

# September 2018

Please Note: Breakfast Milk choice includes a choice of non-fat (unflavored) or 1% (unflavored) milk,  
Lunch includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk  
Reduced fat dressing is served with salads and fresh vegetables.  
All Grain items are Whole Grain Rich

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>NO SCHOOL Labor Day</p>	<p>4</p> <p>B'Fast – French Toast Sticks, Juice, Fruit, Milk</p> <p>Lunch – Rib on a Bun, Wedge Fries, Baby Carrots, Peach, Fresh Fruit, Milk</p>	<p>5</p> <p>B'Fast – Ham/Egg Combo, Toast, , Juice, Fruit, Milk</p> <p>Lunch - Scalloped Potatoes w/Ham, Peas, Romaine/Spinach Salad, BB Sandwich, Applesauce, ½ Orange, Milk</p>	<p>6</p> <p>B'Fast – Breakfast Wrap, Salsa, Juice, Fruit, Milk</p> <p>Lunch- Elem: Soft Shell Taco, HS: Taco in Bag, Lettuce, Tomatoes, Cheese, Refried Beans, Green Beans, ½ Apple, Pears, Milk</p>	<p>7</p> <p>B'Fast – Pancake on Stick, Juice, Fruit, Milk</p> <p>Lunch – Italian Chicken on Bun, Tator Tots, Celery, Fresh Fruit, Applesauce, Milk</p>
<p>10</p> <p>B'Fast – Egg Omelet, Toast, Juice, Fruit, Milk</p> <p>Lunch – Spaghetti w/Meat Sauce, Bread Stick, Green Beans, Romaine/Spinach Salad, Apple Sauce, Fresh Fruit, Milk</p>	<p>11</p> <p>B'Fast – Waffle Sticks, Cheese Sticks, Juice, Fruit, Milk</p> <p>Lunch – Cheddarwurst on Bun, Baked Beans, Baby Carrots, Fresh Fruit, Peaches, Milk</p>	<p>12</p> <p>B'Fast – Breakfast Pizza, Juice, Fruit, Milk</p> <p>Lunch – Pork Tender on Bun, Rice, Peas, Mandarin Oranges, ½ Apple, Milk</p>	<p>13</p> <p>B'Fast – Scrambled Eggs, Toast, Juice, Fruit, Milk</p> <p>Lunch-Chicken Strips, Mashed Potatoes w/ Gravy, BB Sandwich, Peaches, Fresh Fruit, Milk</p>	<p>14</p> <p>B'Fast - WG Biscuits/Sausage Gravy, Sausage, Juice, Fruit, Milk</p> <p>Lunch – Sub Sandwich, Romaine Spinach, Broccoli w/Cheese Sauce, Baby Carrots, Watermelon, Pears, Milk</p>
<p>17</p> <p>B'Fast – Breakfast Pizza, Juice, Fruit, Milk</p> <p>Lunch – Chicken Fajita on Soft Shell, Corn, Refried Beans, Lettuce, Cheese, Romaine, Tomatoes, Fresh Fruit, Pears, Milk</p>	<p>18</p> <p>B'Fast –Egg/Cheese Omelet, , Juice, Fruit, Milk</p> <p>Lunch- Crispito's, Cheese, Chili, Corn, BB Sandwich, Refried Beans, ½ Apple, Mandarin Oranges, Milk</p>	<p>19</p> <p>B'Fast - French Toast, Sticks, Juice, Fruit, Milk</p> <p>Lunch – Cheeseburger on WG Bun, French Fries, Romaine/Spinach, Tomato Slices, Fresh Fruit, Pears, Milk</p>	<p>20</p> <p>B'Fast– Ham/Egg Combo, Toast, Juice, Fruit, Milk</p> <p>Lunch – Chicken Alfredo, Steamed Carrots, Bread Stick, Celery Sticks, Applesauce, ½ Orange, Milk</p>	<p>21</p> <p>B'Fast – Pancake on Stick, Juice, Fruit, Milk</p> <p>Lunch- Pizza, Green Beans, Romaine/Spinach Lettuce, Strawberries, , Pineapple, Milk</p>
<p>24</p> <p>B'Fast - WG Biscuit Egg Cheese, Juice, Fruit, Milk</p> <p>Lunch-Chicken Nuggets, Mashed Potatoes w/ Gravy, BB Sandwich Peaches, Fresh Fruit, Milk</p>	<p>25</p> <p>B'Fast – Ham/Egg Combo, Toast, Juice, Fruit, Milk</p> <p>Lunch Lasagna, Green Beans, Romaine/Spinach Lettuce, Bread Stick, Pineapple, Applesauce, Milk</p>	<p>26</p> <p>B'Fast – WG Biscuits/Gravy, Sausage, Juice, Fruit, Milk</p> <p>Lunch – Maidrites on Bun, Baked Beans, Coleslaw, Pears, Fresh Fruit, Milk</p>	<p>27</p> <p>B'Fast – Egg, Cheese, Omelet, Toast, Juice, Fruit, Milk</p> <p>Lunch – Mini Corndogs, Broccoli w/Cheese Sauce, Baby Carrots, Fresh Fruit, Peaches, Milk</p>	<p>28</p> <p>B'Fast – Breakfast Pizza, Juice, Fruit, Milk</p> <p>Lunch – Chicken Patty on Bun, Curly Fries, Baby Carrots, ½ Apple, Mandarin Oranges, Milk</p>

