



SEPTEMBER BREAKFAST/LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 B: Maple Waffle Chicken Sandwich L: Turkey Nachos - Cheese, Lettuce, Corn & Salsa	2 B: Cinnamon Rolls w/ Icing Chicken Nuggets, Fries, Salad w/Carrots
5 Labor Day No School	6 B: Blueberry Muffin and Applesauce L: Turkey Tacos - Cheese, Lettuce, Corn, Salsa, Black Beans & Soft Tortillas	7 B: Cinnamon Waffles & Sausage Links L: Spaghetti & Meat Sauce, Steamed Broccoli, Salad w/ Carrots	8 B: Sausage Biscuit Sandwich L: Oven Fried Chicken, Tator Tots, Broccoli & Roll	9 B: French Toast Sticks L: Hot Dog w/Chili Fries, Ketchup & Mustard
12 B: Cinnamon Toast Cereal & String Cheese L: Gumbo w/Chicken & Sausage, Rice, Green Beans & WG Crackers	13 B: Blueberry Waffles & Sausage Links L: Turkey Tacos, Meat, Salsa, Cheese, Lettuce & Corn	14 B: Banana Muffin & Applesauce L: Spaghetti & Meat Sauce, Steamed Corn, Salad w/Carrots	15 B: Maple Waffle Chicken Sandwich L: Herb Roasted Chicken, Roll Potato Au Gratin & Broccoli	16 B: Cinnamon Rolls w/Icing L: Cheese Pizza, Salad w/Carrots
19 B: Cinnamon Toast Cereal & String Cheese L: White Beans & Rice, Green Beans & Biscuit	20 B: Banana Muffin & Applesauce L: Frito Pie - Chili, Lettuce, Corn, Cheese, Sour Cream	21 B: Cinnamon Waffles & Sausage Links L: Dirty Rice, Steamed Broccoli, & Cucumber Salad	22 B: Sausage Biscuit Sandwich L: Hamburger Helper, Steamed Broccoli, & Breadstick	23 No School
26 B: Cinnamon Toast Cereal & String Cheese L: Red Beans & Rice, Green Beans & Biscuits	27 B: Blueberry Waffles & Sausage Links L: Turkey Tacos, Meat, Salsa, Cheese, Lettuce & Corn	28 B: Banana Muffin & Applesauce L: Cheeseburger w/French Fries, Ketchup & Mayo	29 B: Cinnamon Toast Cereal & String Cheese L: BBQ Chicken Thighs, Mac & Cheese & Green Beans	30 B: Blueberry Waffles & Sausage Links L: Jambalya, Baby Carrots, Green Beans & WG Rolls

- Fruit and Veggies are Served with Every Meal
- Free Breakfast and Lunch for All Students
- USDA is an Equal Opportunity Provider
- Menu items are subject to change

All Meals Served With:

Low Fat White Milk or Non Fat Chocolate Milk and Fresh Fruit or Fruit Juice

Cereal & String Cheese Served Everyday as Alternative Breakfast

