

# SEPTEMBER Breakfast Menu 2023

MON

TUE

WED

THU

FRI

## Welcome back to School!!

4  
**Labor Day**  
**No School**

5  
Brekkie Bar  
Apple Juice  
Mixed Fruit  
Milk

6  
Sausage Patty  
Biscuit  
Cheese Slice  
Grape Juice  
Applesauce  
Milk

7  
Apple filled Donut  
Dragon Punch  
Mandarin Oranges  
Milk

8  
Mini Waffles  
Fresh Orange  
Pineapple  
Milk  
Syrup

11  
BenefIT Bar  
Mixed Fruit  
Apple Juice  
Milk

12  
Sausage Breakfast  
Pizza  
Applesauce  
Fruit Punch  
Milk

13  
Dutch Waffle  
Strawberry Cup  
Orange Juice  
Milk

14  
Blueberry Waffle  
Pineapple  
Grape Juice  
Milk  
Syrup

15  
Cereal  
Cheese Stick  
Peaches  
Orange Juice  
Milk

18  
Brekkie Bar  
Dragon Punch  
Mandarin Oranges  
Milk

19  
Mini Pancake Wraps  
Sliced Peaches  
Apple Juice  
Milk

20  
Scrambled Eggs  
French Toast  
Applesauce  
Fruit Punch Juice  
Milk

21  
Biscuit  
Egg Pattie/Cheese  
Strawberry Cup  
Grape Juice  
Milk

22  
Mini Strawberry  
Bagel  
Mixed Fruit  
Orange Juice  
Milk

25  
BenefIT Bar  
Mixed Fruit  
Dragon Punch  
Milk

26  
Ham Pattie  
English Muffin  
Pineapple  
Apple Juice  
Milk

27  
Mini Waffles  
Strawberry Cup  
Grape Juice  
Milk

28  
Bosco Stick  
Marinara Sauce  
Banana  
Fruit Punch  
Milk

29  
French Toast  
Crackers  
Yogurt  
Sliced Peaches  
Blueberries  
Milk

### ANNOUNCEMENTS

- Open House will take place on 8/30 from 4-6 pm. The teacher day will be from 10-6 on 8/30.
- Grades K-7 & 12 will start on 9/5
- Grades 8-11 will start on 9/6

#### Breakfast requirements

Students must select at least 3 food items

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.

### MEAL PRICES

**Students receive  
Free Breakfast**

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

# SEPTEMBER Lunch Menu 2023

MON	TUE	WED	THU	FRI
				1
4 <b>NO SCHOOL</b>	5 <b>Pizza Cruncher</b> Cucumber, Lettuce, Tomato Green Beans Mandarin Oranges, Applesauce, Milk	6 <b>Sloppy Joe/Bun</b> Baked Beans, Cooked Carrots, Peaches, Strawberries Milk	7 <b>Popcorn</b> Chicken/Gravy Mashed Potatoes, Corn Applesauce, Pears Bread/Butter Milk	8 <b>Taco Bar/Cheese</b> Lettuce, Tomato, Onion, Refried Beans Mixed Fruit, Kiwi, Chips, Milk
11 <b>Hot Dog/Bun</b> Baked Beans, Tater Tots, Watermelon, Peaches Chips Milk	12 <b>Beef Spaghetti</b> Cottage Cheese, Garlic Bread Lettuce, Grape Tomato Green Beans Grapes, Mandarin Oranges Milk	13 <b>Cheese Quesadilla</b> Lettuce, Salsa Cooked Carrots, Mixed Fruit, Pineapple, Milk	14 <b>Mandarin Orange</b> Chicken Rice Pilaf Stir Fry Veggies, Lettuce, Applesauce, Kiwi Milk	15 <b>Chicken Philly/Sub</b> Fresh Carrots, Corn Chocolate Hummus Apple Slices, Strawberries Milk
18 National Cheesburger Day! <b>Cheesburger/Bun</b> French Fries, Lettuce, Baked Beans, Peaches, Watermelon Milk	19 <b>Bosco Sticks</b> Green Pepper Marinara Sauce Lettuce Grapes, Mandarin Oranges Milk	20 <b>Crispito</b> Cheese Sauce Broccoli, Salsa Corn Pineapple, Mixed Fruit Bread & Butter, Milk	21 <b>Sweet &amp; Sour Chicken</b> Rice Pilaf Stir Fry Veggies, Cucumber Slices Applesauce, Pears Milk	22 <b>Ham or Turkey Sub</b> Lettuce, Onion, Tomato, Strawberries, Apple Slices Chocolate Hummus, Milk
25 <b>BBQ Pulled Pork/Bun</b> Baked Beans , Coleslaw Watermelon, Peaches Chips Milk	26 <b>Tater tot Hotdish</b> Dinner Roll Cottage Cheese Green Beans, Lettuce Mandarin Oranges, Mixed Fruit Milk	27 National Choc. Milk Day! <b>French Bread Pizza</b> Marinara Sauce Corn, Cucumbers Grapes, Pears Milk	28 <b>BBQ Teriyaki</b> Rice Pilaf Stir Fry Veggies, Peas Applesauce, Mango Smoothie Cup Milk	29 <b>Macaroni &amp; Cheese</b> Popcorn Chicken Broccoli Fresh Carrots Strawberries, Kiwi Milk

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- Grades 8-11 will start on 9/6

### Lunch Requirements

Students must select at least 3 food items

- Fruit/Vegetable Required (at least 1/2 cup-of each)
- 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 INFORMATION AND PRICES

School Lunches-Free  
Served Daily

Grades 7-12-Offered:

Salad Bar

Chef Salad

Parfait

Cold Sandwich

All items include Fruit ,Vegetable, Grain & Milk

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