





September High School Breakfast Grab and Go Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Cinnamon Roll Fruit Juice Milk	2 This Institution is An Equal Opportunity Provider
3	4 No School Labor Day	5 Oatmeal Toast or Smoothie/Granola Fruit Juice Milk	6 Biscuit & Sausage Gravy or Smoothie/Granola Fruit Juice Milk	7 Scrambled Eggs Toast or Smoothie/Granola Fruit Juice Milk	8 Donut or Smoothie/Granola Fruit Juice Milk	9
10	11 French Toast Sticks or Smoothie/Granola Fruit Juice Milk	12 Cinnamon Toast Scrambled Eggs or Smoothie/Granola Fruit Juice Milk	13 Biscuit & Sausage Gravy or Smoothie/Granola Fruit Juice Milk	14 Breakfast Burrito or Smoothie/Granola Fruit Juice Milk	15 No School	16
17	18 Muffin or Smoothie/Granola Fruit Juice Milk	19 Breakfast Burrito or Smoothie/Granola Fruit Juice Milk	20 Biscuit & Sausage Gravy or Smoothie/Granola Fruit Juice Milk	21 Breakfast Calzone or Smoothie/Granola Fruit Juice Milk	22 Donut or Smoothie/Granola Fruit Juice Milk	23
24	25 Pancake on a stick or Smoothie/Granola Fruit Juice Milk	26 Scrambled Eggs Toast or Smoothie/Granola Fruit Juice Milk	27 Ham and Cheese Biscuit or Smoothie/Granola Fruit Juice Milk	28 Kolache Fruit Juice Milk	29 Cinnamon Roll or Smoothie/Granola Fruit Juice Milk	30 

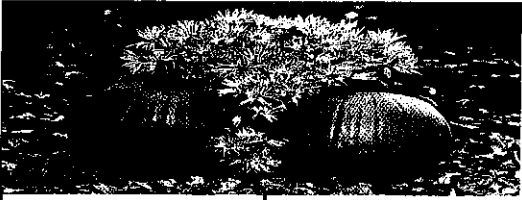
September Breakfast Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Cinnamon Roll or Cereal and Toast Fruit Juice Milk	2 This Institution is An Equal Opportunity Provider
3	4 No School Labor Day	5 Oatmeal and Toast or Cereal and Toast Fruit Juice Milk	6 Biscuit and Sausage Gravy or Cereal and Toast Fruit Juice Milk	7 Scrambled Eggs Toast or Cereal and Toast Fruit Juice Milk	8 Donut or Cereal and Toast Fruit Juice Milk	9
10	11 French Toast Sticks or Cereal and Toast Fruit Juice Milk	12 Cinnamon Toast Scrambled Eggs or Cereal and Toast Fruit Juice Milk	13 Biscuit and Sausage Gravy or Cereal and Toast Fruit Juice Milk	14 Breakfast Burrito or Cereal and Toast Fruit Juice Milk	15 No School	16
17	18 Muffin or Cereal and Toast Fruit Juice Milk	19 Breakfast Burrito or Cereal and Toast Fruit Juice Milk	20 Biscuit and Sausage Gravy or Cereal and Toast Fruit Juice Milk	21 Breakfast Calzone or Cereal and Toast Fruit Juice Milk	22 Donut or Cereal and Toast Fruit Juice Milk	23
24	25 Pancake on a Stick or Cereal and Toast Fruit Juice Milk	26 Scrambled Eggs Toast or Cereal and Toast Fruit Juice Milk	27 Ham and Cheese Biscuit or Cereal and Toast Fruit Juice Milk	28 Kolache or Cereal and Toast Fruit Juice Milk	29 Cinnamon Roll or Cereal and Toast Fruit Juice Milk	

September Lunch Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Chicken Quesadilla Refried Beans Chips and Salsa Fruit Milk Salad Bar	2 This Institution is An Equal Opportunity Provider
3	4 No School Labor Day	5 Pizza Pasta Green Beans Caesar Salad Breadstick Fruit—Milk Salad Bar	6 BBQ Chicken Loaded Baked Potato Baby Carrots Dinner Roll Fruit—Milk Salad Bar	7 Pulled Pork Sandwich Tater Tots Baked Beans Fruit - Milk Salad Bar	8 Beef Taco Refried Beans Chips and Salsa Fruit Milk Salad Bar	9
10	11 Chicken Nuggets French Fries Coleslaw Dinner Roll Fruit Milk Salad Bar	12 Pizza Italian Salad Baby Carrots Fruit Milk Salad Bar	13 Glazed Ham Mashed Potatoes Gravy Green Beans Dinner Roll Fruit Milk Salad Bar	14 Cheeseburger Baked Beans Baby Carrots Fruit Milk Salad Bar	15 No School	16
17	18 Bacon Ranch Mac & Cheese Green beans Baby Carrots Breadstick Fruit Milk Salad Bar	19 Spaghetti & Meat Sauce Caesar Salad Cucumber Slices Breadstick Fruit Milk Salad Bar	20 Waffle and Syrup Scrambled Eggs Sausage Patty Seasoned Potatoes Baby Carrots Fruit Milk Salad Bar	21 Chili Cheese Tots Side Salad Dinner Roll Choc Chip Cookie Fruit Milk Salad Bar	22 Chicken Burrito Chili Beans Chips and Salsa Fruit Milk Salad Bar	23
24	25 Grill Cheese Sandwich Tomato Soup Cucumber Slices Fruit Milk Salad Bar	26 Pizza Caesar Salad Baby Carrots Fruit Milk Salad Bar	27 Chicken Nuggets Mashed Potatoes Gravy Green beans Dinner Roll Fruit Milk Salad Bar	28 Beef Hot Dog Tater Tots Side Salad Fruit Milk Salad Bar	29 Sour Cream Chicken Enchilada Refried Beans Chips and Salsa Fruit Milk Salad Bar	