

Elementary Breakfast Menu September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Breakfast Pizza Cereal / Pop Tart / Cheese Stick Juice Fruit	4 Pancake on Stick Cereal / Muffin / Cheese Stick Juice Fruit	5 Combo Bar / Toast Cereal / Nutri Grain Bar / Cheese Stick Juice Fruit	6 Strawberry Mini Pancakes Cereal / Mini John / Cheese Stick Juice Fruit
9 Mini Waffles Cereal / Rice Krispie Bar / Cheese Stick Juice Fruit	10 Omelet / Toast Cereal / Yogurt / Cheese Stick Juice Fruit	11 Breakfast Pizza Cereal / Pop Tart / Cheese Stick Juice Fruit	12 French Toast Bites/ Yogurt Cereal / Yogurt / Cheese Stick Juice Fruit	13 Pancake on Stick Cereal / Muffin / Cheese Stick Juice Fruit
16 Combo Bar / Toast Cereal / Choco. Granola Bar / Cheese Stick Juice Fruit	17 Strawberry Mini Pancakes Cereal / Muffin / Cheese Stick Juice Fruit	18 Omelet / Toast Cereal / Yogurt / Cheese Stick Juice Fruit	19 Mini Waffles Cereal / Mini John / Cheese Stick Juice Fruit	20 Breakfast Pizza Cereal / Yogurt / Cheese Stick Juice Fruit
23 French Toast Sticks Cereal / Yogurt / Cheese Stick Juice Fruit	24 Combo Bar / Toast Cereal / Oatmeal Bar / Cheese Stick Juice Fruit	25 French Toast Bites/ Yogurt Cereal / Yogurt / Cheese Stick Juice Fruit	26 Pancake on Stick Cereal / Muffin / Cheese Stick Juice Fruit	27 NO SCHOOL / INSERVICE
30 Omelet / Toast Cereal / Oatmeal Bar / Cheese Stick Juice Fruit				Every day choices include 1% milk or nonfat chocolate.

“Offer vs. Serve”: Build a complete breakfast by choosing (at least) 3 items; including (at least) 1/2 cup fruit for breakfast.

This Institution is an equal opportunity provider and employer. Menu subject to change.

Elementary Lunch Menu September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Italian Dunker / Sauce Corn / Cucumbers Pears / Banana Hot Dog On Bun	4 Chicken Fajita Peas / Tomatoes Pineapple / Grapes Hamburger on Bun / Cheese	5 Meatballs / Mashed Potatoes Gravy/ Dinner Roll Green Beans / Baby Carrots Mandarin Oranges / Apples Pizza	6 Super Nachos / Cheese Sauce Nacho Cheese Chips Corn / Peppers Applesauce / Watermelon Chicken Patty on Bun
9 Asian Rice Steamed Broccoli / Pea Pods Pineapple / Cantaloupe Mini Meatball Sub	10 Tacos / Toppings Refried Beans Green Beans / Peppers Applesauce / Grapes Mini Corn Dogs	11 Pasta with Meat Sauce Corn / Broccoli Pears / Fresh Oranges Max Cheese Sticks / Sauce	12 Ground Beef Stroganoff Dinner Roll / Mashed Potatoes Peas / Baby Carrots Kiwi / Peaches Chicken Nuggets	13 Baked Potato / Toppings Roll / California Blend Veggies / Lettuce Mandarin Oranges / Apple Cheese Quesadilla
16 Sub Sandwich Steamed Carrots / Lettuce Peaches / Fresh Oranges Fish Patty on Bun	17 Chicken Gravy Dinner Roll / Mashed Potatoes Steamed Broccoli / Baby Carrots Mandarin Oranges / Watermelon Salisbury Steak	18 Sloppy Joe on Bun Baked Beans / Broccoli French Fries Applesauce / Kiwi Corn Dog	19 Taco Salad / Bread Stick Taco Bell Chips Green Beans / Tomatoes Pineapple / Apple Ham Stacker on Bun / Cheese	20 Lasagna Corn / Cucumbers Pears / Banana Chicken Patty on Bun
23 Sweet Sour Chicken/ Rice Steamed Carrots / Celery Pineapple / Banana Hamburger on Bun / Cheese	24 Tacos / Toppings Refried Beans Green Beans / Peppers Applesauce / Cantaloupe Mini Corn Dogs	25 Tater Tot Hot Dish / Dinner Roll Green Beans / Cucumbers Mandarin Oranges / Grapes Cheese Quesadilla	26 Meatballs / Mashed Potatoes Gravy / Dinner Roll Corn / Baby Carrots Peaches / Fresh Oranges Pizza	27 NO SCHOOL / INSERVICE
30 Sloppy Joe on Bun Baked Beans / Celery French Fries Pineapple / Kiwi Corn Dog				Every day choices include 1% milk or nonfat chocolate.

“Offer vs. Serve”: Build a complete lunch by choosing (at least) 3 items; including (at least) 1/2 cup fruit, 1/2 cup vegetable or combination for lunch.
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Middle & High School Breakfast Menu September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Breakfast Pizza Dutch Waffle Peanut Butter / Jelly Uncrustable Cereal / Pop Tart / Cheese Stick Juice / Fruit	4 Breakfast Pizza Pancake on Stick Peanut Butter / Jelly Uncrustable Cereal / Muffin / Cheese Stick Juice / Fruit	5 Breakfast Pizza Combo Bar / Toast Peanut Butter / Jelly Uncrustable Cereal / Nutri Grain Bar / Cheese Stick/Juice / Fruit	6 Breakfast Pizza Strawberry Mini Pancakes Peanut Butter / Jelly Uncrustable Cereal / Mini John / Cheese Stick Juice / Fruit
9 Breakfast Pizza Mini Waffles Peanut Butter / Jelly Uncrustable Cereal /Rice Krispie Bar / Cheese Stick/Juice / Fruit	10 Breakfast Pizza Omelet / Toast Peanut Butter / Jelly Uncrustable Cereal / Yogurt / Cheese Stick	11 Breakfast Pizza Combo Bar / Toast Peanut Butter / Jelly Uncrustable Cereal / Pop Tart / Cheese Stick Juice / Fruit	12 Breakfast Pizza French Toast Bites/Yogurt Peanut Butter / Jelly Uncrustable Cereal / Yogurt / Cheese Stick Juice / Fruit	13 Breakfast Pizza Pancake on Stick Peanut Butter / Jelly Uncrustable Cereal / Muffin / Cheese Stick Juice / Fruit
16 Breakfast Pizza Combo Bar / Toast Peanut Butter / Jelly Uncrustable Cereal / Choco. Granola Bar / Cheese Stick/Juice	17 Breakfast Pizza Strawberry Mini Pancakes Peanut Butter / Jelly Uncrustable Cereal / Muffin / Cheese Stick	18 Breakfast Pizza Omelet / Toast Peanut Butter / Jelly Uncrustable Cereal / Yogurt / Cheese Stick Juice / Fruit	19 Breakfast Pizza Mini Waffles Peanut Butter / Jelly Uncrustable Cereal / Mini John / Cheese Stick Juice / Fruit	20 Breakfast Pizza French Toast Bites/Yogurt Peanut Butter / Jelly Uncrustable Cereal / Yogurt / Cheese Stick Juice / Fruit
23 Breakfast Pizza French Toast Sticks Peanut Butter / Jelly Uncrustable Cereal / Yogurt / Cheese Stick	24 Breakfast Pizza Combo Bar / Toast Peanut Butter / Jelly Uncrustable Cereal / Nutri Grain Bar / Cheese Stick/Juice / Fruit	25 Breakfast Pizza Dutch Waffle Peanut Butter / Jelly Uncrustable Cereal /Yogurt / Cheese Stick Juice / Fruit	26 Breakfast Pizza Pancake on Stick Peanut Butter / Jelly Uncrustable Cereal / Muffin / Cheese Stick Juice / Fruit	27 NO SCHOOL / INSERVICE
30 Breakfast Pizza Omelet / Toast Peanut Butter / Jelly Uncrustable Cereal /Rice Krispie Bar / Cheese Stick/Juice / Fruit				Every day choices include 1% milk or nonfat chocolate.

“Offer vs. Serve”: Build a complete breakfast by choosing (at least) 3 items; including (at least) 1/2 cup fruit for breakfast.

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Middle & High School Lunch Menu September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Italian Dunker / Sauce Corn Pears / Banana Cheddarwurst on Bun	4 Chicken Fajita Sweet Potato Puffs High School Breadstick High School Peas / Pineapple / Grapes Hamburger on Bun / Cheese	5 Meatballs / Mashed Potatoes Gravy / Dinner Roll Green Beans Mandarin Oranges / Apples Pizza	6 Super Nachos / Cheese Sauce Nacho Cheese Chips Corn / Applesauce / Watermelon Chicken Patty on Bun
9 Asian Rice Steamed Broccoli Pineapple / Cantaloupe Mini Meatball Sub	10 Tacos / Toppings Tostitos Chips Green Beans Applesauce / Grapes Mini Corn Dogs	11 Pasta with Meat Sauce Breadstick Corn Pears / Fresh Oranges Max Cheese Sticks / Sauce	12 Ground Beef Stroganoff Dinner Roll Mashed Potatoes / Peas Kiwi / Peaches Chicken Nuggets	13 Baked Potato / Toppings Dinner Roll California Blend Veggies Mandarin Oranges / Apple Cheese Quesadilla
16 Sub Sandwich Sun Chips / Steamed Carrots / Lettuce / Peaches / Fresh Oranges Fish Patty on Bun	17 Chicken Gravy Dinner Roll / Mashed Potatoes Steamed Broccoli / Baby Carrots Mandarin Oranges / Watermelon Salisbury Steak	18 Sloppy Joe on Bun Baked Beans / Broccoli French Fries Applesauce / Kiwi Corn Dog	19 Taco Salad / Bread Stick Taco Bell Chips Green Beans / Tomatoes Pineapple / Apple Ham Stacker on Bun / Cheese	20 Lasagna / Garlic Bread Corn / Cucumbers Pears / Banana Chicken Patty on Bun
23 Sweet Sour Chicken / Rice Steamed Carrots Pineapple / Banana Hamburger on Bun / Cheese	24 Tacos / Toppings Tostitos Chips Peas Applesauce / Grapes Mini Corn Dogs	25 Tater Tot Hot Dish / Dinner Roll Green Beans Mandarin Oranges / Grapes Cheese Quesadilla	26 Meatballs / Mashed Potatoes Gravy / Dinner Roll Corn Peaches / Fresh Oranges Pizza/Animal Crackers High	27 NO SCHOOL / INSERVICE
30 Sloppy Joe on Bun Baked Beans French Fries Pineapple / Kiwi Corn Dog				Every day choices include 1% milk or nonfat chocolate.

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