

Assistant Director of Food & Nutrition

Chloe Carter | Phone:(724)843-7470 x1327 | Email:carterc@tigerweb.org

Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
	1 Raspberry Roll Assorted Juice Alt: Scrambled Eggs w/ Toast	2 Egg & Cheese Bagel Assorted Juice Alt: Mini French Toast	3 Assorted Benefit Bars Assorted Juice Alt: Chocolate Crescent	4 Blueberry Muffin Assorted Juice Alt: Pull-a- Part Donut
7 	8 Iced Donut w/ Sprinkles Assorted Juice Alt: Poptart w/ crackers	9 Strawberry Pancake Puffs Assorted Juice Alt: Pancakes w/ Sausage	10 Bacon Egg & Cheese Muffin Assorted Juice Alt: Chocolate Muffin Top	11 Mini Maple Waffle Assorted Juice Alt: Strawberry & Cream Mini Bagels
14 Sausage Biscuit Assorted Juice Alt: Yogurt w/ crackers	15 Cinnamon Roll Assorted Juice Alt: Assorted Benefit Bars	16 Confetti Pancakes Assorted Juice Alt: Grape Crescent	17 Goody Ring Assorted Juice Alt: Omelet w/ toast	18 Pancake Wrap Nuggets Assorted Juice Alt: Cereal Bar w/ crackers
21 Breakfast Pizza Assorted Juice Alt: Zee Zee Bars	22 Raspberry Roll Assorted Juice Alt: Scrambled Eggs w/ Toast	23 Egg & Cheese Bagel Assorted Juice Alt: Mini French Toast	24 Assorted Benefit Bars Assorted Juice Alt: Chocolate Crescent	25 Blueberry Muffin Assorted Juice Alt: Pull-a- Part Donut
28 Breakfast Chicken Biscuit Assorted Juice Alt: Chocolate Chip Waffle Snaps	29 Iced Donut w/ Sprinkles Assorted Juice Alt: Poptart w/ crackers	30 Strawberry Pancake Puffs Assorted Juice Alt: Pancakes w/ Sausage	A little kindness goes a long way.	
Daily Milk Options: Fat Free Vanilla, 1% White, Fat Free Chocolate				

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Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
	1 Corn Dog Nuggets Baked French Fries Mandarin Oranges Alt Choice: Cheeseburger	2 Popcorn Chicken Bowl w/ Fresh Bread Golden Corn Petite Banana Alt Choice: Chicken Nuggets w/ bread	3 Korean BBQ Meatball Rice Bowl w/ Garlic Toast Steamed Carrots Diced Peaches Alt Choice: Hot Dog	4 Italian Hoagie Vegetarian Beans Pineapple Tidbits Alt Choice: Cheese Pizza
7  LABOR DAY NO SCHOOL	8 Walking Beef Tacos w/ bread Re-fried Beans Petite Banana Alt Choice: Cheeseburger	9 Cheese Ravioli w/ Marinara & Garlic Toast Mixed Vegetables Applesauce Alt Choice: Chicken Nuggets w/ bread	10 Chicken Quesadilla Steamed Green Beans Mandarin Oranges Alt Choice: Hot Dog	11 Hot Ham & Cheese Sandwich Golden Corn Fresh Orange Alt Choice: Cheese Pizza
14 Italian Dunkers Steamed Carrots Cinnamon Apple Slices Alt Choice: Spicy Chicken Sandwich	15 Grilled Cheese w/ Tomato Soup Golden Corn Tropical Pineapple Tidbits Alt Choice: Cheeseburger	16 Cheesy Pepperoni Panini Seasoned Green Beans Refreshing Mixed Fruit Alt Choice: Chicken Nuggets	17 Pork Burrito Bowl Black Beans Diced Peaches Alt Choice: Hot Dog	18 Meatball Hoagie Steamed Mixed Vegetables Diced Pears Alt Choice: Cheese Pizza
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Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
21 Crunchy Fish Sticks w/ Garlic Toast Baked French Fries Applesauce Alt Choice: Breaded Chicken Sandwich	22 Crispy Chicken Tender Combo w/ Crave Sauce & Garlic Toast Mixed Fruit Golden Corn Alt Choice: Cheeseburger	23 French Toast Sticks w/ Sausage Crispy Tater Tots Diced Pears Alt Choice: Chicken Nuggets w/ bread	24 Lasagna Roll Ups w/ Garlic Toast Steamed Green Beans Fresh Citrus Orange Alt Choice: Hot Dog	25 BBQ Rib Sandwich Seasoned Mixed Vegetables Pineapple Tidbits Alt Choice: Cheese Pizza
28 Mandarin Orange Chicken Rice Bowl Steamed Carrots Pineapple Tidbits Alt Choice: Chicken Sandwich	29 Buffalo Chicken Dipper w/Garlic Toast Seasoned Green Beans Refreshing Mixed Fruit Alt Choice: Cheeseburger	30 Breaded Pork Patty w/ bread Mashed Potatoes w/ Gravy Steamed Peas Cinnamon Apple Slices Alt Choice:Chicken Nuggets w/ bread		



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