

SEPTEMBER 2023

McLaurin High, Steen's, FES, RHS, RUES, RES, Pisgah

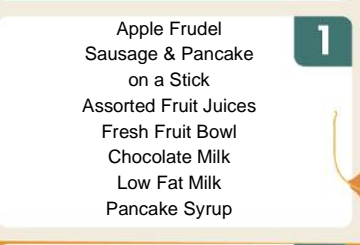
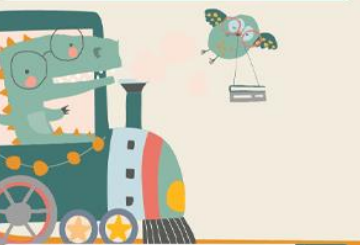
Monday

Tuesday

Wednesday

Thursday

Friday



4
HOLIDAY

5
Strawberry Toaster Pastries
Hot Grits
Sausage Patty
Southern Biscuit
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

6
French Toast Sticks
Strawberry Toaster Pastry
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

7
Assorted Breakfast Bread
Hot Grits
Cinnamon Crunch Filled Pastry
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

8
Mini Cinnis
Sausage & Pancake
on a Stick
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

11
Chocolate Covered Donuts
Breakfast Sausage Pizza
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

12
Hot Grits
Waffle Maple Belgian
Bacon Strips
Southern Biscuit
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

13
Dunkin Stix
Cinnamon Rolls
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

14
Strawberry Toaster
Pastry
Hot Grits
French Toast Sticks
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

15
Apple Frudel
Sausage & Pancake
on a Stick
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

18
Pumpkin Breakfast Bread
Lucky Charms
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

19
Strawberry WG
Toaster Pastries
Hot Grits
Sausage Patty
Southern Biscuit
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk

20
French Toast Sticks
Strawberry Toaster
Pastry
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

21
Assorted Breakfast Bread
Hot Grits
Cinnamon Crunch Filled Pastry
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

22
Mini Cinnis
Sausage & Pancake
on a Stick
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

25
Chocolate Covered Donuts
Breakfast Sausage Pizza
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

26
Hot Grits
Waffle Maple Belgian
Bacon Strips
Southern Biscuit
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

27
Dunkin Stix
Cinnamon Rolls
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

28
Strawberry Toaster Pastry
Hot Grits
French Toast Sticks
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

29
Apple Frudel
Sausage & Pancake
on a Stick
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

Served Daily: Assorted Milks – Low Fat, Chocolate, Strawberry, Vanilla Fat Free

Condiments: Mayo, Mustard, Ketchup, Honey Mustard Sauce, Marinara, Syrup
Salad Dressings, Saltine Crackers, Croutons