

September 2023

Sarah Dyer, School Nutrition Director (Telephone: 321-1033)



GRAB 'N GO BREAKFAST!

All choices include
Fruit & Milk
3 Choices Daily

September
Daily Choices

MONDAY:

Pancake on a Stick

TUESDAY:
Bagel
w/Cream Cheese

WEDNESDAY:

Cereal

THURSDAY:
Cinnamon Roll
Whole Grain Goodness!

FRIDAY:

Fruity Smoothie








Single Student
Breakfast: Free
Single Student
Lunch: Free

**Cheese Pizza &
PB & J Sandwich
& Crunchy Carrots
OFFERED DAILY**

2nd Carton of Milk
& 8oz. Bottled Water
\$1.00

Chocolate, 1% and FF
White Milk OFFERED
DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
AUG 28 Bosco Sticks w/ Marinara Corn Cherry/Blue Raspberry Icee	AUG 29 Walking Taco (Fritos, Beef, Cheese, Lettuce & Tomatoes) Refried Beans Cinnamon Baked Apples 	AUG 30 Popcorn Chicken Cheesy Broccoli Strawberry Shortcake 	AUG 31 French Toast Sticks Sausage Links Hash Brown Blueberries	Sept 1 <div style="border: 1px solid black; padding: 10px; text-align: center;"> No School Enjoy The Holiday Weekend! </div> 
4 No School HAPPY LABOR DAY	5 Hot Dog French Fries Cantaloupe	6 Pizza Crunchers Green Peas Strawberry Cup Graham Cracker	7 Mini Pancakes Yogurt PB Crunchers Watermelon	8 Chicken Nuggets Baked Beans Sweet Cherries Warm Biscuit
11 Hamburger/ Cheeseburger Cheesy Broccoli Rainbow Apples	12 Nachos (Chips, Beef, Lettuce, Cheese & Tomatoes) Black Bean Salsa Melon Cup Cinnamon Crisps	13 Macaroni & Cheese Glazed Carrots Pears No Bake Cookie	14 Mini Waffles Yogurt Fresh Veggie Cup Strawberries 	15 Corn Dog Tater Tots Banana 

This institution is an equal opportunity provider.

This menu is subject to change.





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Daily Meal Choices:

Monday	Tuesday	Wednesday	Thursday	Friday
18 Muffin Funday Lunchable (Muffin, String Cheese, Yogurt, Carrots and Apple Slices)	19 Taco Tuesday Two Tacos (Beef, Cheese, Lettuce, & Tomatoes) Refried Beans Blueberries 	20 Mozzarella Sticks w/ Marinara Sauce Green Peas Melon Cup Rice Krispie Treat	21 Chef Salad (Lettuce, Cheese, Diced Ham, Diced Turkey, Egg, Tomato & Cucumber) Dried Cranberries Warm Biscuit	22 Chicken Tenders French Fries Mixed Fruit Cup WG Sugar Cookie
25 Grilled Cheese Green Beans Cinnamon Apples	26 Chicken Quesadilla Chips w/ Black Bean & Corn Salsa Strawberry Cup	27 Rotini Pasta w/ Meat Sauce Garlic Toast Garden Greens Banana	28 Dutch Waffle String Cheese Cucumbers Watermelon 	29 Chicken Drumstick Cheesy Potatoes Peaches & Cream Jell-O Cup

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School Lunch is...



Fresh, economical, and Value packed!

Excellent source of Vitamins A and C!

Focused on low fats and rich in whole grains!



Meets 1/3 of daily requirements of Fruits and Vegetables



View student accounts at www.familyportal.cloud

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Single Student
Lunch: Free

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