

September

Monday	Tuesday	Wednesday	Thursday	Friday	Sat & Sun
				1 Egg, muffin, Cereal, Fruit, Yogurt Ham or Turkey sandwich, Macaroni & Cheese, Lettuce, Lemon salad, Cucumbers, Carrots, Broccoli, Mixed melon, Pineapple	2 3
4 No School Labor Day	5 Waffles & Sausage or Cereal, Fruit Crispito w/ cheesesauce, Rice & Beans, Lettuce, Spinach salad, Tomato, Olives, Salsa, Carrots, Broccoli, Cantelope, Pears	6 Ham & Cheese Croissant, Cereal, Fruit, Juice Grilled Chicken sandwich, Italian mixed vegetables, Mixed Lettuce, Caesar salad, Broccoli, Peppers, Mandarin Oranges, Applesauce	7 Toast & Jelly, Cereal, Yogurt Parfaits, Fruit Lasagna, Garlic bread, Mixed Lettuce, Pea salad, Carrots, Cauliflower, Tomato, Cottage cheese, Grapes, Peaches	8 Biscuits & Gravy, Cereal, Fruit Hot Dog/Bun, Cowboy beans, Mixed Lettuce, Coleslaw, Carrots, Broccoli, Coleslaw, Pineapple, Raisins, Applesauce	9 10
11 Egg & Cheese Biscuit, Cereal, Fruit Chicken Drummies, Peas, B&B, Mixed Lettuce, Caesar salad, Carrots, Peppers, Cucumbers, Apple slices	12 Toast & Jelly, Cereal, Juice, Yogurt Hamburger/Bun, Sweet Potato fries, Lettuce, Pasta salad, Broccoli, Cauliflower, Tomato, Onion, Cheese, Strawberries, Peaches	13 French toast & Sausage or Cereal, Fruit Chicken Fajita/Tortilla, Mixed Vegetables, Lettuce, Spinach salad, Carrots, Celery, Salsa, Olives, Cheese, Applesauce, Mandarin Oranges	14 Omelet, Toast, Cereal, Yogurt Smoothy, Fruit Elem: Pop corn Chicken MS/HS: Mandarin Chicken/Rice, Broccoli, Lettuce, Carrots, Cauliflower, Banana	15 Cinnamon Roll, Cereal, Fruit Breadstick/Meatsauce, Cheese stick, Lettuce, Caesar salad, Carrots, Peppers, Broccoli, Watermelon, Pears	16 17
18 Strudel, Cereal, Fruit, Yogurt Turkey wrap, Baked Beans, Mixed Lettuce, Potato salad, Carrots, Celery, Salsa, Olives, Cheese, Grapes, Peaches	19 Pancakes & Sausage or Cereal, Fruit Ham & Potatoes, Dinner roll, Mixed Lettuce, Spinach salad, Broccoli, Cauliflower, Garbanzo beans, Applesauce, Pears	20 NO SCHOOL Professional Development Day	21 Toast & Jelly, Cereal, Yogurt parfaits, Fruit Italian Chicken patty/Bun, Broccoli w/cheese, Lettuce, Caesar salad, Carrots, pepers, Celery, Cantelope, Pineapple	22 Banana bread, Cereal, Juice, Fruit Sausage pizza, Mixed Lettuce, Cabbage salad, Carrots, Broccoli, Celery, Mandarin Oranges, Applesauce, Cookie	23 24
25 Scrambled eggs, Toast, Cereal, Fruit BBQ Chicken/Bun, Carrots, Mixed Lettuce, Chop-chop salad, Carrots, Cucumbers, Peppers, Orange slices	26 Breakfast Cookie, Cereal, Yogurt, Fruit Mini Corn Dogs, Corn, Lettuce, Caesar salad, Carrots, Broccoli, Garbanzo beans, Applesauce, Peaches	27 Toast & Jelly, Cereal, Yogurt Parfaits, Fruit Pizza Pasta Casserole, Garlic bread, Mixed Lettuce, Apple salad, Carrots, Broccoli, Tomato, Banana	28 Pancake on a stick, Cereal, Fruit, Juice Teriyaki Chicken/Rice, Italian blend vegetables, Lettuce, Cabbage salad, Carrots, Cucumbers, Pears, Strawberries	29 Donuts, Cereal, Fruit, Yogurt Maid-rite/Bun, Green beans, Lettuce, Pasta salad, Cauliflower, Broccoli, Watermelon, Mixed Fruit	30
Breakfast: choice of skim or 1% milk Lunch: choice of skim, 1%, or skim chocolate milk Tues & Thurs. MS/HS also has the option for 100% orange juice All bread products served are whole grain. USDA is an equal opportunity provider and employer					