

September 2024

Beekmantown
Cumberland Head
Elementary

This institution is an equal
opportunity provider.
Menus are subject
to change.

Breakfast Menu

Monday - Breakfast Pizza
Tuesday - Waffles with Syrup
Wednesday - Whole Wheat English Muffin with
Egg, Ham and Cheese
Thursday - French Toast Tornado
Friday - Apple Cinnamon Muffin with Yogurt

Fresh Fruit and Low Fat Milk offered with all
Breakfast

Salad Menu

Monday - Ham/Cheese Chef Salad
with a Dinner Roll
Tuesday - Chicken Caesar Salad with Pita Chips
Wednesday - Harvest Spinach and Apple Chicken
Salad with Corn Bread
Thursday - Crispy Asian Chicken Salad
Friday - Cobb Salad with Sun Chips

All salads are made fresh daily
by Cafeteria Staff.

We're SO GLAD to see you!

It's going to be a

GREAT YEAR

and we can't wait
to serve your meals!

Thursday, Sept 5

Dress your own Hotdog
Hot Dog on a Wheat Roll
♥Michigan Sauce
Ketchup, Mustard, Relish
Diced Onion
Tator Tots
Sweet Corn
Tossed Salad
Low Fat
Salad Dressing
Banana
Low Fat Milk

Friday, Sept 6

**Stuffed Crust
Pizza**
Pepperoni, Cheese
♥Pasta Salad with Fresh
Vegetables
Steamed Broccoli
Tossed Salad
Low Fat Salad Dressing
Chilled Mixed Fruit
Low Fat Milk

From the Deli

Monday-Ham and Cheese on Wheat Bread
Tuesday-Mediterranean Sandwich
on a Pita Bread
Wednesday-Turkey and Cheese on Wheat Bread
Thursday-Italian Ham Wrap with
Cream Cheese and Banana Peppers
Friday-Tuna Salad on a Boat

All Sandwiches are made fresh daily
by Cafeteria Staff.

Monday, Sept 9

Chicken Strips
♥Loaded Lo Mein
Green Beans
BBQ Sauce
Tossed Salad
Low Fat Salad Dressing
Chilled Applesauce
Low Fat Milk

Tuesday, Sept 10

Build Your Own Burger
Cheeseburger
Wheat Roll
♥Eagle Sauce
Shredded Lettuce
Tomato/Onion
Baby Carrots
Baked French Fries
Tossed Salad
Low Fat
Salad Dressing
Chilled Peaches
Low Fat Milk

Wednesday, Sept 11

Macho Nachos
Tortilla Chips
Seasoned Meat
Shredded Lettuce
Cheese/Tomato/Salsa
♥Baked Beans with a
Kick
Tossed Salad
Low Fat Salad Dressing
Chilled Pears
Low Fat Milk

Thursday, Sept 12

♥Maple Baked French
Toast Slices
Baked Ham
Tator Tots
Cherry Tomatoes with
Cucumber
Banana
Low Fat Milk

Friday, September 13

**Stuffed Crust
Pizza**
Pepperoni, Cheese
♥Sweet and Savory
Noodle Salad
Steamed Broccoli
Tossed Salad
Low Fat Salad Dressing
Chilled Mixed Fruit
Low Fat Milk

Yogurt Parfaits

Monday - Berry Berry Fruity Yogurt Parfait
Tuesday - Strawberry Blueberry
Wednesday - Strawberry Shortcake Parfait
Thursday - Banana Split
Friday - Berry Berry
♥1/2 oz Granola served with parfaits

All Parfaits are made fresh daily
by Cafeteria Staff.

Did you know

School meal applications can help families and schools with:

Band instruments **Grocery benefits**
 Technology funding **Athletics**
 Discounted utilities & internet access School budget funding
 College application fees Fee waivers for SATs & ACTs
 Classroom resources Textbooks

Apply today!

Monday, Sept 16

Baked Chicken Nuggets
 ♥Savory Rice with Vegetables
 BBQ Sauce
 Green Beans
 Tossed Salad
 Low Fat Salad Dressing
 Chilled Applesauce

Tuesday, Sept 17

Dress your own Hotdog
 Hot Dog on a Wheat Roll
 ♥Michigan Sauce
 Ketchup, Mustard, Relish
 Diced Onion
 Tator Tots
 Baby Carrots
 Tossed Salad
 Low Fat Salad Dressing
 Chilled Peaches
 Low Fat Milk

Wednesday, Sept 18

Taco Bar
 Soft or Crunchy Shells
 Seasoned Meat
 Shredded Lettuce
 Cheddar Cheese/Salsa
 ♥Pinto Beans with Salsa
 ♥Broccoli Slaw
 Low Fat Salad Dressing
 Chilled Pears
 Low Fat Milk

Thursday, Sept 19

♥Chicken Pot Pie
 With Fresh Baked Biscuit
 Sweet Corn
 Tossed Salad
 Low Fat Salad Dressing
 Banana
 Low Fat Milk

Friday, Sept 20

Stuffed Crust Pizza
 Pepperoni, Cheese
 ♥Italian Tortellini Salad
 Steamed Broccoli
 Tossed Salad
 Low Fat Salad Dressing
 Chilled Mixed Fruit
 Low Fat Milk

Afternoon Snack Menu

Monday - Gold Fish Crackers and 6oz. Juice
 Tuesday - Granola Bar and 6oz. Juice
 Wednesday - Macintosh Apple and Cheese Stick
 Thursday - Pretzel and 6oz. Juice
 Friday - Orange and Cinnamon Bar

Snacks are provided at no cost to all students after lunch is completed. Snack menu follow the same component regulations as Breakfast and Lunch.

Monday, Sept 23

Chicken Strips
 ♥Loaded Lo Mein
 Green Beans
 BBQ Sauce
 Tossed Salad
 Low Fat Salad Dressing
 Chilled Applesauce
 Low Fat Milk

Tuesday, Sept 24

Build Your Own Burger
 Cheeseburger
 Wheat Roll
 ♥Eagle Sauce
 Shredded Lettuce
 Tomato/Onion
 Baby Carrots
 Baked French Fries
 Tossed Salad
 Low Fat Salad Dressing
 Chilled Peaches
 Low Fat Milk

Wednesday, Sept 25

Macho Nachos
 Tortilla Chips
 Seasoned Meat
 Shredded Lettuce
 Cheese/Tomato/Salsa
 ♥Baked Beans with a Kick
 Tossed Salad
 Low Fat Salad Dressing
 Chilled Pears
 Low Fat Milk

Thursday, Sept 26

Baked Chicken Patty on a Roll
 ♥Eagle Sauce
 Shredded Lettuce
 Tomato/Onion
 Sweet Corn
 Baked French Fries
 Tossed Salad
 Low Fat Salad Dressing
 Banana
 Low Fat Milk

Friday, Sept 27

Stuffed Crust Pizza
 Pepperoni, Cheese
 ♥Pasta Salad with Fresh Vegetables
 Steamed Broccoli
 Tossed Salad
 Low Fat Salad Dressing
 Chilled Mixed Fruit
 Low Fat Milk

Nutrition Nuggets

What does our Tossed Salad look like?

Our Tossed Salad is offered daily on each line. It includes several fresh vegetables and fruits. It looks like a salad bar. We keep it on the serving line to keep a watchful eye on it for food safety.

Soup Menu—We will begin offering our made from scratch soup October 1st.

Monday, Sept 30

Baked Chicken Nuggets
 ♥Savory Rice with Vegetables
 BBQ Sauce
 Green Beans
 Tossed Salad
 Low Fat Salad Dressing
 Chilled Applesauce

