




September

2023

This institution is an equal opportunity provider

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1% white milk, skim white milk, fat free chocolate milk offered for every meal.					1/ BREAKFAST: Long John LUNCH: Pizza Crunchers - Marinara Sauce - Cucumber Slices w/ LC Ranch - Raisels - Cookie ALTERNATE: Ham & Cheese w/ WG Bun	
3/	4/ 	5/ BREAKFAST: Mini Waffles w/ LC Syrup LUNCH: Crisпитos - Salsa - Carrot Sticks w/ LC Ranch - Diced Pears ALTERNATE: Combo Sub w/ WG Bun	6/ BREAKFAST: Power Bites LUNCH: Pancake Sausage Stick - Gogurt - Hash Brown Patty - Dragon Punch Veggie Juice - Applesauce ALTERNATE: Chicken Salad w/ WG Bun	7/ BREAKFAST: Churros LUNCH: Bratwurst w/ WG Bun - Baked Beans - Toss Salad w/ LC Ranch - Diced Peaches ALTERNATE: Turkey Swiss Wrap	8/ BREAKFAST: Scrambled Eggs LUNCH: Stuffed Crust Pizza - Marinara Sauce - Fresh Broccoli w/ LC Ranch - Apple Slices - Ice Cream ALTERNATE: Ham & Cheese w/ WG Bun	
10/	11/ BREAKFAST: Snack Bread LUNCH: Breaded Chicken Patty w/ WG Bun - Steamed Carrots - Celery Sticks w/ LC Ranch - Pineapple Tidbits ALTERNATE: Cold Ham w/ WG Bun	12/ BREAKFAST: French Toast Sticks w/ LC Syrup LUNCH: Beef Taco Stick - Shredded Lettuce - Diced Tomatoes - Raisels ALTERNATE: Combo Sub w/ WG Bun	13/ BREAKFAST: Combo Link LUNCH: Little Smokies - WG Pretzel - Carrot Sticks w/ LC Ranch - Diced Pears ALTERNATE: Chicken Salad w/ WG Bun	14/ BREAKFAST: Biscuits & Gravy LUNCH: Fish Sandwich w/ WG Bun - Baked Beans - Cucumber Slices w/ LC Ranch - Diced Peaches ALTERNATE: Turkey Swiss Wrap	15/ BREAKFAST: Cinnamon Roll LUNCH: Cheese Bites - Marinara Sauce - Romain Lettuce - Mixed Fruit - Brookie ALTERNATE: Ham & Cheese w/ WG Bun	
17/	18/ BREAKFAST: Pop Tart LUNCH: Sloppy Joe w/ WG Bun - Smiley Fries - Mixed Veggies - Apple Slices ALTERNATE: Cold Ham w/ WG Bun	19/ BREAKFAST: Fruit Frudel LUNCH: Breaded Corn Dog - Carrot Sticks w/ LC Ranch - Dragon Punch Veggie Juice - Banana ALTERNATE: Combo Sub w/ WG Bun	20/ BREAKFAST: McJ-Hawk Breakfast Sandwich LUNCH: Chicken Nuggets - Mac & Cheese - Cucumber Slices w/ LC Ranch - Toss Salad - Frozen Fruit Cup ALTERNATE: Chicken Salad w/ WG Bun	21/ BREAKFAST: Mini Donuts LUNCH: Cheddarwurst w/ WG Bun - Baked Beans - Coleslaw - Diced Peaches ALTERNATE: Turkey Swiss Wrap	22/ BREAKFAST: Breakfast Pizza LUNCH: Pizza Round - Fresh Broccoli w/ LC Ranch - Grape Tomatoes - Pineapple Tidbits - Sherbet ALTERNATE: Ham & Cheese w/ WG Bun	
24/	25/ BREAKFAST: Muffin LUNCH: Hot Ham & Cheese - Sun Chips - Celery Sticks w/ LC Ranch - Fresh Kiwi ALTERNATE: Cold Ham w/ WG Bun	26/ BREAKFAST: Mini Pancakes "Confetti" LUNCH: Chicken Pizza Quesadilla - Salsa - Corn - Apple Slices ALTERNATE: Combo Sub w/ WG Bun	27/ BREAKFAST: Breakfast Bar LUNCH: Spaghetti w/ Meat Sauce - Garlic Toast - Romaine Lettuce w/ LC Ranch - Carrot Sticks - Diced Pears ALTERNATE: Chicken Salad w/ WG Bun	28/ BREAKFAST: Yogurt Parfait w/ Granola LUNCH: BBQ Rib w/ WG Bun - Baked Beans - Fresh Broccoli w/ LC Ranch - Raisels ALTERNATE: Turkey Swiss Wrap	29/ BREAKFAST: Long John LUNCH: J-Hawk Cheesy Bread - Marinara Sauce - Cucumber Slices - Diced Peaches - Cookie ALTERNATE: Ham & Cheese w/ WG Bun	
						30/ 

BREAKFAST options include cereal variety, oatmeal, toast, applesauce, fresh fruit, orange juice, apple juice, and grape juice

SALAD BAR offered for grades 5 - 12 daily. Items may include lettuce, fresh fruit and vegetables, canned fruits, diced egg, diced ham, pasta salad and yogurt

****MENUS ARE SUBJECT TO CHANGE****