

Elementary September Breakfast Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Egg & Turkey Bacon Pizza Apple Donut & Cheese Stick Cereal & Cheese Stick	2 Blueberry Mini Waffles Cereal & Yogurt Smoothie
5 NO SCHOOL	6 Combo Bar & Scooby Snack Banana Bread & Cheese Stick Cereal & Cheese Stick	7 Cheese Omelet & Toast Muffin & Hard Boiled Egg Cereal & Hard Boiled Egg	8 Turkey Sausage Pizza Mini John & Cheese Stick Cereal & Cheese Stick	9 Oatmeal/Chocolate Chip Breakfast Round & Yogurt Smoothie Cereal & Yogurt Smoothie
12 French Toast Sticks Rice Krispie Bar & Yogurt Cereal & Yogurt	13 Combo Bar & Bug Bites Berry Bread & Cheese Stick Cereal & Cheese Stick	14 Pancake Sausage Bites Muffin & Go Gurt Cereal & Go Gurt	15 Egg & Turkey Bacon Pizza Apple Donut & Cheese Stick Cereal & Cheese Stick	16 Mini Maple Waffles Cereal & Yogurt Smoothie
19 Strawberry Cream Cheese Bagel Apple Bar & Yogurt Cereal & Yogurt	20 Combo Bar & Scooby Snack Banana Bread & Cheese Stick Cereal & Cheese Stick	21 Cinnamon Roll & Yogurt Muffin & Hard Boiled Egg Cereal & Hard Boiled Egg	22 Turkey Sausage Pizza Mini John & Cheese Stick Cereal & Cheese Stick	23 NO SCHOOL
26 French Toast Sticks Rice Krispie Bar & Yogurt Cereal & Yogurt	27 Combo Bar & Bug Bites Pumpkin Bread & Cheese Stick Cereal & Cheese Stick	28 Scrambled Eggs/Cheese & Toast Muffin & Go Gurt Cereal & Go Gurt	29 Egg & Turkey Bacon Pizza Apple Donut & Cheese Stick Cereal & Cheese Stick	30 Oatmeal/Chocolate Chip Breakfast Round & Yogurt Smoothie Cereal & Yogurt Smoothie

“Offer vs. Serve”: Build a complete breakfast by choosing (at least) 3 items; including (at least) 1/2 cup fruit or juice for breakfast. 1% Milk, Nonfat Chocolate Mi Assorted Juice & Fruit are served daily.

This Institution is an equal opportunity provider and employer. Menu subject to change.

Elementary September Lunch Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Super Nachos/Toppings/Doritos Corn/Peppers Mandarin Oranges/Strawberry Cup Chicken Patty/Bun	2 Spaghetti/Meatsauce/Garlic Breadstick Green Beans/Cucumbers Peaches/Apple Slices Hamburger/Bun/Cheese/Onion Rings
5 NO SCHOOL	6 Chicken Fajita/Toppings/Tostitos Corn/Peppers Pears/Wango Mango Mini Corn Dogs	7 Salisbury Steak/Potatoes/Gravy/Roll Carrots/Celery Pineapple/Blueberries Max Sticks/Sauce	8 Tater Tot Hotdish/Roll Carrots & Green Beans/Cucumbers Peaches/Kiwi Grilled Turkey/Cheese & Bacon	9 Baked Potato/Toppings/Soft Pretzel Broccoli/Pea Pods Applesauce/Grapes Hamburger/Bun/Cheese/Onion Rings
12 Pizza Hotdish/Garlic Breadstick Green Beans/Baby Carrots Pears/Dragon Punch Chicken Patty/Bun	13 Super Nachos/Toppings/Doritos Corn/Peppers Mandarin Oranges/Strawberry Cup Mini Corn Dogs	14 Cheese Omelet/Turkey Sausage/Muffin Peas/Broccoli/Hashbrown Patty Applesauce/Juice Hamburger/Bun/Cheese	15 Meatballs/Potatoes/Gravy/Roll Carrots/Cauliflower Peaches/Grapes Pizza	16 Sloppy Joe/Bun/Mac & Cheese Corn/Pea Pods/Baked Beans Pineapple/Applesauce Hotdog/Bun/Mac & Cheese
19 Chicken Alfredo/Garlic Breadstick Peas/Baby Carrots Pears/Orange Wedges Max Sticks/Sauce	20 Softshell Tacos/Toppings Corn/Peppers/Refried Beans Mandarin Oranges/Strawberries Mini Corn Dogs	21 Tater Tot Hotdish/Roll Carrots & Green Beans /Cucumbers Applesauce/Cantaloupe Grilled Ham & Cheese	22 Salisbury Steak/Potatoes/Roll/Gravy Corn/Cucumbers Pineapple/Sidekick Popcorn Chicken/Potatoes/Gravy/Cheese/Roll	23 NO SCHOOL
26 Grilled Cheese/Chili/Cheez Its Green Beans Mandarin Oranges/Strawberry Cup Chicken Nuggets/Chili/Cheez Its	27 Chicken Fajita/Toppings/Tostitos Corn/Peppers/Refried Beans Pears/Banana Corn Dog	28 Chicken & Gravy/Potatoes/Roll Peas/Grape Tomatoes Peaches/Mango Wango Max Sticks/Sauce	29 Baked Potato/Toppings/Soft Pretzel Broccoli/Pea Pods Mixed Berries Cup/Kiwi Hamburger/Bun/Cheese/Onion Ring	30 Lasagna Roll Up/Meatsauce/Garlic Toast Carrots/Broccoli Pineapple/Apple Slices Chicken Patty/Bun

“Offer vs. Serve”: Build a complete lunch by choosing (at least) 3 items; including (at least) 1/2 cup fruit, 1/2 cup vegetable or combination for lunch.
 1% Milk & Nonfat Chocolate Milk are served daily. This Institution is an equal opportunity provider and employer. Menu subject to change.

Middle & High School September Breakfast Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Apple Filled Donut & Yogurt Smoothie Cereal & Yogurt Smoothie	2 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Blueberry Mini Waffles & Sausage Links Cereal & Yogurt
5 NO SCHOOL	6 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Combo Bar & Apple Bar Cereal & Cheese Stick Banana Bread & Cheese Stick	7 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Cinnamon Roll & Hard Boiled Egg Cereal & Hard Boiled Egg Muffin & Hard Boiled Egg	8 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Long John & Yogurt Smoothie Cereal & Yogurt Smoothie	9 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Oatmeal Chocolate Breakfast Round & Yogurt Cereal & Yogurt
12 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable French Toast Sticks & Yogurt Cereal & Yogurt	13 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Combo Bar & Rice Krispie Bar Cereal & Cheese Stick Berry Bread & Cheese Stick	14 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Pancake Sausage on a Stick & Syrup Muffin & Go Gurt Cereal & Go Gurt	15 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Dutch Waffle & Sausage Links Cereal & Yogurt Smoothie	16 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Mini Maple Waffles & Sausage Links Cereal & Yogurt
19 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Strawberry Mini Cream Cheese Bagel & Yogurt Cereal & Yogurt	20 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Combo Bar & Apple Bar Cereal & Cheese Stick Banana Bread & Cheese Stick	21 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Cinnamon Roll & Hard Boiled Egg Cereal & Hard Boiled Egg Muffin & Hard Boiled Egg	22 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Long John & Yogurt Smoothie Cereal & Yogurt Smoothie	23 NO SCHOOL
26 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable French Toast Sticks & Yogurt Cereal & Yogurt	27 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Combo Bar & Scooby Snack Cereal & Cheese Stick Pumpkin Bread & Cheese Stick	28 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Pancake Sausage on a Stick & Syrup Muffin & Go Gurt Cereal & Go Gurt	29 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Apple Filled Donut & Yogurt Smoothie Cereal & Yogurt Smoothie	30 Egg & Turkey Bacon or Sausage Pizza Peanut Butter Jelly Uncrustable Oatmeal Chocolate Breakfast Round & Yogurt Cereal & Yogurt

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Middle & High School September Lunch Menu 2022

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			1 Super Nacho/Toppings/Doritos Corn Mandarin Oranges/Strawberry Cup Chicken Patty/Bun	2 Spaghetti/Meatsauce/Garlic Breadstick Green Beans Peaches/Apple Slices Hamburger/Bun/Cheese/Onion Rings
5 NO SCHOOL	6 Chicken Fajita/Toppings/Tostitos Corn/Refried Beans Pears/Wango Mango Mini Corn Dogs	7 Salisbury Steak/Gravy/Potatoes/Roll Carrots Pineapple/Blueberries Max Sticks/Sauce	8 Tater Tot Hotdish/Roll Carrots & Green Beans Peaches/Kiwi Grilled Turkey Cheese & Bacon	9 Baked Potato /Toppings/Soft Pretzel Broccoli Applesauce/Grapes Hamburger/Bun/Cheese/Onion Rings
12 Pizza Hotdish/Garlic Breadstick Green Beans Pears/Dragon Punch Chicken Patty/Bun	13 Super Nacho/Toppings/Doritos Corn Mandarin Oranges/Strawberry Cup Mini Corn Dogs	14 Cheese Omelet/Turkey Sausage/Hashbrown Patty/Muffin Peas Applesauce/Juice Hamburger/Bun/Cheese/Hashbrown Patty	15 Meatballs/Potatoes/Gravy/Roll Carrots Peaches/Grapes Pizza	16 Sloppy Joe/Bun/Mac & Cheese Corn/Baked Beans Pineapple/Apple Slices Hotdog/Bun/Mac & Cheese
19 Chicken Alfredo/Pasta/Garlic Breadstick Peas Pears/Oranges Max Sticks/Sauce	20 Soft Shell Tacos/Toppings Corn/Refried Beans Mandarin Oranges/Strawberries Mini Corn Dogs	21 Tater Tot Hotdish/Roll Carrots & Green Beans Applesauce/Cantaloupe Grilled Ham & Cheese	22 Salisbury Steak/Gravy/Potatoes/Roll Corn Pineapple/Sidekick PopCorn Chicken/Gravy/Potatoes/Cheese/Roll	23 NO SCHOOL
26 Grilled Cheese & Chili /Cheez Its Green Beans Mandarin Oranges/Strawberry Cup Chicken Nuggets/Chili/Cheez Its	27 Chicken Fajita/Toppings/Tostitos Corn Pears/Banana Corn Dog	28 Chicken & Gravy/Potatoes/Roll Peas Peaches/Wango Mango Max Sticks/Sauce	29 Baked Potato /Toppings/Soft Pretzel Broccoli Mixed Berry Cup/Kiwi Hamburger/Bun/Cheese/Onion Ring	30 Lasagna Roll Up/ Meatsauce/Garlic Toast Carrots Pineapple/Apple Slices Chicken Patty/Bun

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