

September 2022

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
			1 B'Fast – Breakfast Pizza, Juice, Fruit, Milk Lunch –Hot Dog on Bun, Baked Beans, Baby Carrots, ½ Orange, Pears, Milk	2 B'Fast – English Muffin, Egg/Cheese, Juice, Fruit, Milk Lunch – Italian Chicken on Bun, Tator Tots, Banana, Applesauce, Milk
No School 5	6 B'Fast - French Toast, Sticks, Juice, Fruit, Milk Lunch – Sub Sandwich, Romaine Spinach, Broccoli w/Cheese Sauce, Watermelon, Pears, Milk	7 B'Fast - WG Biscuits/Sausage Gravy, Sausage, Juice, Fruit, Milk Lunch – Pork Tender on Bun, Rice, Peas, Mandarin Oranges, ½ Apple, Milk	8 B'Fast– Ham/Egg Combo, Toast, Juice, Fruit, Milk Lunch-Chicken Strips, Tator Tots, Cucumbers, BB Sandwich, Peaches, Fresh Fruit, Milk	9 B'Fast –Egg/Cheese Omelet, , Juice, Fruit, Milk Lunch – Cheddarwurst on Bun, Baked Beans, Baby Carrots, ½ Orange, Pears, Milk
12 B'Fast – Egg/Cheese Biscuits, Juice, Fruit, Milk Lunch- Pizza, Green Beans, Romaine/Spinach Lettuce, Strawberries, Pineapple, Milk	13 B'Fast – Waffles, Cheese Sticks, Juice, Fruit, Milk Lunch – Chicken Fajita on Soft Shell, Corn, Refried Beans, Lettuce, Cheese, Romaine, Tomatoes, Fresh Fruit, Peaches, Milk	14 B'Fast – Pancake on a Stick, Juice, Fruit, Milk Lunch – Cheeseburger on WG Bun, French Fries, Romaine/Spinach, Tomato Slices, Fresh Fruit, Pears, Milk	15 B'Fast - French Toast, Sticks, Juice, Fruit, Milk Lunch – Chicken Alfredo, Steamed Carrots, Bread Stick, Applesauce, ½ Orange, Milk	16 B'Fast – Breakfast Pizza, Juice, Fruit, Milk Lunch- Crispito's, Cheese, Chili, Mixed Vegetables, BB Sandwich, ½ Apple, Mandarin Oranges, Milk
19 B'Fast - WG Biscuit Egg Cheese, Juice, Fruit, Milk Lunch-Chicken Nuggets, Mashed Potatoes w/ Gravy, BB Sandwich Peaches, Fresh Fruit, Milk	20 B'Fast – Egg/Cheese Omelet, Juice, Fruit, Milk Lunch Lasagna, Green Beans, Romaine/Spinach Salad, Bread Stick, Pineapple, Applesauce, Milk	21 B'Fast– Ham/Egg Combo, Toast, Juice, Fruit, Mil Lunch – Chicken Patty on Bun, Curly Fries, Baby Carrots, ½ Apple, Mandarin Oranges, Milk	22 B'Fast – English Muffin, Egg/Cheese, Juice, Fruit, Milk Lunch - Scalloped Potatoes w/Ham, Peas, BB Sandwich, Mandarin Oranges, ½ Apple, Milk	23 B'Fast – Pancake on a Stick, Juice, Fruit, Milk Lunch – Mini Corndogs, Broccoli w/Cheese Sauce, Baby Carrots, Fresh Fruit, Peaches, Milk
26 B'Fast – Egg/Cheese Omelet, Juice, Fruit, Milk Lunch – Spaghetti w/Meat Sauce, Bread Stick, Green Beans, Romaine/Spinach Salad, Apple Sauce, Fresh Fruit, Milk	27 B'Fast - WG Biscuits/Sausage Gravy, Sausage, Juice, Fruit, Milk Lunch- Pizza Boats, Corn, Romaine/Spinach Salad, Strawberries, Pears, Milk	28 B'Fast – Breakfast Pizza, Juice, Fruit, Milk Lunch- Tator Tot Hotdish, Mixed Vegetables, B/B, ½ Orange, Peaches, Milk	29 B'Fast– Ham/Egg Combo, Toast, Juice, Fruit, Milk Lunch –Corndogs, Broccoli/Cheese, Baby Carrots, Peaches, Applesauce, Banana, Milk	30 B'Fast - French Toast, Sticks, Juice, Fruit, Milk Lunch- Crispito's, Cheese, Chili, Mixed Vegetables, BB Sandwich, ½ Apple, Mandarin Oranges, Milk