

SEPTEMBER MENU HIGH SCHOOL

BREAKFAST: Student \$2.35 | Adult: a la carte **LUNCH:** Student \$3.85 | Reduced \$0.40 | Adult \$6.00

BREAKFAST: Toast or Pop Tart & Cereal offered daily. Includes choice of milk.

LUNCH: Includes entree, vegetable, fruit & choice of milk.

Labor Day



8 Breakfast
Mini Cinnis
Or
Pop Tart & Cereal
Fresh Fruit, Raisels

Lunch
Hamburger/Cheeseburger
or
Mac & Cheese w/
Fish Nuggets
Hushpuppies
Or
Crispy Chicken Salad
w/ Roll
Or
Fruit & Cheese Plate
French Fries
Baked Beans
Fresh Vegetable of
the Day
Fruit Cup, Fruit Juice

9 Breakfast
Glazed Donut
String Cheese
Or
Toast & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Chicken Tenders
Or
Chicken F. Steak
Wheat Roll
OR
Ham & Cheese Sub
Sandwich
Or
Grilled Cheese
Sandwich
Mashed Potatoes w/
Cream Gravy
Peas and Carrots
Fresh Vegetable of the
Day
Grapes
Fruit Juice

10 Breakfast
French Toast Sticks
w/Sausage Patty
Or
Pop Tart & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Spaghetti w/ Meat Sauce
Or
Chicken Drumstick
Garlic Toast
Or
Turkey, Ham & Cheese
Salad
Or
Mandarin Yogurt Parfait
w/ Muffin
French Fries
Bahama Veg. Blend.
Corn on the Cob
Tossed Salad
Strawberry Cup
Fruit Juice

11 Breakfast
Waffles with
Strawberries & Cream
Or
Toast & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Cheese Pizza
Pepperoni Pizza
Or
BBQ Sandwich
Or
Buffalo Chicken Wrap
Or
Turkey Cheese
Croissant
French Fries
Broccoli
Fresh Vegetable of the
Day
Fruit Cup, Fruit Juice

14 Breakfast
Mini Pancakes
Or
Pop Tart & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Beef & Cheese
Nachos
Or
Hot/Spicy
Chicken Sandwich
Strawberry Yogurt
Parfait w/ Muffin
Refried Beans
French Fries
Fresh Vegetable
of the Day
Fruit Cup
Fruit Juice

15 Breakfast
Chicken & Waffles
Or
Toast & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Double Cheeseburger
Double Burger
Or
Cheese Bites
w/ Marinara Sauce
Or
Crispy Chicken Wrap
French Fries
Fresh Vegetable
of the Day
Pineapple Tidbits
Fruit Juice

16 Breakfast
Breakfast Swirl Roll
Or
Toast & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Chicken Tenders
Steak Fingers
Wheat Roll
Or
Chicken Caesar Salad
Or
Mango Yogurt Parfait
w/ Muffin
Mashed Potatoes
w/ Cream Gravy
Whole Kernel Corn
Fresh Vegetable
of the Day
Sliced Apples
Fruit Juice

17 Breakfast
Sausage/Cheese
Biscuit Sandwich
Or
Pop Tart & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Cheese Calzone
*Pepperoni Calzone
w/ Marinara Sauce
Or
Crispy Chicken
Sandwich
Or
Turkey Club Sub
Sandwich
Or
Fruit and Cheese Tray
French Fries
Broccoli
Carrots
Romaine Salad Mix
Fruit Cup
Fruit Juice

18 Breakfast
2 Sausage Roll
Or
Toast & Cereal
Fresh Fruit, Raisels
Fruit Juice

Lunch
Cheese Pizza
Pepperoni Pizza
Or
Chili Frito Pie
Wheat Roll
Or
Mandarin Yogurt
Parfait
w/ Muffin
Or
Cold Cut Sub
Sandwich
French Fries
Bahama Veg Blend
Fresh Vegetable
of the Day
Applesauce
Fruit Juice

***Contains Pork • Fresh Fruit offered daily • Menu Subject to change due to product availability**



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21 Breakfast Chocolate Filled Croissant Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Chicken Alfredo Wheat Roll Or BBQ Rib Sandwich Or Strawberry Yogurt Parfait w/ Muffin French Fries Broccoli Fresh Vegetable of the Day Fruit Cup Fruit Juice	22 Breakfast Biscuit w/ Sausage Patty & Cream Gravy Or Toast & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Hamburger Cheeseburger Or Fiestada Pizza Or Blueberry Yogurt Parfait w/ Muffin French Fries Bahama Blend Vegetables Fresh Vegetable of the Day Fresh Strawberries Fruit Juice	23 Breakfast Waffles Assorted Or Toast & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Chicken Tenders Chicken Fried Steak w/ Roll Or Grilled Cheese Sandwich Or Italian Sub Sandwich Mashed Potatoes w/ Cream Gravy California Blend Vegetables Fresh Vegetable of the Day Strawberry Cup Fruit juice	24 Breakfast * Breakfast Taco & Tater Tots Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Burrito Bites W/ Cheese Sauce Dip Mexican Rice Or Crispy Chicken Sandwich Or Fruit and Cheese Plate Or Turkey/ Cheese Croissant French Fries Corn on the Cob Fresh Vegetable of the Day Mandarin Oranges Fruit Juice	25 Breakfast Fruit Frudel Or Toast & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Cheese Pizza Pepperoni Pizza Or Mango Habanero Chicken w/ Roll Or Buffalo Chicken Wrap Cold Cut Sub Sandwich Sidewinder Fries Green Beans Fresh Vegetable of the Day Fruit Cup Fruit Juice
28 Breakfast Breakfast Pizza Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Beef and Cheese Nachos Or Hot and Spicy Chicken Sandwich Or Strawberry Yogurt Parfait w/ Muffin French Fries Refried Beans California Blend Vegetables Fresh Vegetable of the Day Fruit Cup Fruit Juice	29 Breakfast Brd. Chicken Sandwich Cream Gravy Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Hamburger Cheeseburger Or 2 Corn Dogs Or Mango Yogurt Parfait w/ Muffin Or Buffalo Chicken Salad French Fries Green Beans Fresh Vegetable of the Day Fresh Watermelon Fruit Juice	30 Breakfast Cinnamon Roll String Cheese Or Toast & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Chicken Tenders Steak Fingers Wheat Roll Or Italian Sub Sandwich Or Mango Yogurt Parfait w/ Muffin Mashed Potatoes w/ Cream Gravy Ranch Beans Fresh Vegetables of the Day Mandarin Oranges Fruit Juice	1 Breakfast Pancakes & Eggs w/ Cheese Or Toast & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Beef Lasagna BBQ Drumstick Wheat Roll Or Fruit and Cheese Plate Or Turkey/ Ham and Cheese Salad French Fries Broccoli Fresh Vegetable of the Day Fruit Cup, Fruit Juice	2 Breakfast Bagel with Cream Cheese Or Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Cheese Pizza Pepperoni Pizza Or Chicken Quesadillas Or Chicken Caesar Wrap Or Cold Cut Sandwich Sidewinder Fries Whole Kernel Corn Fresh Vegetable of the Day Applesauce Cup Fruit Juice

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