

FMSD Bridges & Sylvandale September Menu

9/1	9/2	9/3	9/4	9/5
	<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Freshly Baked Cinnamon Rolls (Locally Sourced) Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Freshly Baked Muffins Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Sandwich Whole Grain Freshly Baked Cinnamon Rolls (Locally Sourced) Whole Grain Cereal with Graham Cracker
	<u>Lunch</u> Whole Grain Chicken Tenders Whole Grain Cheese Stuffed Breadsticks Whole Grain Turkeyham & Cheese Sandwich	<u>Lunch</u> Whole Grain Spaghetti with Meat Sauce Cheese Tamales Whole Grain Turkeyham & Cheese Sandwich	<u>Lunch</u> Whole Grain Cheeseburger Whole Grain Quesadilla Whole Grain Chicken Salad Sandwich	<u>Lunch</u> Whole Grain BBQ Chicken Pizza Whole Grain Cheese Pizza Whole Grain Beef or Turkey Hot Dog Whole Grain Bacon Turkey & Cheese Sandwich
9/8	9/9	9/10	9/11	9/12
<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Scrambled Eggs with Rice Whole Grain Freshly Baked Cinnamon Rolls (Locally Sourced) Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Freshly Baked Muffins Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Freshly Baked Cinnamon Rolls (Locally Sourced) Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Sandwich Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Whole Grain Chicken Burger Whole Grain Quesadilla Whole Grain Turkey & Cheese Sandwich	<u>Lunch</u> Beef or Cheese Nachos Whole Grain Bean & Cheese Burrito Whole Grain Peanutbutter/Sunbutter & Jelly Sandwich with String Cheese	<u>Lunch</u> Whole Grain Chicken Alfredo Pasta Cheese Tamales Whole Grain Turkeyham & Cheese Sandwich	<u>Lunch</u> Teriyaki Beef with Brown Rice Whole Grain Cheese Stuffed Breadsticks Whole Grain Bacon Turkeyham Sandwich	<u>Lunch</u> Whole Grain Pepperoni Pizza Whole Grain Cheese Pizza Whole Grain Taco Nada Whole Grain Grilled Cheese Sandwich
9/15	9/16	9/17	9/18	9/19
<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Freshly Baked Cinnamon Rolls (Locally Sourced) Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Freshly Baked Muffins Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker	Whole Grain Breakfast Burrito Whole Grain Freshly Baked Cinnamon Rolls (Locally Sourced) Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Sandwich Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Whole Grain Chicken Corn Dog Whole Grain Grilled Cheese Sandwich Whole Grain Turkeyham & Cheese Sandwich	<u>Lunch</u> Whole Grain Chicken Tenders Whole Grain Cheese Stuffed Breadsticks Whole Grain Turkeyham & Cheese Sandwich	<u>Lunch</u> Whole Grain Spaghetti with Meat Sauce Cheese Tamales Whole Grain Turkeyham & Cheese Sandwich	<u>Lunch</u> Whole Grain Cheeseburger Whole Grain Quesadilla Whole Grain Chicken Salad Sandwich	<u>Lunch</u> Whole Grain BBQ Chicken Pizza Whole Grain Cheese Pizza Whole Grain Beef or Turkey Hot Dog Whole Grain Bacon Turkey & Cheese Sandwich
9/22	9/23	9/24	9/25	9/26
<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Scrambled Eggs with Rice Whole Grain Freshly Baked Cinnamon Rolls (Locally Sourced) Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Freshly Baked Muffins Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Freshly Baked Cinnamon Rolls (Locally Sourced) Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Sandwich Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Whole Grain Chicken Burger Whole Grain Quesadilla Whole Grain Turkey & Cheese Sandwich	<u>Lunch</u> Beef or Cheese Nachos Whole Grain Bean & Cheese Burrito Whole Grain Peanutbutter/Sunbutter & Jelly Sandwich with String Cheese	<u>Lunch</u> Whole Grain Chicken Alfredo Pasta Cheese Tamales Whole Grain Turkeyham & Cheese Sandwich	<u>Lunch</u> Teriyaki Beef with Brown Rice Whole Grain Cheese Stuffed Breadsticks Whole Grain Bacon Turkeyham Sandwich	<u>Lunch</u> Whole Grain Pepperoni Pizza Whole Grain Cheese Pizza Whole Grain Taco Nada Whole Grain Grilled Cheese Sandwich
9/29	9/30			
<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Scrambled Eggs with Rice Whole Grain Freshly Baked Cinnamon Rolls (Locally Sourced) Whole Grain Cereal with Graham Cracker			
<u>Lunch</u> Whole Grain Chicken Corn Dog Whole Grain Grilled Cheese Sandwich Whole Grain Turkeyham & Cheese Sandwich	<u>Lunch</u> Whole Grain Chicken Tenders Whole Grain Cheese Stuffed Breadsticks Whole Grain Turkeyham & Cheese Sandwich			