

## September 2022 Russell Jones Menu

All meals served with Milk and Juice

<p>29</p> <p>Pillsbury Mini Cinnis &amp; Turkey Sausage Cereal Grab &amp; Go – Dunking Stick Sides: Mandarin Oranges, Milk, Juice</p> <p><b>Hamburger</b> <b>Cheese Pizza Slice</b> <b>Yogurt with Muffin</b> Sides: Corn, Baked Beans, Blackberries, Tossed Salad</p>	<p>30</p> <p>Pancake &amp; Sausage Bites Cereal Grab &amp; Go – Sweet Potato Cinnamon Roll, Fruit Sides: Fresh Orange Wedges, Milk, Juice</p> <p><b>BBQ Chicken Nachos</b> <b>Omelet with Cereal</b> <b>Yogurt with Cereal</b> Sides: Carrots, Green Beans, Peaches, Tossed Salad</p>	<p>31</p> <p>Strawberry Boli Cereal Grab &amp; Go – Banana Bread, Fruit Sides: Hashbrown, Fruit Cocktail, Milk, Juice</p> <p><b>Chicken Nuggets with Hot Roll</b> <b>Lasagna Roll Up with Hot Roll</b> <b>Yogurt with Hot Roll</b> Sides: Mashed Potatoes &amp; Gravy, Cherry Tomatoes, Watermelon, Tossed Salad</p>	<p>1</p> <p>Scrambled Eggs &amp; Zee Zee Bar Cereal Grab &amp; Go – Oatmeal Breakfast Round, Fruit Sides: Fresh Apple Slices, Milk, Juice</p> <p><b>Corn Dog</b> <b>Cheese Munchable</b> <b>Yogurt with Cereal</b> Sides: Broccoli Raisin Salad, Mixed Vegetables, Pears, Chocolate Chip Cookie, Tossed Salad</p>	<p>2</p> <p>Cinnabar Cereal Grab &amp; Go – Breakfast Hoop, Fruit Sides: Peaches, Milk, Juice</p> <p><b>Spaghetti with Meat Sauce and Garlic Toast</b> <b>Breaded Chicken Sandwich</b> <b>Yogurt with Garlic Toast</b> Sides: Emoji Fries, Sugar Snap Peas, Blueberries, Tossed Salad</p>
<p>5</p> <p><b>Labor Day</b></p>	<p>6</p> <p>Pancake &amp; Sausage Bites Cereal Grab &amp; Go – Sweet Potato Cinnamon Roll, Fruit Sides: Fresh Orange Wedges, Milk, Juice</p> <p><b>Manicotti with Garlic Knot Omelet &amp; Cereal</b> <b>Yogurt with Cereal</b> Sides: Peas, Green Beans, Strawberries, Tossed Salad</p>	<p>7</p> <p>Apple Fruit Flip Cereal Grab &amp; Go – Banana Bread, Fruit Sides: Tater Tots, Peaches, Milk, Juice</p> <p><b>Popcorn Chicken with Hot Roll</b> <b>Turkey Ham &amp; Cheese Pocket</b> <b>Yogurt with Hot Roll</b> Sides: Mashed Potatoes &amp; Gravy, Carrots, Mandarin Oranges, Tossed Salad</p>	<p>8</p> <p>Raspberry Cream Bar &amp; Turkey Sausage Cereal Grab &amp; Go – Oatmeal Breakfast Round, Fruit Sides: Strawberries, Milk, Juice</p> <p><b>Breakfast for Lunch</b> <b>Pancakes &amp; Sausage</b> <b>Cheese Bite Basket</b> <b>Yogurt with Cereal</b> Sides: Tater Tots, Cucumber Slices with Hummus, Peaches, Tossed Salad</p>	<p>9</p> <p>Breakfast Pizza Cereal Grab &amp; Go – Breakfast Hoop, Fruit Sides: Applesauce, Milk, Juice</p> <p><b>Fish Sticks</b> <b>Breaded Chicken Sandwich</b> <b>Yogurt with Cereal</b> Sides: corn, Sweet Potato Fries, Pears, Candy Chip Cookie, Tossed Salad</p>
<p>12</p> <p>Pillsbury Mini Bagels Cereal Grab &amp; Go – Dunking Stick Sides: Tater Tots, Mandarin Oranges, Milk, Juice</p> <p><b>Mandarin Chicken with Rice</b> <b>Cheese Pizza Slice</b> <b>Yogurt with Cereal</b> Sides: Cauliflower, Corn, Fruit Cocktail, Tossed Salad</p>	<p>13</p> <p>Pancake &amp; Sausage Bites Cereal Grab &amp; Go – Sweet Potato Cinnamon Roll, Fruit Sides: Fresh Orange Wedges, Milk, Juice</p> <p><b>Awesome Burger Sliders</b> <b>Grilled Cheese</b> <b>Yogurt with Cereal</b> Sides: Glazed Carrots, Roasted Vegetables, Mixed Berry Cup, Tossed Salad</p>	<p>14</p> <p>Breakfast Chicken Slider Cereal Grab &amp; Go – Banana Bread, Fruit Sides: Fresh Apple Slices, Milk, Juice</p> <p><b>Chicken Nuggets with Hot Roll</b> <b>Cheese Pizza</b> <b>Yogurt with Hot Roll</b> Sides: Mashed Potatoes &amp; Gravy, Mixed Vegetables, Fresh Pineapple, Chocolate Chip Cookie Tossed Salad</p>	<p>15</p> <p>Scrambled Eggs &amp; Muffin Cereal Grab &amp; Go – Oatmeal Breakfast Round, Fruit Sides: Peaches, Milk, Juice</p> <p><b>Pepperoni Cheesy Bread</b> <b>Cheese Munchable</b> <b>Yogurt with Cereal</b> Sides: Refried Beans, Peas, Fresh Melon, Tossed Salad</p>	<p>16</p> <p>Raspberry Cream Bar Cereal Grab &amp; Go – Breakfast Hoop, Fruit Sides: Fruit Cocktail, Milk, Juice</p> <p><b>Sloppy Joe</b> <b>Breaded Chicken Sandwich</b> <b>Yogurt with Cereal</b> Sides: Seasoned Wedges, Broccoli, Peaches, Tossed Salad</p>
<p>19</p> <p>Pillsbury Mini French Toast Cereal Grab &amp; Go – Dunking Stick Sides: Fruit Cocktail, Milk, Juice</p> <p><b>Chicken Drumstick &amp; Strawberry Biscuit</b> <b>Cheese Pizza Slice</b> <b>Yogurt with Cereal</b> Sides: Fiesta Black Beans, Green Beans, Fresh Orange Wedges, Tossed Salad</p>	<p>20</p> <p>Pancake &amp; Sausage Bites Cereal Grab &amp; Go – Sweet Potato Cinnamon Roll, Fruit Sides: Pears, Milk, Juice</p> <p><b>Cheeseburger</b> <b>Chicken Sliders</b> <b>Yogurt with Cereal</b> Sides: Tater Tots, Jicama Sticks with Ranch, Applesauce, Tossed Salad</p>	<p>21</p> <p>Chocolate Chip Waffle Cereal Grab &amp; Go – Banana Bread, Fruit Sides: Tater Tots Peaches, Milk, Juice</p> <p><b>Popcorn Chicken with Hot Roll</b> <b>Cheese Pizza Slice</b> <b>Yogurt with Hot Roll</b> Sides: Mashed Potatoes &amp; Gravy, Roasted Broccoli, Grapes Tossed Salad</p>	<p>22</p> <p>Zee Zee Breakfast Bar &amp; Turkey Sausage Cereal Grab &amp; Go – Oatmeal Breakfast Round, Fruit Sides: Strawberries, Milk, Juice</p> <p><b>Rotini with Meatsauce &amp; Garlic Toast</b> <b>Cheese Bite Basket</b> <b>Yogurt with Cereal</b> Sides: Roasted Brussel Sprouts, Carrots, Blueberries, Red Velvet Cookie, Tossed Salad</p>	<p>23</p> <p>Breakfast Pizza Cereal Grab &amp; Go – Breakfast Hoop, Fruit Sides: Applesauce, Milk, Juice</p> <p><b>Beef Fiestada Pizza</b> <b>Breaded Mozzarella Sticks</b> <b>Breaded Chicken Sandwich</b> <b>Yogurt with Cereal</b> Sides: Sweet Potato Waffle Fries, Peas, Strawberries</p>

<p style="text-align: right;"><b>26</b></p> <p>Apple Flip Cereal Grab &amp; Go – Dunking Stick Sides: Mandarin Oranges, Milk, Juice</p> <p><b>Corn Dog</b> <b>Cheese Pizza Slice</b> <b>Yogurt with Cereal</b> Sides: Baked Beans, Mixed Vegetables, Pears, Candy Chip Cookie, Tossed Salad</p>	<p style="text-align: right;"><b>27</b></p> <p>Pancake &amp; Sausage Bites Cereal Grab &amp; Go – Sweet Potato Cinnamon Roll, Fruit Sides: Fresh Orange Wedges, Milk, Juice</p> <p><b>Beef Taco Salad</b> <b>Rigatoni with Marinara &amp; Garlic Knot</b> <b>Yogurt with Garlic Knot</b> Sides: Broccoli, Cherry Tomatoes, Strawberries, Tossed Salad</p>	<p style="text-align: right;"><b>28</b></p> <p>Strawberry Boli Cereal Grab &amp; Go – Banana Bread, Fruit Sides: Fruit Cocktail, Milk, Juice</p> <p><b>Chicken Nuggets with Hot Roll Ravioli with Hot Roll</b> <b>Yogurt with Hot Roll</b> Sides: Mashed Potatoes &amp; Gravy, Kale Apple Salad, Peach Cup, Tossed Salad</p>	<p style="text-align: right;"><b>29</b></p> <p>Scrambled Eggs &amp; Raspberry Cream Bar Cereal Grab &amp; Go – Oatmeal Breakfast Round, Fruit Sides: Fresh Apple Slices, Milk, Juice</p> <p><b>Shrimp Poppers with Goldfish Crackers</b> <b>Cheese Munchable</b> <b>Yogurt with Muffin</b> Sides: Tater Tots, Cauliflower with Cheese, Fresh Orange Wedges, Tossed Salad</p>	<p style="text-align: right;"><b>30</b></p> <p>No School</p>
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Note – Menu subject to change

\*Contains Pork

This institution is an equal opportunity provider