

# September 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
USDA is an equal opportunity provider and employer		<b>1</b> Scrambled eggs & Ham, Toast or Cereal, Fruit  Soft shell Beef Taco, Beans & Rice, Mixed lettuce, Tomato, Olives, Salsa, Cheese, Carrots, Broccoli, Apple slices	<b>2</b> Pancakes & Sausage or Cereal, Fruit, Juice  Fish shapes, Peas, B/B, Mixed lettuce, Spinach salad, Carrots, Cucumbers, Applesauce, Fresh fruit	<b>3</b> Toast, Cereal, Fruit, Yogurt  Hamburger/Bun, Sweet potato fries, Mixed Lettuce, Pasta salad, Broccoli, Cauliflower, Strawberries, Peaches	<b>4</b> Breakfast Pizza or Cereal, Fruit  Garlic cheese Flatbread, Green beans, Mixed Lettuce, Broccoli salad, Carrots, Tomato, Peppers, Cantelope, Pineapple	<b>5</b>
	<b>6</b>	<b>7</b>  <b>NO SCHOOL</b>	<b>8</b> French toast & Sausage or Cereal, Fruit  Crispito w/Cheese Sauce, Mexicorn, Mixed lettuce, Pea salad, Broccoli, Carrots, Olives, Salsa, Mandarin oranges, Pears	<b>9</b> Toast, Cereal, Fruit, Yogurt Parfaits  BBQ Chicken/Bun, Baked Beans, Mixed lettuce, Lemon salad, Carrots, Cauliflower, Peas, Banana	<b>10</b> Pancake on stick or Cereal, Fruit, Juice  Lasagna, Garlic bread, Mixed Lettuce, Caesar salad, Celery, Broccoli, Peppers, Grapes, Pineapple	<b>11</b> Donut, Cereal, Fruit, Yogurt  Sausage pizza, Carrots, Mixed lettuce, Cottage cheese, Tomato, Broccoli, Black beans, Mixed Fruit, Peaches
<b>13</b>	<b>14</b> Coffee cake, Cereal, Fruit, Juice  Chicken Quesadilla, Corn, Mixed lettuce, Potato salad, Carrots, Celery, Mandarin oranges, Pears	<b>15</b> English muffin/Egg patty, Cereal, Fruit, Yogurt  Ham and Potatoes, Dinner roll, Mixed lettuce, Orange salad, Broccoli, Cauliflower, Applesauce, Peaches	<b>16</b> Waffles & Bacon or Cereal, Fruit  Italian chicken patty/Bun, Broccoli, Mixed lettuce, Spinach salad, Carrots, Peppers, Watermelon.	<b>17</b> Toast, Cereal, Fruit, Yogurt smoothie  Chicken Drumsticks, Garlic blend Vegetables, Mixed Lettuce, Gelatin salad, Broccoli, Celery, Cucumbers, Apple slices	<b>18</b> Cinnamon roll, Cereal, Fruit  Pepperoni pizza, Green beans, Mixed Lettuce, Caesar salad, Carrots, Peppers, Strawberries, Mixed Fruit	<b>19</b>
<b>20</b>	<b>21</b> Omelet, Toast, Cereal, Fruit  Turkey wrap, Cowboy beans, Mixed Lettuce, Pasta salad, Carrots, Cauliflower, Olives, Cheese, Pickles, Orange slices	<b>22</b> Pancakes & Sausage or Cereal, Fruit  Hot dog/Bun, Mixed vegetables, Mixed Lettuce, Coleslaw, Broccoli, Celery, Applesauce, Peaches	<b>23</b> Bagel & Cream cheese, Cereal, Fruit  Pizza pasta Casserole, Breadstick, Mixed Lettuce, Caesar salad, Carrots, Cucumbers, Cauliflower, Mandarin oranges, Pears	<b>24</b> Toast, Cereal, Fruit, Yogurt parfaits  Teriyaki Chicken/Rice, Italian blend Vegetables, Mixed Lettuce, Pea salad, Broccoli, Celery, Grapes, Pineapple	<b>25</b> Biscuits & Gravy or Cereal, Fruit, Juice  Maid-rite/Bun, Tri-tators, Mixed lettuce, Cottage cheese, Cauliflower, Carrots, Fresh fruit, Peaches	<b>26</b>
<b>27</b>	<b>28</b> Muffin, Cereal, Fruit  Turkey or Ham sandwich, Ranch Noodles, Mixed lettuce, Caesar salad, Carrots, Broccoli, Peas, Celery, Cantelope, Pineapple	<b>29</b> Breakfast Nachos or Cereal, Fruit  Mini Corn dogs, Green beans, Mixed Lettuce, Broccoli salad, Cucumbers, Peppers, Carrots, Applesauce, Peaches	<b>30</b> Toast, Cereal, Fruit, Yogurt  Tater tot Casserole, B/B, Mixed Lettuce, Cherry salad, Carrots, Tomato, Celery, Banana	<b>Breakfast:</b> Choice of Skim or 1% milk  <b>Lunch:</b> Choice of Skim, 1% or Skim Chocolate milk Tues & Thurs : MS/HS has the option of 100% Orange		All bread products are whole grain  Menu may change at any time due to availability of items