

September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Breakfast</u> Assorted juices & cereal available daily</p>		<p>3 - School Begins! B-Pancakes</p> <p>L-Hot dogs, baked beans, tater tots & fruit</p>	<p>4 B-Bagel/ham</p> <p>L-Turkey/cheese sandwich w/lettuce & tomato, carrots w/dip, smiley potatoes & fruit</p>	<p>5 B-Breakfast pizza</p> <p>L-Beef gravy over noodles or mashed potatoes, corn & fruit</p>	<p>6 B-Cinnamon roll</p> <p>L-Chicken nuggets, sweet potato fries, green beans & fruit</p>	7
8	<p>9 B-French toast</p> <p>L-Cheeseburger w/lettuce & tomato, french fries, broccoli & fruit</p>	<p>10 B-Stuffed hash browns</p> <p>L-Chicken sandwich, rice pilaf, peas & fruit</p>	<p>11 B-Cowboy bread & sausage links</p> <p>L-Sloppy joe, nachos w/cheese sauce, mixed veggies & fruit</p>	<p>12 B-Scrambled eggs, ham & muffin</p> <p>L-Long spaghetti w/meat sauce, corn, bread stick & fruit</p>	<p>13 B-Caramel roll</p> <p>L-Chicken quesadilla w/lettuce tomato cup & sour cream, tater tots, celery sticks w/dip & fruit</p>	14
15	<p>16 B-Waffles</p> <p>L-Chicken fajita on a bun, lettuce & tomato, carrots, smiley potatoes & fruit</p>	<p>17 B-Muffin & yogurt</p> <p>L-Ham & cheese sandwich, soup w/crackers, cauliflower w/dip & fruit</p>	<p>18 B-Sausage gravy over biscuit</p> <p>L-Taco with chicken or beef, lettuce/tomato cup, s. cream, refried beans, tater tots & fruit</p>	<p>19 B-Hot pocket</p> <p>L-Turkey gravy over mashed potatoes, green beans, buttered bread & fruit</p>	<p>20 B-Cinnamon roll</p> <p>L-Stuffed crust pizza, tossed salad, fresh veggies w/dip & fruit</p>	21
22	<p>23 B-Breakfast bagel</p> <p>L-Riblets, criss cut potatoes, peas & carrots & fruit</p>	<p>24 B-Pancake wrap</p> <p>L-Grilled cheese sandwich, tomato soup w/crackers, celery sticks & fruit</p>	<p>25 B-Egg, cheese & sausage on English muffin</p> <p>L-Pasta bar, with chicken alfredo sauce or spaghetti sauce over noodles, broccoli, garlic bread & fruit</p>	<p>26 B-Breakfast burrito</p> <p>L-Chicken strips, french fries, veggies w/dip & fruit</p>	<p>27 B- Caramel roll</p> <p>L-Mini corn dogs, green beans, mac/cheese & fruit</p>	28
29	<p>30 B-Funnel cakes</p> <p>L-BBQ beef on a bun, cole slaw, smiley potatoes & fruit</p>					<p><u>Lunch:</u> Bread, fruit & assorted milk are available daily. Salad bar is available for a lunch alternative for grades 4-12</p>

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