sub/WG Bun BLT Chef Salad MS/HS & Staff	
	27/ <b>BREAKFAST:</b> Poptart LUNCH: Breaded Chicken Patty/WG Bun, Steamed Carrots, Celery Sticks/low fat ranch, Mixed Fruit <b>ALTERNATE:</b> Egg Salsd/WG Bun NO CHEF SALADS	28/ <b>BREAKFAST:</b> French Toast Stick/light sryup LUNCH: Super Nacho/Taco Meat, WG Tortilla chips, Lettuce, Apple, WG Cookie <b>ALTERNATE:</b> Tuna Salad/WG Bun NO CHEF SALADS	29/ <b>BREAKFAST:</b> Snackbread LUNCH: Breaded Chicken Strips, Mashed Potatoes/Gravy, Green Beans, Diced Peaches, Bread & Butter <b>ALTERNATE:</b> Cold Ham/WG Bun NO CHEF SALADS	30/ <b>BREAKFAST:</b> Breakfast Bar LUNCH: Beef Hot Dog/WG Bun, Baked Beans, Fresh Carrot Sticks/low fat ranch dressing, Orange <b>ALTERNATE:</b> Cold Turkey/WG Bun Italian Chicken Chef Salad MS/HS & Staff		
<b>BREAKFAST options includes cereal variety, oatmeal, toast, applesauce, orange, orange juice, apple juice, grape juice fresh fruit variety</b>						
<b>Premade, full component, Chef Salads are available for PREORDER BY 9:00 am in MS &amp; HS offices and Kitchen for students in grades 5-12. A fruit amd milk are also offered with Chef Salads</b>						
SALAD BAR offered for grades 5-12 daily. Items may include lettuce, fresh fruits and vegetables, canned fruits, diced eggs, diced ham, pasta salads, yogurt						
menus are subject to change						