


SEPTEMBER BREAKFAST 2024

Health-e Pro 

MON	TUE	WED	THU	FRI
2 NO SCHOOL	3 Apple filled Donut Sliced Pears Orange Juice Milk	4 Breakfast Pizza Sliced Peaches Grape Juice Milk	5 Mini Pancake Wraps Kiwi Fruit Punch Syrup Milk	6 Scooby Doo Crackers Yogurt Strawberries Pineapple Chunks Milk
9 Benefit Bar Pears Apple Juice Milk	10 Cream Cheese Bagel Fresh Orange Pineapple Chunks Milk	11 Blueberry Muffin Cheese Omelet Applesauce Fruit Punch Milk	12 Sausage Patty French Toast Strawberries Apple Juice Syrup Milk	13 Apple Frudel Orange Juice Sliced Pears Milk
16 Brekkie Bar Dragon Punch Mandarin Oranges Milk	17 Mini Waffles Fresh Orange Pineapple Chunks Syrup Milk	18 English Muffin Ham Pattie Pineapple Apple Juice Milk	19 Sausage Pattie Cheese Biscuit Grape Juice Applesauce Milk	20 Scooby Doo Cracker Yogurt Sliced Peaches Blueberries Milk
23 Pop Tart String Cheese Fruit Punch Banana Milk	24 Banana Muffin Egg Pattie/Toast Apple Juice Pineapple Milk	25 Brekkie Bar Dragon Punch Mandarin Oranges Milk	26 Mini Waffles Strawberries Grape Juice Syrup Milk	27 Cereal Pears Fresh orange Milk
30 Benefit Bar Dragon Punch Fruit Cocktail Milk				

ANNOUNCEMENTS

Grades K-7 & 12 will start on 9/3 Grades 8-11 will start on 9/6/4

Breakfast requirements Students must select at least 3 food components
Fruit/Vegetable at least ½ cup- required
Grains
OR
Meat/Meat Alternate
OR
Milk

Students must select at least 3 food items
A food component is one of the required food groups (fruit/vegetable, grains, meat/ meat alternate and milk). A food item is a specific food offered. Some menu items may be planned to count as two items. For example, a large muffin may count as two grain items. Another example, breakfast pizza may count as a grain and a meat/meat alternate.
MENU SUBJECT TO CHANGE

MEAL PRICES

Students receive Free Breakfast
This institution is an equal opportunity provider.

SEPTEMBER LUNCH 2024

MON	TUE	WED	THU	FRI
2 NO SCHOOL	3 WG Chicken Pattie/Bun Garden Salad Corn Sliced Peaches Fruit Cocktail Milk Condiments Included	4 Cheeseburger/Bun Garden Salad French Fries Baked Beans Pickles Pears Fresh Apple, Milk Condiments included	5 K-2-Chicken & Veggie Dumplings 3-6 Mandarin Orange Chicken Rice Pilaf, Garden Salad Stir Fry Veggies Strawberries Mandarin Oranges Milk Condiments Included	6 Ham or Turkey/Sub Garden Salad Pickles Baby Carrots Fruit Cocktail Applesauce Milk Condiments included
9 Seasoned Chicken Wrap Shredded Cheese Garden Salad Sliced Tomato, Onion Peaches, Apple Tortilla Chips Milk Condiments included	10 Mini Corn Dogs Garden Salad Scallop Potatoes Mango Juice Cup Strawberries Milk Condiments included	11 Garlic French Bread Cheese Pizza Garden Salad, Carrots Marinara Sauce Pears Watermelon Milk Condiments included	12 Cream Chicken Biscuit Garden Salad Green Beans Mandarin Oranges Kiwi Milk Condiments included	13 Pizza Crunchers Garden Salad Baked Beans Marinara Sauce Pineapple Mixed Fruit Milk Condiments included
16 Pulled Pork/Bun Garden Salad Cole Slaw, Baked Beans Pickle Pineapple Melon Mix Milk Condiments included	17 Hamburger Gravy Dinner Roll Garden Salad Mashed Potatoes Corn Sliced Peaches, Strawberries Milk Condiments included	18 Crisпитos/Cheese Bread Garden Salad Broccoli, Salsa Watermelon Applesauce, Bread Milk Condiments included	19 PK-2 Popcorn Chicken 20 Sweet & Sour Chicken Garden Salad Stir Fry Veggies Cucumbers Grapes, Pears Rice Pilaf Milk Condiments included	20 Beef Taco Bar/Cheese Garden Salad Refried Beans Diced Tomato Apple, Mixed Fruit Milk Condiments included
23 Chicken Patty/Bun Garden Salad Au Gratin Potatoes Peaches, Melon Mix Milk Condiments included	24 Tater Tot Hot Dish Garden Salad Broccoli Apple Strawberries Bread, Milk Condiments included	25 Cheese Quesadilla Garden Salad Baked Beans Salsa Watermelon, Applesauce Milk Condiments included	26 Chili/Cheese Garden Salad Celery Pears, Grapes Corn Bread Milk Condiments included	27 Philly Chicken/Sub Garden Salad Fajita Veggies Cucumber's Kiwi, Pineapple Milk Condiments included
30 Bosco Sticks Garden Salad Tomato Soup Marinara Sauce Sliced Peaches Applesauce Milk Condiments included				

ANNOUNCEMENTS

- Grades K-7 & 12 will start on 9/2
- Grades 8-11 will start on 9/3

Lunch Requirements

Students must select at least 3 food components

- Fruit/Vegetable Required
- Grains
- Meat/Meat Alternate
- Milk

Students must select at least 3 food items

A food component consists of one of the required food groups (fruit/vegetable, grains, meat/ meat alternate and milk).

MENU SUBJECT TO CHANGE

MEAL PRICES

School Lunches-Free
Served Daily

Grades 7-12-Offered:

- Salad Bar
- Chef Salad
- Parfait

Cold Sandwich

All items include Fruit, Vegetable, Grain & Milk

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