



# SEPTEMBER 2023 BREAKFAST MENU

## DAILY ENTRÉE ALTERNATES

Asst. Cereals or Pop Tarts  
with Fruit

## OTHER ITEMS AVAILABLE DAILY

Asst. Yogurt  
Asst. Fresh/Canned Fruit  
Choice of Milk  
Asst. 100% Fruit Juice

## Monthly Health Tip

### Vary your veggies!

Fall vegetables like Brussel sprouts, parsnips, and carrots add color and variety to meals.

*\*All meals are reimbursable.*

*\*All student meals are free as we participate in a program called CEP (Community Eligibility Provision).*

**MENU SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> <b>HOLIDAY NO SCHOOL</b>	<b>5</b> POWDERED DONUTS W/ FRUIT	<b>6</b> BREAKFAST BURRITO W/ FRUIT	<b>7</b> FRENCH TOAST BITES W/ FRUIT	<b>8</b> CINNAMON ROLL W/ FRUIT
<b>11</b> BREAKFAST SANDWICH W/ FRUIT	<b>12</b> BREAKFAST DANISH W/ FRUIT	<b>13</b> BREAKFAST BURRITO W/ FRUIT	<b>14</b> MINI PANCAKES W/ FRUIT	<b>15</b> SWEET BREAD W/ FRUIT
<b>18</b> BREAKFAST SANDWICH W/ FRUIT	<b>19</b> CHURROS W/ FRUIT	<b>20</b> BREAKFAST BURRITO W/ FRUIT	<b>21</b> MINI WAFFLES W/ FRUIT	<b>22</b> MUFFINS W/ FRUIT
<b>25</b> BREAKFAST SANDWICH W/ FRUIT	<b>26</b> SCONE W/ FRUIT	<b>27</b> BREAKFAST BURRITO W/ FRUIT	<b>28</b> CINN BLUEBERRY TWIST W/ FRUIT	<b>29</b> FRUIT TURNOVER W/ FRUIT



# SEPTEMBER | 2023 LUNCH MENU

## DAILY ENTRÉE ALTERNATES

Snack Pack (Hardboiled Egg, Cheese, and Two Grain Items)  
Specialty Salads (Available on select days only)

## OTHER ITEMS AVAILABLE DAILY

Side Salad w/ Asst Dressing  
Fresh/Canned Fruit  
Choice of Milk  
Water

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<b>4</b> <b>HOLIDAY NO SCHOOL</b>	<b>5</b> <b>Pizza Burger Smiley Fries Broccoli</b> Hoagie Sandwich	<b>6</b> <b>Buffalo Chicken Sandwich Celery Sticks</b> Hoagie Sandwich	<b>7</b> <b>Gyro w/ Tzatziki Sauce Edamame</b> Hoagie Sandwich	<b>8</b> <b>Cheesy Breadsticks w/ Marinara Sauce Broccoli</b> Hoagie Sandwich
<b>11</b> <b>Chicken Pasta Alfredo Green Beans</b> Pepperoni Sandwich	<b>12</b> <b>Chicken Tenders French Fries Peas</b> Pepperoni Sandwich	<b>13</b> <b>Walking Taco Refried Beans Corn</b> Pepperoni Sandwich	<b>14</b> <b>Turkey Mashed Potatoes Mixed Veggies</b> Pepperoni Sandwich	<b>15</b> <b>Grilled Cheese Tomato Soup</b> Pepperoni Sandwich
<b>18</b> <b>Chicken Nuggets Veg Fried Rice Edamame</b> Italian Wrap	<b>19</b> <b>Salisbury Steak Mashed Potatoes Dinner Roll</b> Italian Wrap	<b>20</b> <b>Omelet Pancakes Fruit Cup</b> Italian Wrap	<b>21</b> <b>Rotini w/ Meatballs</b> Italian Wrap	<b>22</b> <b>Hot Ham &amp; Cheese on Pretzel Roll</b> Italian Wrap
<b>25</b> <b>Chicken Drumsticks Parsley Potatoes Mixed Veggies</b> PB&J Sandwich	<b>26</b> <b>Chili Dogs French Fries Baked Beans</b> PB&J Sandwich	<b>27</b> <b>Chicken Patty Sandwich Peas</b> PB&J Sandwich	<b>28</b> <b>Meatball Hoagie Broccoli</b> PB&J Sandwich	<b>29</b> <b>Pizza Wedding Soup Carrots</b> PB&J Sandwich

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