

# Saraland High School September 2021



## Breakfast

- 1st Hot Cereal, Sausage Bites
- 2nd Sausage Biscuit
- 3rd Hot Cereal, Omelet  
Cheese Toast
- 7th Yogurt, Breakfast Bar
- 8th Hot Cereal, Breakfast  
Pizza
- 9th Sausage Biscuit
- 10th Hot Cereal, Pancake on  
A Stick
- 13th French Toast, Sausage
- 14th Yogurt, Breakfast Bar
- 15th Hot Cereal, Sausage Bites
- 16th Sausage Biscuit
- 17th Hot Cereal, Omelet,  
Cheese Toast
- 20th Waffles, Sausage
- 21st Yogurt, Breakfast Bar
- 22nd Hot Cereal, Breakfast Pizza
- 23rd Sausage Biscuit
- 24th Hot Cereal, Pancake on a  
Stick
- 27th Pancakes, Sausage
- 28th Yogurt, Breakfast Bar
- 29th Hot Cereal, Sausage Bites
- 30th Sausage Biscuit
- 1st Hot Cereal, Omelet,  
Cheese Toast

Mon	Tue	Wed	Thu	Fri
		1 Hot Dog w/ Chili & Cheese, Oven Potatoes, Baked Beans, Coleslaw, Fresh Veggies	2 Beef Tips w/ Gravy, Potatoes, Peas, Fresh Veggies, Cornbread	3 Pizza, Corn, Fresh Veggies
6 Labor Day	7 Chicken Sandwich, Broccoli, Fresh Veggies, Chips	8 Chili Crispito w/ Cheese, Corn, Black Beans, Fresh Veggies	9 Chicken Alfredo, Broccoli, Fresh Veggies, Italian Bread, Pudding	10 Hamburger, Baked Beans, Oven Potatoes, Fresh Veggies
13 Chicken Bites, Green Beans, Fresh Veggies, Roll	14 Nachos w/ Cheese, Corn, Black Beans, Fresh Veggies	15 Hot Dog w/ Chili, Baked Beans, Oven Potatoes, Coleslaw, Fresh Veggies	16 Asian Chicken, Broccoli, Rice, Roll, Fresh Veggies	17 Gumbo w/ Rice or Corndog, Corn, Potato Salad, Cinnamon Bun
20 Chicken Sandwich, Oven Potatoes, Broccoli, Fresh Veggies	21 Chili Crispito w/ Cheese, Corn, Black Beans, Fresh Veggies	22 BBQ Sandwich, Baked Beans, Oven Potatoes, Coleslaw, Fresh Veggies	23 Salisbury Steak w/ Gravy, Cream Potatoes, Peas, Fresh Veggies, Cornbread	24 Pizza, Corn, Fresh Veggies, Pudding
27 Corndog, Baked Beans, Oven Potatoes, Fresh Veggies	28 Chicken Bites, Green Beans, Fresh Veggies, Roll	29 Pizza, Corn, Fresh Veggies, Cookie	30 Spaghetti, Green Beans, Fresh Veggies, Roll	1 Hot Dog w/ Chili, & Cheese, Baked Beans, Fresh Veggies, Chips

Offered Daily with Meals:  
Cereal & Toast with Breakfast  
Lunch & Breakfast: Unflavored  
1% Low Fat, Unflavored Skim,  
Fat Free Flavored Milk.  
Fruit & Juice served daily.  
Alternate Lunch Meal:  
Chef Salad  
Menu subject to change due to deliveries.