SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **BREAKFAST:** Mini Cinnis **LUNCH:** Colby Cheese Omelet **Veg.:** Hash Brown Rounds **FRUIT:** Dragon Punch Juice, Fruit Variety, Canned **GRAINS:** Biscuit	**2** **BREAKFAST:** Egg and Cheese Biscuit **LUNCH:** Chicken Nuggets **Veg.:** Tater Tots, Cheesy Broccoli **FRUIT:** Fruit Variety, Canned	**3** **BREAKFAST:** Muffin Variety **LUNCH:** Chicken and Cheese Quesadilla **Veg.:** Romaine Lettuce, Refried Beans **FRUIT:** Fresh Fruit Variety **GRAINS:** Tortilla Chips	**4** **BREAKFAST:** Mini Strawberry Cream Cheese Bagels **LUNCH:** Italian Cheesy Pull-Aparts **Veg.:** Marinara Sauce, Corn, Tossed Salad **FRUIT:** Fresh Fruit Variety
7 LABOR DAY	**8** **BREAKFAST:** Mini Donut Variety **LUNCH:** Fischer Farms BBQ Pulled Pork Totchos **Veg.:** Dill Pickles Chips, Carrots **FRUIT:** Fruit Variety, Canned **GRAINS:** Rice Krispies Treats	**9** **BREAKFAST:** Sunrise Breakfast Slider **LUNCH:** Grilled Cheese Sandwich, Peanut Butter & Jelly Sandwich **Veg.:** French Fries, Tomato Soup **FRUIT:** Fruit Variety, Canned	**10** **BREAKFAST:** French Toast Sticks **LUNCH:** Chicken Queso Bowl **Veg.:** Seasoned Black Beans, Cucumber Slices **FRUIT:** Fresh Fruit Variety	**11** **BREAKFAST:** Biscuit w/jelly **LUNCH:** Chicken Tenders **Veg.:** Romaine Side Salad, Grape Tomatoes **FRUIT:** Fresh Fruit Variety **GRAINS:** Macaroni & Cheese
14 **BREAKFAST:** Cereal Variety **LUNCH:** Chicken Parmesan **Veg.:** Steamed Broccoli, Stop Light Peppers **FRUIT:** Fruit Cup, Variety **GRAINS:** Breadstick	**15** **BREAKFAST:** Muffin Variety **LUNCH:** Salisbury Steak w/gravy, Homestyle Chicken Patty **Veg.:** Mashed Potatoes, Baby Carrots **FRUIT:** Fruit Variety, Canned **GRAINS:** Dinner Roll	**16** TEACHER PD DAY	**17** **BREAKFAST:** Biscuit & Gravy **LUNCH:** Sausage, Egg and Cheese Slider **Veg.:** Hash Brown Rounds Dragon Punch Juice **FRUIT:** Fresh Fruit Variety **GRAINS:** Banana Bread	**18** **BREAKFAST:** Seasonal Fruit and Yogurt Parfait **LUNCH:** Mini Corn Dogs, Uncrustable Variety **Veg.:** Spiral French Fries, Baked Beans **FRUIT:** Fresh Fruit Variety
21 **BREAKFAST:** Cereal Variety **LUNCH:** Turkey & Cheese Wrap **Veg.:** Fresh Veggie Cup, Grape Tomatoes **FRUIT:** Fruit Variety, Canned **GRAINS:** Sun Chips	**22** **BREAKFAST:** Mini Cinnis **LUNCH:** Cheeseburger, Hamburger **Veg.:** Dill Pickles Chips, French Fries, Baked Beans **FRUIT:** Fruit Variety, Canned	**23** **BREAKFAST:** Egg and Cheese Biscuit **LUNCH:** Pepperoni Pizza **Veg.:** Oven Roasted Parmesan Broccoli, Grape Tomatoes **FRUIT:** Fruit Cup, Variety	**24** **BREAKFAST:** Assorted Pastry (wg) **LUNCH:** Chicken & Dumplings **Veg.:** Caesar Salad, Corn **FRUIT:** Fresh Fruit Variety **GRAINS:** Dinner Roll	**25** **BREAKFAST:** Mini Strawberry Cream Cheese Bagels **LUNCH:** French Toast, Sausage Patty **Veg.:** Hash Brown Rounds, Dragon Punch Juice **FRUIT:** Fruit Variety, Canned
28 **BREAKFAST:** Cereal Variety **LUNCH:** Spaghetti w/Meat Sauce **Veg.:** Oven Roasted Parmesan Broccoli **FRUIT:** Fruit Variety, Canned **GRAINS:** Breadstick	**29** **BREAKFAST:** Muffin Variety **LUNCH:** Cheezy Breadsticks, Uncrustable Variety **Veg.:** Marinara Sauce, Green Beans, Baby Carrots **FRUIT:** Fruit Variety, Canned	**30** **BREAKFAST:** Sunrise Breakfast Slider **LUNCH:** Walking Taco Doritos **Veg.:** Salsa, Romaine Seasoned Black Beans **FRUIT:** Hot Cinnamon Apples		

MEAL OPTIONS & PRICES

BREAKFAST

Featured entrée with fruit, juice, and milk.

LUNCH

Menus are subject to change due to availability.

À la carte smart snack items are available for purchase daily during lunch. Students must have money in their account.

A variety of milk is offered with every meal.

MEAL PRICES

Breakfast	$1.95
Reduced Breakfast	$0.30
Lunch	$2.85
Reduced Lunch	$0.40
Extra Milk	$0.65

This institution is an equal opportunity provider.

CEDAR CREST
INTERMEDIATE SCHOOL