



September 2019



"This institution is an equal opportunity provider and employer."

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ALL STUDENTS MUST TAKE ½ or 1 cup OF FRUITS OR VEGETABLES EACH MEAL</p>	<p>State law requires our students to choose 3 of the 4 choices for a full breakfast and 3 of the 5 for a full lunch.</p>	<ul style="list-style-type: none"> Daily Milk 1% white & Fat Free flavored All of our bread/grain products are whole grain. 	<p>Menu items subject to change.</p>	
	<p>SCHOOL MEALS ARE NOW FREE FOR ALL!</p>			
2	3	4	5	6
	<p>Superintendent Conference Days</p>			
<p>9 Chicken BLT Wrap, Black Olives, Fresh Veggies, Fruit</p> <p><i>Pancakes & Sausage</i></p>	<p>10 Tacos, cheese, lettuce, tomato, rice, black beans, fruit</p> <p><i>Toasted Bagels</i></p>	<p>11 Hamburger/Cheeseburger, Lettuce, tomato, pickle, onions, hash brown, fruit</p> <p><i>French Toast</i></p>	<p>12 Sandwich Day- Bologna, Egg Salad or Turkey, cheese, lettuce, tomato, pickle, fresh veggies, fruit</p> <p><i>Sausage Egg & Cheese Sandwich</i></p>	<p>13 Pizza- cheese or pepperoni, Caesar salad, fresh veggie, fruit</p> <p><i>Cereal/Oatmeal</i></p>
<p>16 Chicken tenders, sweet potato fries, cranberry sauce, tossed salad, fruit</p> <p><i>Waffles w/Berries</i></p>	<p>17 Spaghetti & Meatballs, tossed salad, WG Roll, Broccoli, Fruit</p> <p><i>Breakfast on a stick</i></p>	<p>18 Hot dog, WG roll, baked beans, relish, onions, carrot sticks, fruit</p> <p><i>Muffins</i></p>	<p>19 Sub Day- tuna, ham, bologna, cheese, lettuce, tomato, pickle, fresh veggies, fruit</p> <p><i>Pancakes & Bacon</i></p>	<p>20 Pizza- Cheese, buffalo or Broccoli, Caesar salad, fresh veggies, fruit</p> <p><i>Toasted Bagels</i></p>
<p>23 Chicken Nuggets, baked beans, carrots, tossed salad, fruit</p> <p><i>French Toast</i></p>	<p>24 Turkey BLT cheese pretzel roll, fresh veggies, pickle, fruit</p> <p><i>Cereal, Oatmeal</i></p>	<p>25 Nacho Grande, Lettuce, tomato, cheese, salsa, olives, corn, fruit</p> <p><i>Scrambled Eggs, Toast, Hash Brown</i></p>	<p>26 Grilled cheese w/ bacon, tomato soup, crackers, fruit</p> <p><i>Waffles & Berries</i></p>	<p>27 Pizza- Cheese, sausage, or Hawaiian pizza, Caesar salad, fruit</p> <p><i>Cinnamon Oatmeal Cookie</i></p>
<p>30 Hamburger/Cheeseburger, coleslaw, carrots, fruit</p> <p><i>Pancakes & Bacon</i></p>				