

SEPTEMBER 2019 MENU

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| 2 Labor Day- No School  | 3 Whole grain toast Sausage & egg scramble Blueberries, juice & milk Chicken nuggets, sweet potato fries, salad, grapes, & milk | 4 Whole grain waffle sticks, yogurt, sliced apples, cold cereal & milk Chicken alfredo penne, steamed broccoli, mandarin oranges & milk | 5 Whole grain biscuits & gravy, oranges, cold cereal, juice & milk Cheeseburgers, baked beans, whole grain chips, watermelon, & milk | 6 Whole grain English muffin, bacon, hardboiled egg, yogurt, peaches, & milk Turkey & cheese sub sandwiches, ants on a log, banana, & milk |
| 9 Whole grain pancakes, sausage links, berries, juice & milk Mini chicken & cheese quesadilla, black bean & corn salad, oranges & milk | 10 Egg in a hole, yogurt, applesauce, cold cereal, & milk Orange chicken, brown rice, mixed vegetables, pineapple, & milk | 11 Canadian bacon, cheese, breakfast sandwich, banana, juice & milk Caesar salad wraps, celery, grapes, & milk | 12 Whole grain blueberry oat muffins, scrambled eggs, yogurt, & milk Grilled cheese, tomato soup, carrots, sliced apples, & milk | 13 Whole grain bagels & cream cheese, bacon, yogurt, apples, & milk Sloppy joes, salad, cherry tomatoes, cucumber, pears, & milk |
| 16 Ham & egg scramble, hash browns, whole grain toast, apples, juice, & milk Mini pepperoni pizza, Caesar salad, pineapple, & milk | 17 Fruit parfait, whole grain granola topping, scrambled eggs, & milk Roast turkey, mashed potatoes & gravy, cooked carrots, cranberries, & milk | 18 Whole grain French toast bake, berries, sausage links, & milk Chicken yakisoba stir fry, salad, sliced apples, & milk | 19 Whole grain toast, bacon, yogurt, bananas, juice, & milk Whole grain spaghetti bake, bread sticks, mandarin oranges, corn, salad, & milk Curriculum Night 6PM | 20 Whole grain biscuits & gravy, oranges, cold cereal, juice, & milk Fish & chips, coleslaw, fruit salad & milk |
| 23 Whole grain English muffin, egg and bacon muffins, cantaloupe, & milk Biscuit chicken pot pie, fruit salad, cucumbers, cherry tomatoes, & milk | 24 Whole grain waffle sticks, yogurt, berries, & milk Chef salad, bread sticks, apples, & milk | 25 Sausage & cheese breakfast sandwich, oranges, juice, & milk Pulled pork sandwich, coleslaw, baked beans, pineapple, & milk | 26 Whole grain bagels & cream cheese, yogurt, scrambled eggs, sliced apples, juice, & milk Taco bake, corn, salad, oranges & milk | 27 Whole grain English muffin, fruit smoothie, sausage link, & milk Chicken strips, mac & cheese, salad, & milk |
| 30 Oatmeal & fruit, Low-fat Yogurt Cold Cereal, Juice & milk Enchiladas Spanish Rice Fruit Milk |  | | | |

1% 0% milk served with each meal.
 This Institution is an equal opportunity provider.
 Menu is subject to change due to availability of ingredients.