

SEPTEMBER 2019
K-12 BREAKFAST MENU
Menu subject to change*

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
LABOR DAY	½ cup 100% Juice ½ cup Fresh Pear Breakfast Round Milk	½ cup 100% Juice ½ cup Craisins WG Strawberry Pop-Tart Milk	½ cup 100% Juice ½ cup Banana WG Fruity Cheerio Cereal Milk	½ cup 100% Juice ½ cup Fresh Apple WG Chocolate Chip Bar Milk
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
½ cup 100% Juice ½ cup Applesauce WG Cinnamon Pop-Tart Milk	½ cup 100% Juice ½ cup Fresh Orange WG Cocoa Puff Cereal Elf Grahams Milk	½ cup 100% Juice ½ Cup Craisins Mini Strawberry Bagel Milk	½ cup 100% Juice ½ cup banana WG Cinnamon Toast Crunch Cereal Milk	½ cup 100% Juice ½ cup Fresh Apple WG Chocolate Chip Bar
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
½ cup 100% Juice ½ cup Applesauce WG Cinnamon Pop-Tart Milk	½ cup 100% Juice ½ cup Fresh Orange WG Trix Cereal Graham Cracker Milk	½ cup 100% Juice ½ cup Fresh Pear WG Strawberry Bar Milk	½ cup 100% Juice ½ cup Strawberry Craisins WG Cinnamon Chex Elf Grahams Milk	½ cup 100% Juice ½ cup Banana WG Blueberry Lemon Bites Milk
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
½ cup 100% Juice ½ cup Applesauce WG Fruit and Grain Bar Goldfish Graham Milk	½ cup 100% Juice ½ cup Fresh Pear Breakfast Round Milk	½ cup 100% Juice ½ cup Craisins WG Strawberry Pop-Tart Milk	½ cup 100% Juice ½ cup Banana WG Fruity Cheerio Cereal Milk	½ cup 100% Juice ½ cup Fresh Apple WG Chocolate Chip Bar Milk
MONDAY 30				
½ cup 100% Juice ½ cup Applesauce WG Cinnamon Pop-Tart Milk				

September 2019

9-12 Lunch (*Menus subject to change*)

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Hot Dog	4 Cheese Pizza	5 Turkey & Cheese sandwich	6 Swedish Meatballs
LABOR DAY	(16)100% Juice (12)Applesauce Cup (25)2oz Turkey Hot Dog 2oz WG Bun (8) Green Beans Ketchup Milk	(16)100% Juice (19)Fresh Apple (37) Cheese Pizza (10) 1c Fresh Baby Carrots Ranch Milk	(16)100% Juice (19)Fresh Apple (32)2oz Turkey Breast 0.5oz American Cheese 2oz WG Bread (3)1/2c Cauliflower (13)1/2c Veggie Juice (2)Mayo Milk	(16)100% Juice (27)Fresh Banana (9)Meatballs (2oz meat) (41)1c Rotini (6)2oz Gravy (5)1c Broccoli Milk
9 Chicken Nuggets	10 Chicken Ranch Pizza	11 Salisbury Steak	12 French Toast & Sausage	13 Roasted Chicken Parm
(16)100% juice (12)Applesauce cup (16)WG chicken nuggets (2oz meat, 1oz grain) (58)1c baked beans Ketchup Milk	(16)100% juice (19)Fresh apple (35)1oz chicken 1oz cheddar 1oz ranch 2oz WG crust (12)1c fresh baby carrots Milk	(16)100% juice (27)Fresh banana (5)Salisbury steak (2oz meat) (41)1c egg noodles (6)2oz brown gravy (5)1c broccoli Milk	(16)100% juice (12)Applesauce cup (50)French toast (2oz grain) (0)Turkey sausage (2oz meat) (28)1c tater tots ketchup (31)syrup Milk	(16)100% juice (19)Fresh apple (60)2oz chicken thighs 0.5oz mozzarella cheese 2oz red sauce 1c penne (5)1c carrots Milk
16 Cheese Quesadilla	17 Grilled Chicken Sandwich	18 Chicken Deluxe Salad	19 Hamburger	20 Cheese Pizza
(16)100% Juice (19)Fresh Apple (30)2oz Cheese Quesadilla (2oz MMA, 1oz G) (17)1/2c Pinto Beans (10)3/4c Fresh Baby Carrots (1)Taco Sauce Milk	(16)100% Juice (12)Applesauce Cup (26)3oz Chicken Breast 2oz WG Bun (12)1c Broccoli Milk	(16)100% Juice (27)Fresh Banana (40)1.5oz Chicken Thighs 0.5oz Cheddar Cheese 1c Salad Mix 1/4c Shredded Carrots (14)2oz WG Breadsticks (6)Ranch Milk	(16)100% Juice (12)Applesauce Cup (25)Burger Patty (2oz meat) 2oz WG Bun (8)1c Green Beans Ketchup Milk	(16)100% Juice (19)Fresh Apple (37)2oz Mozzarella Cheese 2oz Red Sauce 2oz WG Crust (8)1c Baby Carrots Milk
23 Chicken Patty	30 Pasta With Meatballs	25 Orange Chicken Stir-fry	26 BBQ Chicken Pizza	27 Beef Taco Bowl
(16)100% Juice (12)Applesauce Cup (40) Chicken Patty 2oz WG Bun (8) 1c Carrots BBQ Packet Milk	(16)100% Juice (19)Fresh Apple (31)1.5oz Meatballs 0.5oz Mozzarella Cheese 2oz Red Sauce 1c Rotini (5)1c Carrots Milk	(16)100% Juice (27)Fresh Banana (18)2oz Chicken Thighs (4)1/4c Edamame 2oz Oriental Dressing (41)1c Spaghetti Noodles (5)1c Broccoli Milk	(16)100% Juice (12)Applesauce Cup (33)1oz BBQ Chicken 1oz Cheddar Cheese 1oz BBQ Sauce 2oz WG Crust (12)1c Fresh Baby Carrots Milk	(16)100% Juice (19)Fresh Apple (42)2oz Ground Beef 0.5oz Cheddar Cheese 1c Brown Rice (34)1c Pinto Beans (8)1/4c Corn (1)Taco Sauce Milk
30 Popcorn Chicken				
(16) 100% Juice (27) Fresh Banana (16) 2oz Popcorn Chicken (21) 1/2c Mashed Potatoes (6) 2oz Gravy (14) 2oz WG Breadstick (6) 1c Carrots Milk				