


# Breakfast Menu for September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Build a Healthy Breakfast! We provide "Offer versus Serve"</b>            Students must pick (at least) three components! Including (at least) 1/2 cup of Fruit, 1/2 cup of vegetables, or Combination of both.  <b>Milk Choices are served daily:</b> White Skim, White 1%, and Chocolate Skim.            All Buns served are Whole Grain.            Menu is subject to Change.</p> <p>This institution is an equal opportunity provider.</p>				<p>1            Peanut Butter &amp; Jelly Uncrustable or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>
<p><b>No School</b> 4</p> 	<p>5            Cereal &amp; Pop-Tart or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p>6            Cereal &amp; Muffin or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p>7            Banana Bread &amp; Cheese Stick or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p>8            Long John &amp; Yogurt or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>
<p>11            Pancake on a Stick or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p>12            Breakfast Pizza or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p>13            Cereal &amp; Muffin or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p>14            Cereal &amp; Pop-Tart or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p>15            Cereal &amp; Yogurt or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>
<p>18            Long John &amp; Cheese Stick or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p>19            Bagel with Cream Cheese or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p>20            Cereal &amp; Muffin or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p>21            Peanut Butter &amp; Jelly Uncrustable or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p>22            Cereal &amp; Yogurt or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>
<p>25            Mini Waffle with Syrup or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p>26            Breakfast Pizza or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p>27            Cereal &amp; Muffin or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p>28            Peanut Butter &amp; Jelly Uncrustable or Cereal &amp; Cheese Stick            Assorted Juice            Fruit            Milk of Choice</p>	<p><b>No School</b> 29</p> 

# Lunch Menu for September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Build a Healthy Lunch! We provide "Offer versus Serve"</b>            Students must pick (at least) three components! Including (at least) 1/2 cup of Fruit, 1/2 cup of vegetables, or Combination of both.  <b>Milk Choices are served daily:</b> White Skim, White 1%, and Chocolate Skim.            All Buns served are Whole Grain.            Menu is subject to Change.</p> <p>This institution is an equal opportunity provider.</p>				<p>1            Hot Dog on a Bun            Sun Chips            Baby Carrots with Ranch            Fruit Sidekick            Milk of Choice            No Salad Option</p>
<p><b>No School</b> 4</p> 	<p>5            Corn Dogs            Tater Tot's            Green Peas            Diced Peaches            Milk of Choice            Salad Option 6-12</p>	<p>6            Sloppy Jo            Steamed Carrots            Graham Crackers            K-5            Sun Chips 6-12            Pineapple            Milk of Choice            Salad Option 6-12</p>	<p>7            Chicken Nuggets            Mashed Potatoes with Gravy            Dinner Roll            Green Beans            Fresh Fruit            Milk of Choice            Salad Option 6-12</p>	<p>8            Pizza Casserole            Side Salad            Steamed Corn            Bread Stick            Applesauce            Milk of Choice            Salad Option 6-12</p>
<p>11            Max Cheese Sticks            Spaghetti Sauce            Steamed Corn            Side Salad            Diced Pears            Milk of Choice            Salad Option 6-12</p>	<p>12            Hamburger on Bun            Cheese            Toppings            Fries            Green Beans            Applesauce            Milk of Choice            Salad Option 6-12</p>	<p>13            Barbequed Pork on a Bun            Graham Crackers            K-5            Sun Chips 6-12            Baked Beans            Wango Mango            Juice, Fresh Fruit            Milk of Choice            Salad Option 6-12</p>	<p>14            Mini Meatball Sub            Coleslaw or Garden Salad            Sweet Potato Puffs            Diced Peaches            Milk of Choice            Salad Option 6-12</p>	<p>15            Chicken Noodle Soup            Garlic Cheese Bread            Veggies with Dip            Pineapple            Milk of Choice            Salad Option 6-12</p>
<p>18            Fish Patty on a Bun            Fries            Broccoli with Cheese Sauce            Diced Pears            Milk of Choice            Salad Option 6-12</p>	<p>19            Soft Shell Taco with Toppings            Refried Beans            Corn            Spanish Rice            Mixed Fruit            Milk of Choice            Salad Option 6-12</p>	<p>20            Cheese Omelet            Sausage            Hashbrowns            Muffin            Baby Carrots with Dip            Juice            Milk of Choice            Salad Option 6-12</p>	<p>21            Grilled Cheese            Chili            Yogurt            Veggies with Dip            Blueberries            Milk of Choice            Salad Option 6-12</p>	<p>22            Super Nacho's with Toppings            Corn            Muffin            Refried Beans            Fresh Fruit            Milk of Choice            Salad Option 6-12</p>
<p>25            Burger with Cheese            Seasoned Potato Wedges            Baked Beans            Diced Pears            Milk of Choice            Salad Option 6-12</p>	<p>26            Roasted Chicken Sandwich            Mashed Potatoes with Gravy            Peas            Diced Peaches            Milk of Choice            Salad Option 6-12</p>	<p>27            Ground Beef Stroganoff            Brown Rice            Dinner Roll            Steamed Carrots            Mandarin Oranges            Milk of Choice            Salad Option 6-12</p>	<p>28            Hot Dog on a Bun            Sun Chips            Baby Carrots with Dip            Fruit Sidekick            Milk of Choice            Salad Option 6-12</p>	<p><b>No School</b> 29</p> 