

# SEPTEMBER 2022

## Henry L. Slater Elementary Menu

BREAKFAST IS COMPLEMENTARY TO ALL STUDENTS (after morning bell)

Lunch – **\$3.00** paid SY22-2023 & **0¢**-reduced  Extra Milk – **45¢** Juice is **.45¢**

**Lunch includes:** Entrée with Salad bar options, fruit, vegetable, breads grains, Oregon Milk (Nonfat - 1%)

Menu is subject to change. Some items may contain nuts.

*Food allergies need to be documented by a licensed doctor and a faxed or written copy sent to the kitchen & office when student is participating in the breakfast or lunch programs.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<b>Friday School Sept 23<sup>rd</sup></b> <b>Breakfast</b> Cereal bar w/ String Cheese Fruit & Milk <b>Lunch</b> Cheese Burgers (only) French Fries w/ Fruit, Veggies, Milk	1 <b>Breakfast</b> Cereal, Cracker Banana & Milk <b>Lunch</b> Pizza PB & J Sand w/ Cheese Stick Fruit, veggies, Milk
5 <b>NO SCHOOL</b>  <b>LABOR DAY</b>	6 <b>Breakfast</b> WG Pop Tart String Cheese Apple & Milk <b>Lunch</b> Chicken Tostada Bean & Cheese Burrito Sweet Corn Fruit, veggies, Milk	7 <b>Breakfast</b> WG Muffins w/Cracker Applesauce & Milk <b>Lunch</b> Meat Spaghetti w/ Tx Toast Corn Dog Fruit, Veggies, Milk	8 <b>NO SCHOOL</b>  <b>FAIR DAY</b>
12 <b>Breakfast</b> Chocolate Oat Bar Peaches & Milk <b>Lunch</b> Hamburger Hot Dog w/ Baked Beans Fruit , Veggies, Milk	13 <b>Breakfast</b> Bagel w/ Cream cheese Applesauce & Milk <b>Lunch</b> Alfredo & Noodles w/ Tx Toast Chili Hot Dogs w/ Cheese Fruit, veggies, Milk	14 <b>Breakfast</b> Warm Waffle Apple & Milk <b>Lunch</b> Chili Sweet Thai Chicken w/ Fried Rice Turkey & Cheese Wrap Fruit, veggies, Milk	15 <b>Breakfast</b> Cereal w/ Cracker Banana & Milk <b>Lunch</b> Pizza Stix w/ Marinara Meat Sand Fruit, veggies, Milk
19 <b>Breakfast</b> Cereal Bar w/ String Cheese Apple, Milk <b>Lunch</b> Chicken Nuggets Toasted Cheese Sand Baked Beans Fruit, veggies, Milk	20 <b>Breakfast</b> Yogurt w/ Cracker Fruit, Milk <b>Lunch</b> Nacho's w/ Meat & Cheese Bean & Cheese Burrito Sweet Corn Fruit, veggies, Milk	21 <b>Breakfast</b> Cinnamon Roll Applesauce, Milk <b>Lunch</b> Meat Lasagna w/ TX Toast or Soft Pretzel w/ /Cheese Green Beans Fruit, veggies, Milk	22 <b>Breakfast</b> Cereal , Sun seeds Dried Fruit & Milk <b>Lunch</b> BBQ Pork Rib Sand Ham & Cheese Sand Fruit, veggies, Milk  <b>Friday School</b>
26 <b>Breakfast</b> Apple Strudel Apple Juice, Milk <b>Lunch</b> Crispy Chicken Burger Corn Dog French Fries Fruit, veggies, Milk	27 <b>Breakfast</b> Hot Biscuit w/ Applesauce Milk <b>Lunch</b> Crunchy Beef Taco Mexi- Chicken Salad Seasoned Beans & Rice Fruit, veggies, Milk	28 <b>Breakfast</b> Nutri- Grain Bar w/ Cracker Peaches, Milk <b>Lunch</b> Italian Meatball Sub Yogurt & Granola Pack Fruit, veggies, Milk	29 <b>Breakfast</b> Cereal, Cracker Banana & Milk <b>Lunch</b> Baked Potato w/ Bacon & Cheese w/ Roll Ham & Cheese Sand Fruit, veggies, Milk

**This institution is an equal opportunity provider.**

