

September 2023

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'fst-Pancake on Stick, Fruit, Juice, Milk Lunch-Crispito's w/Chili & Cheese, Refried Beans, Corn, WG B/B Sandwich, ½ orange, Applesauce, Milk
No School 4	B'fst- Ham/Egg Combo, WG Toast, Fruit, Juice, Milk 5 Lunch- Chicken Patty on WG Bun, Curly Fires, Baby Carrots, Applesauce, Pears, Milk	B'fst- WG Biscuits & Gravy, Fruit, Juice, Milk 6 Lunch- BBQ Pork on WG Bun, Baked Beans, Baby Carrots, Peaches, Fresh Fruit, Milk	B'fst- Breakfast Pizza, Fruit, Juice, Milk 7 Lunch- Mini Corndogs, Broccoli w/ Cheese Sauce, Baby Carrots, Banana, Pears, Milk	B'fst- Egg/Cheese Omelet, WG Toast, Fruit, Juice, Milk 8 Lunch- Lasagna, Green Beans, Romaine/Spinach Salad, Breadstick, Pineapple, Applesauce, Milk
B'fst-Waffle, Fruit, Juice, Milk 11 Lunch- Pizza, Green Beans, Romaine/Spinach Salad, Strawberries, Pears, Milk	B'fst-French Toast Sticks, Fruit, Juice, Milk 12 Lunch- Hot Dog, Baked Beans, Baby Carrots, Watermelon, ½ Orange, Milk	B'fst-Egg/Cheese WG Biscuit, Fruit, Juice, Milk 13 Lunch-Italian Chicken on WG Bun, Tator Tots, Baby Carrots, Peaches, Applesauce, Milk	B'fst-Pancake on Stick, Fruit, Juice, Milk 14 Lunch-Spaghetti w/ Meat Sauce, Breadstick, Mixed Veggies, Romaine/Spinach Salad, Mandarin Oranges, ½ Apple, Milk	B'fst-Egg/Sausage Bagel, Fruit, Juice, Milk 15 Lunch-Chicken Nuggets, Mashed Potatoes w/ Gravy, WG B/B Sandwich, Peaches, Fresh Fruit, Milk
B'fst-Ham/Egg Combo, Fruit, Juice, Milk 18 Lunch- Elem Soft Shell Taco High School- Taco in Bag, Lettuce, Tomato, Cheese, Refried Beans, Corn, ½ Orange, Pears, Milk	B'fst-Stuffed Hash Brown, WG Toast, Fruit, Juice, Milk 19 Lunch-Rib on WG Bun, Wedge Frie, Baby Carrots, Applesauce, Mixed Fruit, Milk	B'fst- WG Biscuits & Gravy, Fruit, Juice, Milk 20 Lunch-Cheese Burger on WG Bun, French Fries, Romaine/Spinach Salad, Tomato, ½ Apple, Mandarin Oranges, Milk	B'fst- Cheese/Egg Bagel, Fruit, Juice, Milk 21 Lunch-Cream Chicken on WG Biscuits, Peas, Fresh Fruit, Peaches,, Milk	B'fst-Breakfast Pizza, Fruit, Juice, Milk 22 Lunch-Corn Dogs, Broccoli w/Cheese Sauce, Baby Carrots, Fresh Fruit, Pears, Milk
B'fst-Waffles, Fruit, Juice, Milk 25 Lunch-Chicken Strips, Mashed Potatoes w/ Gravy, WG B/B Sandwich, Baby Carrots, Fresh Fruit, Applesauce, Milk	B'fst-French Toast Sticks, Fruit, Juice, Milk 26 Lunch-Crispito's w/ Chili/Cheese, Refried Beans, Corn, WG B/B Sandwich, ½ Orange, Pears, Milk	B'fst- Pancake on Stick, Fruit, Juice, Milk 27 Lunch-Pork Tender on WG Bun, Rice, Peas, Mandarin Oranges, ½ Apple, Milk	B'fst-Ham/Egg Combo, WG Toast, Fruit, Juice, Milk 28 Lunch-Chicken Fajita on WG Soft Shell, Refried Beans, Corn, Romaine Lettuce, Cheese, Tomato, Fresh Fruit, Applesauce, Milk	B'fst-Egg/Cheese Omelet, WG Toast, Fruit, Juice, Milk 29 Lunch-Pizza Boats, Marinara Sauce, Green Beans, Banana, Fresh Fruit, Milk

This Institution is an Equal Opportunity Provider