

BREAKFAST

SEPTEMBER 2024

Pre-K Breakfast Menu

Monday

2
Cereal, Variety Pre-K
Fruit, Variety (1/2 Cup)
Milk

9
Cereal, Variety Pre-K
Fruit, Variety (1/2 Cup)
Milk

16
Cereal, Variety Pre-K
Fruit, Variety (1/2 Cup)
Milk

23
Cereal, Variety Pre-K
Fruit, Variety (1/2 Cup)
Milk

30
Cereal, Variety Pre-K
Fruit, Variety (1/2 Cup)
Milk

Tuesday

3
Egg & Cheese Sandwich
Fruit, Variety (1/2 Cup)
Milk

10
Egg & Cheese Sandwich
Fruit, Variety (1/2 Cup)
Milk

17
Egg & Cheese Sandwich
Fruit, Variety (1/2 Cup)
Milk

24
Egg & Cheese Sandwich
Fruit, Variety (1/2 Cup)
Milk

Wednesday

4
Animal Crackers
Fruit, Variety (1/2 Cup)
Milk

11
Animal Crackers
Fruit, Variety (1/2 Cup)
Milk

18
Animal Crackers
Fruit, Variety (1/2 Cup)
Milk

25
Animal Crackers
Fruit, Variety (1/2 Cup)
Milk

Thursday

5
Cereal, Variety Pre-K
Fruit, Variety (1/2 Cup)
Milk

12
Cereal, Variety Pre-K
Fruit, Variety (1/2 Cup)
Milk

19
Cereal, Variety Pre-K
Fruit, Variety (1/2 Cup)
Milk

26
Cereal, Variety Pre-K
Fruit, Variety (1/2 Cup)
Milk

Friday

6
Sausage Biscuit
Fruit, Variety (1/2 Cup)
Milk

13
Sausage Biscuit
Fruit, Variety (1/2 Cup)
Milk

20
Sausage Biscuit
Fruit, Variety (1/2 Cup)
Milk

27
Sausage Biscuit
Fruit, Variety (1/2 Cup)
Milk



Menus may change based on availability!

BREAKFAST

SEPTEMBER 2024

K-12 Breakfast



Monday

2

Holiday

9
Cereal, Variety
Graham Snacks
Fruit (1 Cup)
Milk

16
Cereal, Variety
Graham Snacks
Fruit (1 Cup)
Milk

23
Cereal, Variety
Graham Snacks
Fruit (1 Cup)
Milk

30
Cereal, Variety
Graham Snacks
Fruit (1 Cup)
Milk

Tuesday

3

Breakfast Pizza
Fruit (1/2 cup)
Fruit Juice
Milk

10
Egg & Cheese Sandwich
Fruit (1/2 Cup)
Fruit Juice
Milk

17
Cinn Toast Crunch Bar
Fruit (1/2 Cup)
Fruit Juice
Milk

24
Muffin
Fruit (1/2 Cup)
Fruit Juice
Milk

Wednesday

4

Cinn-Mini Bun
Fruit (1/2 Cup)
Fruit Juice

11
Mini French Toast
Fruit (1/2 Cup)
Fruit Juice
Milk

18
Pop Tart
Fruit (1/2 Cup)
Fruit Juice
Milk

25
Mini Waffles
Fruit (1/2 Cup)
Fruit Juice
Milk

Thursday

5

Pop Tart
Graham Snacks
Fruit (1/2 Cup)
Fruit Juice
Milk

12
Breakfast /Cereal Bar
Graham Snacks
Fruit (1/2 Cup)
Fruit Juice
Milk

19
Muffin, Variety
Fruit (1/2 Cup)
Fruit Juice
Milk

26
Breakfast/Cereal Bar
Fruit (1/2 Cup)
Fruit Juice
Milk

Friday

6

Sausage Biscuit
Fruit (1 Cup)
Milk

13
Mini Pancakes
Fruit (1 Cup)
Milk

20
Sausage Biscuit
Fruit (1 Cup)
Milk

27
Egg & Cheese Sandwich
Fruit (1 Cup)
Milk



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LUNCH

SEPTEMBER 2024

9-12 MENU

Monday

2

HOLIDAY

9

Cheeseburger
French Fries
Baked Beans
Lettuce & Tomato
Fruit, Variety
Milk
Alternate: Hot Ham & Cheese

16

Country Steak w/ Gravy
Creamed Potatoes
Green Beans
Roll
Fruit, Variety
Milk
Alternate: Chicken Sandwich

23

Hotdog
Sweet Potatoes
Baked Beans
Squash
Fruit, Variety
Milk
Alternate: Hot Ham & Cheese

30

Steak Sandwich
French Fries
Lima Beans
Carrots
Fruit, Variety
Milk
Alternate: Pizza

Tuesday

3

Beef Nachos
Romaine Salad w/ Dressing
Pinto Beans
Salsa
Fruit, Variety
Milk
Alternate: ~~Hotdog~~
Quesadilla

10

Fajita Chicken Wrap
Spanish Rice
Black Beans
Lettuce
Fruit, Variety
Salsa
Milk
Alternate: Pizza

17

Sweet & Sour Chicken
Fried Rice
English Peas
Stir Fry Vegetables
Fruit
Milk
Alternate: Grilled Cheese Sandwich

24

Salisbury Steak w/ Gravy
Creamed Potatoes
Carrots
Roll
Fruit, Variety
Milk
Alternate: Pizza

Wednesday

4

Breakfast for Lunch
Pancakes
Sausage patty
Egg Patty w/ Cheese
Hash Browns
Salsa
Fruit, Variety
Milk
Alternate: Sack Lunch

11

Spaghetti w/ Meat Sauce
Green Beans
Romaine Salad w/ Dressing
Roll
Fruit, Variety
Milk
Alternate: Hotdog

18

Roped Sausage
Macaron & Cheese
Turnip Greens
Blackeye Peas
Fruit
Milk
Alternate: Corn Dog

25

Beef Nachos
Pinto Beans
Romaine Salad w/ Dressing
Roll
Salsa
Fruit, Variety
Milk
Alternate: Hotdog

Thursday

5

Chicken Bites
Broccoli & Cheese
Sweet Potatoes
Roll
Fruit, Variety
Milk
Alternate: Pizza Pocket

12

Chicken Bites
Baby Bakers
Carrots Sticks w/ Ranch
Roll
Fruit, Variety
Milk
Alternate: Cheeseburger

19

Beef Steak Fingers
Corn
Sweet Potato Fries
Romaine Salad w/ Dressing
Roll
Fruit, Variety
Milk
Alternate: Pizza

26

BBQ Pork Sandwich
Baked Potato w/ Toppings
Broccoli & Cheese
Fruit, Variety
Milk
Alternate: Crisritos

Friday

6

Chicken Sandwich
Crinkle Cut Fries
Lima Beans
Lettuce & Tomato
Fruit, Variety
Milk
Alternate: Corndog

13

Pizza
Corn
French Fries
Romaine Salad w/ Dressing
Pudding Cup
Fruit, Variety
Milk
Alternate: Crisritos

20

Hot Wings
Carrot Sticks w/ Ranch Dressing
Celery Sticks
French Fries
Roll
Fruit, Variety
Milk
Alternate: Quesadilla

27

Cheesy Bread
Corn
Green Beans
Pudding Cup
Fruit, Variety
Milk
Alternate: Cheeseburger



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LUNCH

SEPTEMBER 2024

K-8 W/ Alternate Menu

Monday

2

HOLIDAY

9

Cheeseburger
French Fries
Baked Beans
Fruit
Milk
Alternate: *Hot Ham & Cheese*

16

Country Steak w/ Gravy
Creamed Potatoes
Green Beans
Roll
Fruit
Milk
Alternate: *Chicken Sandwich*

23

Hotdog
Baked Beans
Squash
Fruit
Milk
Alternate: *Hot Ham & Cheese*

30

Steak Sandwich
Lima Beans
Carrots
Fruit
Milk
Alternate: *Pizza*

Tuesday

3

Beef Nachos
Pinto Beans
Romaine Salad w/ Dressing
Salsa
Fruit
Milk
Alternate: *Quesadilla*

10

Fajita Chicken Wrap
Black Beans
Romaine Lettuce
Salsa
Fruit
Milk
Alternate: *Pizza*

17

Sweet & Sour Chicken
Fried Rice
English Peas
Stir Fry Vegetables
Fruit
Milk
Alternate: *Grilled Cheese Sandwich*

24

Salisbury Steak w/ Gravy
Creamed Potatoes
Carrots
Roll
Fruit
Milk
Alternate: *Pizza*

Wednesday

4

Breakfast for Lunch
Pancakes
Egg Patty w/ Cheese
Hash Browns
Salsa
Fruit Juice
Milk
Alternate: *Sack Lunch*

11

Spaghetti w/ Meat Sauce
Green Beans
Romaine Salad w/ Dressing
Roll
Fruit
Milk
Alternate: *Hotdog*

18

Rope Sausage
Macaroni & Cheese
Turnip Greens
Black-eyed Peas
Fruit
Milk
Alternate: *Corndog*

25

Beef Nachos
Pinto Beans
Romaine Salad w/ Dressing
Roll
Salsa
Fruit
Milk
Alternate: *Hotdog*

Thursday

5

Chicken Bites
Sweet Potatoes
Broccoli w/ Cheese
Roll
Fruit
Milk
Alternate: *Pizza Pocket*

12

Chicken Bites
Baby Bakers
Carrots w/ Ranch
Roll
Fruit
Milk
Alternate: *Cheeseburger*

19

Beef Steak Fingers
Corn
Romaine Salad w/ Dressing
Roll
Fruit
Milk
Alternate: *Pizza*

26

BBQ Pork
Baked Potato w/ Toppings
Broccoli w/ Cheese
Fruit
Milk
Alternate: *Crispitos*

Friday

6

Chicken Sandwich
French Fries
Lima Beans
Lettuce & Tomato
Fruit
Milk
Alternate: *Corndog*

13

Pizza
Corn
Romaine Salad w/ Dressing
Fruit
Milk
Alternate: *Crispitos*

20

Hot Wings
Carrots w/ Ranch
French Fries
Roll
Fruit
Milk
Alternate: *Quesadilla*

27

Cheesy Bread
Romaine Salad w/ Dressing
Green Beans
Corn
Fruit
Milk
Alternate: *Cheeseburger*



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