

September 2022

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
7:10-7:40 am All Meals W/ Fruit & Milk	Assted Cereals Yogurt	Waffle/French Toast or Pancakes Turkey Sausage	Potato Breakfast Scramble	Hot Breakfast Sandwich	Breakfast Pastry Yogurt

GRAB 'N' GO

Free Breakfast & Lunch Meals For All Students

Grab & Go Complete Meals Milk & Fruit w/All Meals	Aug 29 Beef Hamburger Pretzel Bun Lett•Tom•Pickle Spear	Aug 30 Chix Tenders Dipping Sauce WG Corn Muffin	Aug 31 Chix Fried Rice Cheese Sticks w/Dipping Sauce	Sept 1 Spicy Chix Breast Sandwich WG Bun Lett•Tom• Pickle Spear	Sept 2 Philly Beef Steak WG Pita Bread Onions•Peppers Cheese•WG Ck
PB&J Meal Garden Salad Chix Tender Salad Turkey BLT Meal	Or - Bosco Sticks w/Marinara Cup Green Beans French Fries w/Cheese Dip	Or - Bosco Sticks w/Marinara Cup Cabbage&Green Mixed Maple Roasted Sweet Potatoes	Or - Bosco Sticks w/Marinara Cup Roasted Broccoli Blend Spicy Carrot Salad	Or - Bosco Sticks w/Marinara Cup VeggieBakedBeans Corn on the Cob	Or – Bosco Sticks w/Marinara Cup Sweet Potato Waffle Fries Broccoli Salad
Grab & Go Complete Meals Milk & Fruit w/All Meals	Sept 5	Sept 6 Mini Turkey Corn Puppies Pretzel Snack	Sept 7 Asian Noodle Bowl w/Teriyaki Meatballs	Sept 8 Boneless Chix Wings WG Roll Dipping Sauce	Sept 9 Peppy Turkey Rotini Pasta WG Breadstick
PB&J Meal Garden Salad Chef Salad Tky Ham & Cheese On Bun	NO SCHOOL LABOR DAY	Or Cheeseburger WG Bun Augratin Potatos Peas & Carrots	Or Cheeseburger WG Bun VegetableSpringRoll Veggie Juice Green Beans	Or Cheeseburger WG Bun Veggie Baked Beans Potato Salad	Or Cheeseburger WG Bun Golden Corn Ranch Garden Salad
Grab & Go Complete Meals Milk & Fruit w/All Meals	Sept 12 Turkey Burger w/ Lett•Tom•Pickle Pepper Jack Cheese	Sept 13 Turkey Tacos Tortilla Shell Lett•Tom•Cheese Sour Cream	Sept 14 Cincy Chili 3- Way-Onions Cheese W/Crackers	Sept 15 Breaded Chix Parmesan Sandwich	Sept 16 Grilled Cheese WG Texas Toast Tomato Soup
PB&J Meal Garden Salad Buffalo Chix Tndr Salad Italian Turkey Sub	Or Stuffed Crust Cheese Pizza Tater Tots Mixed Vegetables	Or Stuffed Crust Cheese Pizza Refried Beans Roasted Carrots Cinn Crisps	Or-Stuffed Crust Cheese Pizza Baked Sweet Potato w/Btr Broccoli florets	Or Stuffed Crust Cheese Pizza Baked Potato w/Btr Sour Cream Green Beans	Or Stuffed Crust Cheese Pizza Golden Corn Tomato/Cucumber w/Ranch Dip
Grab & Go Complete Meals Milk & Fruit w All Meals	Sept 19 Steak Hoagie w/Cheese Saute Onions	Sept 20 Buffalo Chix Mac & Cheese WG Roll	Sept 21 Breaded Chix Sandwich Lett•Tom•Pickle	Sept 22 Beef Taco Snax Mexican Rice Mango/Pineappl e Salsa	Sept 23 Pepp•Cheese• Veggie Pizza
PB&J Meal Garden Salad Chix Caesar Salad Tky & Cheese Sliders	Or Spicy Chix Breast Sandwich Deli Rstd Potatos Corn on the Cob	Or Spicy Chix Breast Sandwich Roasted Broccoli Fresh Herb Carrots	OR – Spicy Chix Breast Sandwich Green Beans Sweet Potato Fries	OR – Spicy Chix Breast Sandwich Savory Pinto Beans Golden Corn	OR – Spicy Chix Breast Sandwich Veggie Pasta Salad Potato Starz
Grab & Go Complete Meals Milk & Fruit w/All	Sept 26 Beef Hamburger WG Pretzel Bun Lett•Tom•Pickle	Sept 27 Chix Tenders Dipping Sauce WG Corn Muffin	Sept 28 Orange Chix Fried Rice Fortune Cookie	Sept 29 Top & Go Beef Nachos Salsa• Cheese•Jalapeno	Sept 30 Chix Alfredo w/a Twist WG Breadstick
PB&J Meal Garden Salad Chix Tender Salad Turkey BLT Meal	Or - Bosco Sticks w/Marinara Cup French Fries w/Che Green Beans	Or - Bosco Sticks w/Marinara Cup Sauté Cabbage Mashed Potatos	Or - Bosco Sticks w/Marinara Cup Roasted Broccoli Asian Slaw	Or - Bosco Sticks w/Marinara Cup Mexican Beans Sweet Corn Pepper	Or – Bosco Sticks w/Marinara Cup Maple Sweet Potatos Broccoli Salad

