

# SEPTEMBER 2019

## Breakfast and Lunch Menus

All lunch meals served with your choice of skim, 1% or chocolate skim milk  
Assorted fruit and additional vegetable choices offered daily  
Menu subject to change due to unforeseen circumstances

### LUNCH MENU

Lunch Price = \$2.80

Offered Daily on Salad Bar: Lettuce Variety · Tomato · Cucumber · Carrots · Croutons · Cheese · Dressing

	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY
<b>NO SCHOOL</b>	<b>MAIN:</b> Beef Soft Taco* w/Fixings <b>GRILL:</b> Cheese or Pepperoni Pizza Slice* or Beef Burrito* <b>SALAD:</b> Build Your Own Deli Sandwich* with Baked Chips*  <b>SMART SIDES</b> Hot Vegetable Choice Bean Choice	<b>MAIN:</b> Popcorn Chicken w/Biscuit <b>GRILL:</b> Domino's* or Cheeseburger <b>SALAD:</b> Popcorn Chicken w/Mashed Potatoes/Gravy and Biscuit  <b>SMART SIDES</b> Potato Choice Golden Corn Coleslaw	<b>MAIN:</b> Whole Grain Pasta* with Meat Sauce and Garlic Toast  <b>GRILL:</b> Domino's or * Chicken Filet Sandwich*  <b>SALAD:</b> Italian Entree Choice*  <b>SMART SIDES</b> Hot Vegetable Choice Caesar Salad	<b>MAIN:</b> Burger Bar* with Oven Fries  <b>Grill:</b> Domino's Pizza*  <b>SALAD:</b> Pizza Crunchers*  <b>SMART SIDES</b> Caesar Salad Celery Sticks
9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY
<b>MAIN:</b> Mandarin Orange Chicken with Rice* and Egg Roll <b>GRILL:</b> Domino's* or Corn Dog* <b>SALAD:</b> Hot Ham and Cheese on Pretzel Bun* with Baked Chips  <b>SMART SIDES</b> Hot Vegetable Choice Snap Peas or Fresh Broccoli	<b>MAIN:</b> Fiesta Chicken and Rice Bowl <b>GRILL:</b> Cheese or Pepperoni Pizza Slice* <b>SALAD:</b> Pork Steak with Mashed Potatoes and Gravy/Roll*  <b>SMART SIDES</b> Hot Vegetable Choice Fiesta Black Beans	<b>MAIN:</b> Popcorn Chicken with Roll* <b>GRILL:</b> Domino's* or Cheeseburger  <b>SALAD:</b> Popcorn Chicken w/Mashed Potatoes/Gravy and Roll*  <b>SMART SIDES</b> Potato Choice Golden Corn Coleslaw	<b>MAIN:</b> Whole Grain Pasta* with Meat Sauce and Garlic Toast  <b>Grill:</b> Domino's* or Chicken Tenders* with Fries  <b>SALAD:</b> Garlic Cheese Bread* <b>SMART SIDES</b> Hot Vegetable Choice Caesar Salad	<b>MAIN:</b> Shrimp Poppers* with Macaroni and Cheese* <b>Grill:</b> Domino's Pizza*  <b>SALAD:</b> Pizza Crunchers*  <b>SMART SIDES</b> Cold Salad Choice Celery Sticks
16 MONDAY	17 TUESDAY	18 WEDNESDAY	19 THURSDAY	20 FRIDAY
<b>MAIN:</b> Mini Pancakes* with Cheese Omelet and Yogurt <b>GRILL:</b> Domino's* or Corn Dog* <b>SALAD:</b> Asian Bar with Fried Rice*  <b>SMART SIDES</b> Hot Vegetable Choice Snap Peas or Fresh Broccoli	<b>MAIN:</b> Beef Taco in a Chip Bag* <b>GRILL:</b> Cheese or Pepperoni Pizza Slice* or Beef Burrito* <b>SALAD:</b> Beef Taco in a Chip Bag*  <b>SMART SIDES</b> Hot Vegetable Choice Bean Choice	<b>MAIN:</b> Popcorn Chicken w/Biscuit <b>GRILL:</b> Domino's* or Cheeseburger <b>SALAD:</b> Popcorn Chicken with Mashed Potatoes/Gravy/Biscuit  <b>SMART SIDES</b> Potato Choice Golden Corn Coleslaw	<b>MAIN:</b> Whole Grain Pasta* with Meat Sauce or Chicken Alfredo and Garlic Toast  <b>Grill:</b> Domino's Pizza* or Chicken Filet Sandwich*  <b>SALAD:</b> Italian Entree Choice*  <b>SMART SIDES</b> Hot Vegetable Choice Caesar Salad	<b>MAIN:</b> Burger Bar* with Oven Fries  <b>Grill:</b> Domino's Pizza*  <b>SALAD:</b> Pizza Crunchers*  <b>SMART SIDES</b> Hot Vegetable Choice Fresh Broccoli/Cauliflower
23 MONDAY	24 TUESDAY	25 WEDNESDAY	26 THURSDAY	27 FRIDAY
<b>MAIN:</b> Sesame Chicken with Steamed Rice* and Egg Roll <b>GRILL:</b> Domino's* or All Beef Hot Dog* with fixings <b>SALAD:</b> Hot Ham and Cheese on Pretzel Bun* with Soup  <b>SMART SIDES</b> Hot Vegetable Choice Cucumber Slices	<b>MAIN:</b> Cheese or Chicken Quesadilla* <b>GRILL:</b> Cheese or Pepperoni Pizza Slice* <b>SALAD:</b> Chicken Drumstick with Mashed Potatoes and Gravy/Biscuit  <b>SMART SIDES</b> Hot Vegetable Choice Bean Choice	<b>MAIN:</b> Popcorn Chicken with Roll* <b>GRILL:</b> Domino's* or Cheeseburger <b>SALAD:</b> Popcorn Chicken w/Mashed Potatoes/Gravy and Roll*  <b>SMART SIDES</b> Potato Choice Golden Corn Coleslaw	<b>MAIN:</b> Whole Grain Pasta* with Meat Sauce and Garlic Toast  <b>Grill:</b> Domino's Pizza* or Chicken Tenders* with Fries  <b>SALAD:</b> Garlic Cheese Bread*  <b>SMART SIDES</b> Hot Vegetable Choice Caesar Salad	<b>MAIN:</b> Chicken Breast Sandwich* with Fixings  <b>Grill:</b> Domino's Pizza*  <b>SALAD:</b> Pizza Crunchers*  <b>SMART SIDES</b> Celery Sticks Cold Salad Choice
30 MONDAY	<b>MENU IS SUBJECT TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES</b>			
<b>MAIN:</b> Cinnamon French Toast* with Cheese Omelet /Potato Choice <b>GRILL:</b> Domino's* or Corn Dog*  <b>SALAD:</b> Asian Bar with Fried Rice*  <b>SMART SIDES</b> Hot Vegetable Choice Fresh Broccoli	<p><b>* ASSORTED FRUIT CHOICES OFFERED DAILY</b></p> <p><b>* ADDITIONAL VEGETABLE CHOICES OFFERED DAILY</b></p> <p><b>* MILK CHOICES OFFERED DAILY</b></p> <p><b>* = WHOLE GRAIN ITEMS</b></p>			

# SEPTEMBER 2019

All Breakfasts served with Fruit, Fruit Juice and Skim or 1% Milk.

Breakfast menu is subject to change due to unforeseen circumstances.

## BREAKFAST

Breakfast Price = \$1.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cook's Choice*</p> <p>OR Cold Cereal* with a Yogurt, Muffin* or Breakfast Bar*</p> <p>OR Yogurt Parfait* or Fruit Yogurt Smoothie with Breakfast Bar*</p>	<p>Mini Pancakes* or Mini Cinnamon Rolls*</p> <p>OR Cold Cereal* with a Yogurt, Muffin* or Breakfast Bar*</p> <p>OR Yogurt Parfait* or Fruit Yogurt Smoothie with Breakfast Bar*</p>	<p>Assorted Breakfast Sandwiches*</p> <p>OR Cold Cereal* with a Yogurt, Muffin* or Breakfast Bar*</p> <p>OR Yogurt Parfait* or Fruit Yogurt Smoothie with Breakfast Bar*</p>	<p>French Toast* or Breakfast Frudel*</p> <p>OR Cold Cereal* with a Yogurt, Muffin* or Breakfast Bar*</p> <p>OR Yogurt Parfait* or Fruit Yogurt Smoothie with Breakfast Bar*</p>	<p>Whole Grain Breakfast Pastry*</p> <p>OR Cold Cereal* with a Yogurt, Muffin* or Breakfast Bar*</p> <p>OR Yogurt Parfait* or Fruit Yogurt Smoothie with Breakfast Bar*</p>

This institution is an equal opportunity provider