

SEPTEMBER 2022 STARK COUNTY JUNIOR HIGH/HIGH SCHOOL MENU

<p>Mashed Potatoes contain Sulfates and can cause Allergic Reactions.</p> <p>1% White and Chocolate Milk are offered at all meals.</p> <p>Ranch and French Dressings, Mustard, Ketchup Mayo, BBQ sauces are offered at Lunch</p>	<p>Breakfast is offered vs.served, The children must pick 3 out of 4 items offered and 1 of the item must be ½ cup of fruit.</p> <p>Lunch is also offered vs. served. The children must pick 3 of the 5 items offered and 1 must be ½ cup of fruit or vegetables.</p>	<p><u><i>Level Up. Rebel Up</i></u></p> <p><b><u>MENU IS SUBJECT TO CHANGE</u></b></p> <p><b><u>Stark County District 100 is the Home of Pride and Excellence</u></b></p> <p><b><u>Fun Fact September is National Chicken and Potato Month</u></b></p>	<p><b>1 Thursday</b> WG Cereal, WG Muffin, Fruit, Juice</p> <p><b>Rebel Nachos (WG Chips, Taco Meat, Cheese), Cheese or Chicken Quesadilla or Salad or Deli Sandwich or Yogurt Meal</b> Refried Beans, Salsa, Pineapple, Fresh Fruit and Veggies</p>	<p><b>2 Friday</b> WG Cereal, Biscuit, Sausage Gravy, Fruit, Juice</p> <p><b>WG Pizza or Salad or Deli Sandwich, or Yogurt Meal</b> Green Beans, Romaine, Ice Cream Cup, Fresh Fruit and Veggies</p>
<p><b>5 Monday</b></p> <p><b>NO SCHOOL</b></p> <p><b>LABOR DAY</b></p>	<p><b>6 Tuesday</b> WG Breakfast Pizza, WG Cereal, Fruit, Juice</p> <p><b>WG Tortilla, Chicken Fajita Meat , Cheese or Salad or Yogurt Meal or Deli Sandwich</b> Salsa, Refried Beans, Peaches, Fresh Fruit and Veggies</p>	<p><b>7 Wednesday</b> WG Breakfast Bar, WG Cereal, Juice, Fruit</p> <p><b>WG Bread Basket, WG Fish Sticks or Strawberry Smoothie Meal or Deli Sandwich or Yogurt Meal or Salad</b> Green Beans, Rosy Applesauce, Fresh Fruit and Veggies</p>	<p><b>8 Thursday</b> WG Donut, WG Cereal, Fruit, Juice</p> <p><b>WG Bun, Hamburger, Cheese Slice or Chicken or Cheese Quesadilla or Yogurt Meal or Deli Sandwich or Salad</b> Oven Potatoes, Mixed Fruit, , Fresh Fruit and Veggies</p>	<p><b>9 Friday</b> WG Cereal, Cinnamon Roll, Fruit, Juice</p> <p><b>WG Multi Cheese Garlic Bread, Marinara or Yogurt Meal or Deli Sandwich or Salad</b> Corn, Pears, Sidekicks, Fresh Fruit and Veggies</p>

<p><b>12 Monday</b> WG Cereal, WG Pancake on a Stick, Syrup, Fruit, Juice</p> <p><b>WG Bun, BBQ Rib or Pepperoni/Cheese Panini or Salad or Yogurt Meal or Deli Sandwich</b> Baked Beans, Sweet Potato Fries, Rosy Applesauce, Fresh Fruit and Veggies</p>	<p><b>13 Tuesday</b> WG Poptart, WG Cereal, Fruit, Juice</p> <p><b>WG Bread Basket, WG Chicken Nuggets or Yogurt Meal or Deli Sandwich or Salad</b> Mashed Potatoes/Gravy, Corn, Pears, Fresh Fruit and Veggies</p>	<p><b>14 Wednesday</b> WG Muffin, WG Cereal, Fruit, Juice</p> <p><b>WG Bun, WG Chicken Patty or Strawberry Smoothie Meal or Yogurt Meal or Salad or Deli Sandwich</b> Green Beans, Peaches, Fresh Fruit and Veggie</p>	<p><b>15 Thursday</b> WG Toast, Jelly, Omelet, WG Cereal, Fruit, Juice</p> <p><b>WG Bread Basket, Chicken Teriyaki Bites or Chicken or Cheese Quesadilla or Yogurt Meal or Deli Sandwich or Salad</b> WG Chicken Rice, Broccoli w/Cheese, Mandarin Oranges, Fresh Fruit and Veggies</p>	<p><b>16 Friday</b> WG Cereal, English Muffin, Egg Patty, Cheese Slice,, Fruit, Juice</p> <p><b>WG Bosco Sticks with Ravioli or Salad or Yogurt Meal or Deli Sandwich</b> Marinara Sauce, Romaine, Mixed Fruit, WG Cookie, Fresh Fruit and Veggies</p>
<p><b>19 Monday</b> WG Cereal, WG Donut, Fruit, Juice</p> <p><b>WG Corn Dogs or Pepperoni/Cheese Panini or Salad or Yogurt Meal or Deli Sandwich</b> Baked Beans, Pears, Fresh Fruit and Veggies</p>	<p><b>20 Tuesday</b> WG Bagel, Cream Cheese, WG Cereal, Fruit, Juice</p> <p><b>WG Chili Crispito or Yogurt Meal or Salad or Deli Sandwich</b> Salsa, Romaine, Cinnamon Applesauce, Fresh Fruit and Veggies</p>	<p><b>21 Wednesday</b> WG French Toast Sticks, Syrup, WG Cereal, Fruit, Juice</p> <p><b>Early Dismissal at 11:00 Take home Sack Lunch WG PB &amp; J's, WG Chips, Fresh Fruit and Veggies</b></p>	<p><b>22 Thursday</b> WG Cereal, WG Breakfast Bar, Juice, Fruit</p> <p><b>WG Bun, Sloppy Joe or Salad or Deli Sandwich, Yogurt Meal, Chicken or Cheese Quesadilla</b> Oven Potatoes, Peaches, Fresh Fruit and Veggies</p>	<p><b>23 Friday</b></p> <p><b>NO SCHOOL</b></p>
<p><b>26 Monday</b> WG Cereal, WG Waffle, Fruit, Juice</p> <p><b>WG Bun, Hot Dog or Chili Dog or Pepperoni/Cheese Panini or Yogurt Meal or Salad or Deli Sandwich</b> Oven Potatoes, Mandarin Oranges, Fresh Fruit and Veggies</p>	<p><b>27 Tuesday</b> WG Donut, WG Cereal, Fruit, Juice</p> <p><b>WG Toasted Cheese, Chicken Noodle Soup or Salad or Yogurt Meal or Deli Sandwich</b> Lettuce, Carrots, Pears, Fresh Fruit and Veggies</p>	<p><b>28 Wednesday</b> WG Poptart, WG Cereal, Juice, Fruit</p> <p><b>WG Bun, Tenderloin or Strawberry Smoothie Meal or Yogurt Meal or Salad or Deli Sandwich,</b> Corn, Peaches, Fresh Fruit and Veggies</p>	<p><b>29 Thursday</b> WG Cereal, WG Pancake on a Stick, Syrup, Fruit, Juice</p> <p><b>WG Bun, Meatball with Sauce and Cheese or Salad or Yogurt Meal, Deli Sandwich, Chicken or Cheese Quesadilla</b> Romaine, Mixed Fruit, Fresh Fruit and Veggies</p>	<p><b>30 Friday</b> WG Cereal, Biscuit, Sausage and Gravy, Fruit Juice</p> <p><b>Taco in a Bag (WG Chips, Taco Meat, Cheese) or Salad or Yogurt Meal or Deli Sandwich,</b> Salsa, Refried Beans, Rosy Applesauce, Jello w/Cool Whip Fresh Fruit and Veggies</p>