



SEPTEMBER 2024: K-12 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p style="text-align: center;">Labor Day</p>	<p style="text-align: right;">3</p> <p style="text-align: center;">Mini Cinni's, or Reduced Sugar Cereal</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">Bacon & Cheese Croissant, or Reduced Sugar Cereal</p>	<p style="text-align: right;">5</p> <p style="text-align: center;">Dunkin Stix, or Reduced Sugar Cereal</p>	<p style="text-align: right;">6</p> <p style="text-align: center;">Lemon Bread, or Reduced Sugar Cereal</p>
<p style="text-align: right;">9</p> <p style="text-align: center;">Pancake Pup, or Reduced Sugar Cereal</p>	<p style="text-align: right;">10</p> <p style="text-align: center;">Ham Scrambler, or Reduced Sugar Cereal</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">Belgian Waffles, or Reduced Sugar Cereal</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">Breakfast Pizza, or Reduced Sugar Cereal</p>	<p style="text-align: right;">13</p> <p style="text-align: center;">Scrambled Eggs & Biscuit, or Reduced Sugar Cereal</p>
<p style="text-align: right;">16</p> <p style="text-align: center;">Cinnamon Toast Soft Bar, or Reduced Sugar Cereal</p>  <p style="text-align: center;">MEXICAN INDEPENDENCE DAY</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">Lemon Blueberry Scone, or Reduced Sugar Cereal</p>	<p style="text-align: right;">18</p> <p style="text-align: center;">Mini French Toast, or Reduced Sugar Cereal</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">Chicken & Waffle Sandwich, or Reduced Sugar Cereal</p>	<p style="text-align: right;">20</p> <p style="text-align: center;">Dutch Waffles, or Reduced Sugar Cereal</p>

All breakfasts offered with choice of 100% Fruit Juice, Fresh Fruit. Milks offered include Skim, Low-Fat Plain or Low-Fat Flavored. Menus subject to change based on availability.

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<p>Honey Bun, or ²³ Reduced Sugar Cereal</p>	<p>Sausage Biscuit, or ²⁴ Reduced Sugar Cereal</p>	<p>Pop Tarts, or ²⁵ Reduced Sugar Cereal</p>	<p>Mini Cinni's, or ²⁶ Reduced Sugar Cereal</p>	<p>Scrambled Eggs & Biscuit. Or ²⁷ Reduced Sugar Cereal</p>
<p>Pancakes, or ³⁰ Reduced Sugar Cereal</p>	<p>Our Harvest of the Month for September is Apples.</p>			

SEPTEMBER 2024: K-12 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Labor Day</p>	<p>Chicken Tenders Garlic Texas Toast, or Ranch Chicken Chef salad with Saltine Crackers</p> <p>Parsley Buttered Carrots Turnip Greens</p> <p>Sliced Peaches Pineapple & Blueberry Fresh Grapes</p>	<p>Big Daddy Pizza Slice, or Ham & Cheese Sub</p> <p>Whole Kernel Corn Romaine Salad</p> <p>Pineapple Cool Tropics Fresh Apples</p>	<p>Oven Roasted Chicken Wings Basket with Breadstick and Corn Crunch, or Blueberry Strawberry Yogurt Parfait with Granola</p> <p>Tater Tots Roasted Sweet Peppers</p> <p>Fruit Cocktail Sliced Pears Fresh Grapefruit</p>	<p>Loaded Baked Potato with Chicken & Cheese, or Buffalo Chicken Salad Croissant</p> <p>Baked Beans Braised Cabbage</p> <p>Frozen Peach Cup Cinnamon Apples w Raisins Watermelon</p>
9	10	11	12	13
<p>Philly Cheesesteak Sub, or Chef Salad with Ham and Cheese with Saltine Crackers</p> <p>Baked Fries Garlicy Green Beans</p> <p>Sliced Pears Pineapple Nectarines</p>	<p>Fried Chicken Biscuit, or Peanut Butter & Jelly Uncrustables</p> <p>Mashed Potatoes & Gravy Turnip Greens</p> <p>Cool Tropics Fruit Cocktail Orange Wedges</p>	<p>Big Daddy Pizza Slice, or Warm Ham & Cheese Croissant</p> <p>Butternut Squash Ranch Beans</p> <p>Cinnamon Applesauce Sour Raisins Fresh Peaches</p>	<p>Hunan Orange Chicken Brown Rice, or Twin Egg Rolls Brown Rice</p> <p>Honey Roasted Broccoli Soy Glazed Carrots</p> <p>Sliced Pears Pineapple Fresh Apples</p>	<p>Fish Strips, Cheese Grits, or Turkey & Cheese Sub</p> <p>Corn on The Cob Sweet Potato</p> <p>Fruit Cocktail Peaches & Cream Fresh Bananas</p> <p>Rice Krispy Treat</p>
16	17	18	19	20
<p>Walking Taco, or Chicken Fajita Salad Saltine Crackers</p> <p>Black Beans & Salsa Whole Kernel Corn Sour Raisins Sliced Pears Tajin Spiced Melon</p>  <p>MEXICAN INDEPENDENCE DAY</p>	<p>BBQ Chicken Drumstick Garlic Knot, or Bufalo Chicken Wrap</p> <p>Sweet potato Patty Summer Squash</p> <p>Sliced Peaches Pineapple & Blueberry Nectarines</p> <p>Chocolate Brownie</p>	<p>Chicken Filet Sandwich, or Bacon Cheeseburger</p> <p>Roasted Sweet Peppers Baked Fries Fruit Cocktail Cool Tropics Fresh Apples</p>  <p>NATIONAL CHEESEBURGER DAY</p>	<p>Personal Pizza, or Blueberry Strawberry Yogurt Parfait with Granola</p> <p>Parsley Buttered Carrots Honey Roasted Broccoli</p> <p>Pineapple Cinnamon Apples with Raisins Orange Wedges</p>	<p>Grilled Cheese Sandwich, or Chicken Caesar Salad</p> <p>Texas Toast Corn on The Cob Baked Beans</p> <p>Sliced Peaches Sliced Pears Fresh Strawberries Triple Chocolate Cookie</p>

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<p style="text-align: right;">23</p> <p>Sloppy Joe on Bun, or Turkey & Cheese Sub</p> <p>Buffalo Sidewinders Broccoli & Cheese</p> <p>Peaches & Cream Fruit Cocktail Fresh Plum</p>	<p style="text-align: right;">24</p> <p>Chicken & Waffles, or Cheesy Pull-Apart</p> <p>Garlicy Green Beans Sweet Potato</p> <p>Pineapple & Blueberry Sour Raisins Fresh Grapefruit</p>	<p style="text-align: right;">25</p> <p>Big Daddy Pizza Slice, or Warm Ham & Cheese Croissant</p> <p>Parsley Buttered Carrots Romaine Salad</p> <p>Pears with Cherries Applesauce Fresh Grapes</p>	<p style="text-align: right;">26</p> <p>Chicken Filet on Bun, or Chef Salad with Ham and Cheese with Saltine Crackers</p> <p>Baked Beans Braised Cabbage</p> <p>Cool Tropics Pineapple Fresh Orange Wedges</p>	<p style="text-align: right;">27</p> <p>Hot Dog on Bun, or Yogurt Plate</p> <p>Sweet Potato Waffle Fries Whole Kernel Corn</p> <p>Apple Crisp Frozen Peach Cup Fresh Bananas</p> <p>Chocolate Brownie</p>
<p style="text-align: right;">30</p> <p>Cheeseburger on Bun or Turkey & Cheese Sub</p> <p>Tater Tots Turnip Greens</p> <p>Pineapple & Blueberry Fruit Cocktail Fresh Apples</p>	<p style="text-align: center;">Our Harvest of the Month for September is Apples.</p>			

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