

# September 2019

**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**

| <b>Mon</b>  | <b>Tue</b>  | <b>Wed</b>   | <b>Thu</b>  | <b>Fri</b>  |
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| <b>2</b><br><br>NO SCHOOL<br><br>Labor Day  | <b>3</b><br><br>B'Fast – French Toast Sticks, Juice, Fruit, Milk<br><br>Lunch – Rib on a Bun, Wedge Fries, Baby Carrots, Peaches, ½ Orange, Milk  | <b>4</b><br><br>B'Fast – Ham/Egg Combo, Toast, , Juice, Fruit, Milk<br><br>Lunch - Scalloped Potatoes w/Ham, Peas, Romaine/Spinach Salad, BB Sandwich, Mandarin Oranges, ½ Apple, Milk | <b>5</b><br><br>B'Fast – Pancake on Stick, Juice, Fruit, Milk<br><br>Lunch- Elem: Soft Shell Taco, HS: Taco in Bag, Lettuce, Tomatoes, Cheese, Refried Beans, Green Beans, Fresh Fruit, Pears, Milk | <b>6</b><br><br>B'Fast – Breakfast Wrap, Salsa, Juice, Fruit, Milk<br><br>Lunch – Italian Chicken on Bun, Tator Tots, Celery, Banana, Applesauce, Milk                      |
| <b>9</b><br><br>B'Fast – Egg Omelet, Toast, Juice, Fruit, Milk<br><br>Lunch – Spaghetti w/Meat Sauce, Bread Stick, Green Beans, Romaine/Spinach Salad, Apple Sauce, Fresh Fruit, Milk | <b>10</b><br><br>B'Fast – Waffle Sticks, Cheese Sticks, Juice, Fruit, Milk<br><br>Lunch – Sub Sandwich, Romaine Spinach, Broccoli w/Cheese Sauce, Baby Carrots, Watermelon, Pears, Milk | <b>11</b><br><br>B'Fast – Breakfast Pizza, Juice, Fruit, Milk<br><br>Lunch – Pork Tender on Bun, Rice, Peas, Mandarin Oranges, ½ Apple, Milk   | <b>12</b><br><br>B'Fast - WG Biscuits/Sausage Gravy, Sausage, Juice, Fruit, Milk<br><br>Lunch-Chicken Strips, Tator Tots, Cucumbers, BB Sandwich, Peaches, Fresh Fruit, Milk                        | <b>13</b><br><br>B'Fast – Pancake on Stick, Juice, Fruit, Milk<br><br>Lunch – Cheddarwurst on Bun, Baked Beans, Baby Carrots, ½ Orange, Pears, Milk                         |
| <b>16</b><br><br>B'Fast –Egg/Cheese Omelet, , Juice, Fruit, Milk<br><br>Lunch- Pizza, Green Beans, Romaine/Spinach Lettuce, Strawberries, Pineapple, Milk                             | <b>17</b><br><br>B'Fast – Breakfast Pizza, Juice, Fruit, Milk<br><br>Lunch- Crispito's, Cheese, Chili, Mixed Vegetables, BB Sandwich, ½ Apple, Mandarin Oranges, Milk                   | <b>18</b><br><br>B'Fast - French Toast, Sticks, Juice, Fruit, Milk<br><br>Lunch – Cheeseburger on WG Bun, French Fries, Romaine/Spinach, Tomato Slices, Fresh Fruit, Pears, Milk       | <b>19</b><br><br>B'Fast– Ham/Egg Combo, Toast, Juice, Fruit, Milk<br><br>Lunch – Chicken Fajita on Soft Shell, Corn, Refried Beans, Lettuce, Cheese, Romaine, Tomatoes, Fresh Fruit, Peaches, Milk  | <b>20</b><br><br>B'Fast – Scrambled Eggs, Toast, Juice, Fruit, Milk<br><br>Lunch – Chicken Alfredo, Steamed Carrots, Bread Stick, Celery Sticks, Applesauce, ½ Orange, Milk |
| <b>23</b><br><br>B'Fast - WG Biscuit Egg Cheese, Juice, Fruit, Milk<br><br>Lunch-Chicken Nuggets, Mashed Potatoes w/ Gravy, BB Sandwich Peaches, Fresh Fruit, Milk                    | <b>24</b><br><br>B'Fast – Pancake on Stick, Juice, Fruit, Milk<br><br>Lunch Lasagna, Green Beans, Romaine/Spinach Salad, Bread Stick, Pineapple, Applesauce, Milk                       | <b>25</b><br><br>B'Fast – WG Biscuits/Gravy, Sausage, Juice, Fruit, Milk<br><br>Lunch – Maidrites on Bun, Baked Beans, Coleslaw, Pears, Fresh Fruit, Milk                              | <b>26</b><br><br>B'Fast – Breakfast Pizza, Juice, Fruit, Milk<br><br>Lunch – Mini Corndogs, Broccoli w/Cheese Sauce, Baby Carrots, Fresh Fruit, Peaches, Milk                                       | <b>27</b><br><br>B'Fast –Egg/Cheese Omelet, , Juice, Fruit, Milk<br><br>Lunch – Chicken Patty on Bun, Curly Fries, Baby Carrots, ½ Apple, Mandarin Oranges, Milk            |
| <b>30</b><br><br>B'Fast – Ham/Egg Combo, Toast, Juice, Fruit, Milk<br><br>Lunch- Pepperoni Pizza Boats, Green Beans, Romaine/Spinach Salad,   |   |  |   |   |

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| Strawberries, Pears,<br>Milk |  |  |  |  |
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