



September Lunch Menu

MONDAY

No School 5

TUESDAY

BREAKFAST
Bagel w/ Cream Cheese
Yogurt
Fresh Grapes
LUNCH
Grande Nachos w/Beef,
Cheese, Lettuce & Tomato
Whole Kernel Corn
Chilled Fruit
SNACK
Smart Pop Popcorn
Apple Juice 6

WEDNESDAY

BREAKFAST
Egg Patty
Biscuit & Jelly
Orange Juice
LUNCH
Macaroni & Cheese
Whole Wheat Dinner Roll
Mixed Vegetables
1/2 Fresh Pear
SNACK
Waffle Snaps Cookie
Assorted Juice 7

THURSDAY

BREAKFAST
French Toast Sticks & Syrup
Fruit Punch
LUNCH
Chicken Nuggets
Tator Tots
Green Beans
Peaches
SNACK
Wheat Thins
Orange Juice 8

FRIDAY

BREAKFAST
Muffin
String Cheese
Banana
LUNCH
Pepperoni Pizza
Tossed Italian Salad
Applesauce
Cookie
SNACK
Mini Pretzels
Assorted Juices 9

BREAKFAST
Tottie Fruiti Cereal
Wheat Bread & Jelly
1/2 Fresh Orange
LUNCH
Chicken Patty Sandwich
Tator Tots
Whole Kernel Corn
Pineapple Tidbits
SNACK
Animal Crackers
100% Fruit Punch 12

BREAKFAST
Turkey Sausage Patty
Hashbrown
Orange Juice
LUNCH
Spaghetti & Meatsauce
Wheat Roll
Salad with Ranch
Applesauce
SNACK
Baked Cheetos
Assorted Juice 13

BREAKFAST
Waffles & Syrup
Apple Juice
LUNCH
Mini Corn Dogs
French Fries
Vegetable Medley
Fresh Banana
SNACK
Cheese & Crackers
Orange Juice 14

BREAKFAST
English Muffin & Jelly
Cheddar Cheese
Fresh Grapes
LUNCH
Grilled Chicken & Gravy
Mashed Potatoes
Broccoli
Peach/Pear Medley
SNACK
Goldfish Crackers
Grape Juice 15

BREAKFAST
Breakfast Quesadilla
100% Fruit Punch
LUNCH
Cheese Pizza
Tossed Salad with Italian
Graham Crackers
1/2 Fresh Apple
SNACK
Jumbo Cookie
Assorted Juices 16

Breakfast
French Toast Sticks &
Syrup
Apple Juice
Lunch
Hotdog on Wheat Bun
Baked Beans
Celery Sticks
Peaches
Snack
Sun Chips
100% Fruit Punch 19

20 Breakfast
Muffin
String Cheese
Orange Juice
Lunch
Popcorn Chicken
French Fries
Whole Kernel Corn
1/2 Fresh Orange
Snack
Waffle Snap Cookies
Assorted Juices

21 Breakfast
Breakfast Pizza
Grape Juice
Lunch
Macaroni & Cheese
Whole Wheat Dinner Roll
Green Beans
Mixed Fruit Salad
Snack
Oreo Cookies
Orange Juice

22 Breakfast
Cereal
Wheat Bread & Jelly
Banana
Lunch
Hamburger or Cheese-
burger on Wheat Bun
Leaf Lettuce & Tomato
Potato Chips
1/2 Fresh Pear
Snack
Cheese & Crackers
Apple Juice

23 Breakfast
Egg Patty
Biscuit & Jelly
100% Fruit Punch
Lunch
Cheesy French Bread Pizza
Tossed Salad w/ Ranch
Vanilla Wafers
Pineapple Tidbits
Snack
Goldfish Pretzels
Assorted Juices

BREAKFAST
Cereal
Wheat Bread & Jelly
Apple Juice
LUNCH
Chicken Nuggets
French Fries
Baby Carrots w/ Ranch
Chilled Fruit
SNACK
Goldfish Crackers
Fruit Punch 24

27 BREAKFAST
Pancakes & Syrup
Orange Juice
LUNCH
Chicken Pasta Alfredo
Tossed Salad w/ Ranch
Broccoli
Pears
SNACK
Cheese & Crackers
Apple Juice

28 BREAKFAST
Breakfast Quesadilla
Fresh Grapes
LUNCH
Mini Corn Dogs
Tator Tots
Green Beans
1/2 Fresh Apple
SNACK
Wheat Thins
Orange Juice

BREAKFAST
Bagel & Cream Cheese
Yogurt
Apple Juice
LUNCH
Taco Fritos w/Cheese,
Lettuce & Tomato
Mexican Rice
Fresh Banana
SNACK
Jumbo Cookie
Grape Juice 29

No School 30

BREAKFAST
Waffles & Syrup
Apple Juice
LUNCH
Popcorn Chicken
French Fries
Diced Carrots
Peaches
SNACK
Goldfish Pretzels
100% Fruit Punch 3

BREAKFAST
Egg Patty
Biscuit & Jelly
Orange Juice
LUNCH
Hot Dog on Wheat Bun
Baked Potato
Mixed Vegetables
Mixed Fruit Medley
SNACK
Vanilla Wafers
Assorted Juices 4

BREAKFAST
Breakfast Pizza
Grape Juice
LUNCH
Turkey Grinder On Wheat
Lettuce, Tomato & Cheese
Fritos
1/2 Fresh Orange
SNACK
Cheese & Crackers
Orange Juice 5

BREAKFAST
Cereal
Wheat Bread & Jelly
Fruit Punch
LUNCH
Scrambled Eggs
Cheesy Hashbrowns
Turkey Sausage Patty
1/2 Fresh Apple
Warm Biscuit
SNACK
Baked Cheetos
Apple Juice 6

BREAKFAST
Muffin
String Cheese
Banana
LUNCH
Cheese Pizza
Tossed Salad with Italian
Cookie
Pineapple Tidbits
SNACK
Mini Pretzels
Assorted Juices 7

Oct.

• Milk is included with every lunch and breakfast meal. Choose from Regular, Chocolate and Strawberry (when available.)

• Menus are subject to change due to availability of foods or unplanned school closings.

• Snacks are for the After School Oasis Program