

# North Union Elm/Ms Swea City Campus September 2022

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**\*\*MS salad bar offered  
as an alternate meal**

**\*\* Juice and milk  
served daily with  
breakfast**

**1**  
**Breakfast:** Cheese  
omelet, fruit

**Lunch:** Cheese  
Breadsticks, marinara  
sauce, green beans,  
mandarin oranges

**2**  
**Breakfast:** Muffin, Fruit  
  
**Lunch:** Hot dog on bun,  
w/ chili and cheese, baked  
beans, pears

**5**  
  
**No School**

**6**  
**Breakfast:** Mini cinni's,  
fruit  
**Lunch:** Chicken patty,  
fries, baby carrots, mixed  
fruit

**7**  
**Breakfast:** bagel w/  
cream cheese, fruit  
  
**Lunch:** Mini corndogs,  
broccoli w/cheese, peaches

**8**  
**Breakfast:** waffles, fruit  
  
**Lunch:** Chicken tenders,  
FF, peas and carrots,  
applesauce

**9**  
**Breakfast:** Long John,  
fruit  
  
**Lunch:** Hot ham cheese  
on bun, FF, green beans,  
banana

**12**  
**Breakfast:** Waffles, fruit  
  
**Lunch:** Chicken Nuggets,  
mashed potato and gravy,  
salad, mixed fruit

**13**  
**Breakfast:** Bagel w/  
cream cheese, fruit  
  
**Lunch:** Pork rib on a bun,  
lettuce, tomato, sweet  
potato fries, pears

**14**  
**Breakfast:** Egg ham  
combo, fruit  
  
**Lunch:** Scalloped  
potatoes and ham, dinner  
roll, corn, mandarin  
oranges

**15**  
**Breakfast:** Cereal, fruit  
  
**Lunch:** Italian chicken,  
mixed veggies, applesauce

**16**  
**Breakfast:** muffin, fruit  
  
**Lunch:** Pizza, garden  
salad, carrots, apple

**19**  
**Breakfast:** french toast  
sticks, fruit  
  
**Lunch:** Hot dog, baked  
beans, peaches

**20**  
**Breakfast:** English  
muffin, jelly, fruit  
  
**Lunch:** Cheeseburger,  
tator tots, lettuce, tomato,  
mixed fruit

**21**  
**Breakfast:** Cheese  
omelet, fruit  
  
**Lunch:** Chicken Alfredo,  
breadstick, salad, pears

**22**  
**Breakfast:** Uncrustables,  
fruit  
  
**Lunch:** Crisпитos, cheese,  
chili, refried beans,  
applesauce

**23**  
**Breakfast:** Long John,  
fruit  
  
**Lunch:** Pork tender, peas,  
orange slices

**26**  
**Breakfast:** Breakfast  
pizza, fruit

**27**  
**Breakfast:** Pancakes,  
sausage bites, fruit

**28**  
**Breakfast:** Poptart, fruit  
  
**Lunch:** Goulash, dinner  
roll, fresh baby carrots,  
mandarin oranges

**29**  
**Breakfast:** Uncrustable,  
fruit  
  
**Lunch:** Pulled pork,  
baked beans, coleslaw,  
mixed fruit

**30**  
**Breakfast:** Cereal, fruit  
  
**Lunch:** Cheddar wurst,  
green beans, chips, apple  
slices



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