



September 2017

(Students \$0.00; Adults \$1.90)

BREAKFAST CHOICES

DAILY CHOICES: Bagel w/ Cream Cheese, Assorted Cold Cereal and Oatmeal w/ Toast
1% & SKIM WHITE MILK

A VARIETY OF FRESH AND CANNED FRUIT WILL BE OFFERED.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
Breakfast Includes the following 4 Components: Grains/Fruits Vegetables/Dairy You Must choose Three of the Four Components and One Must be a ½ Cup Fruit or Vegetable.	Pancake on a Stick	Breakfast Pizza	Peach Yogurt Parfait	No School
	Egg & Cheese Muffin	Breakfast Round	Sausage & Cheese Muffin	
4	5	6	7	8
No School Labor Day	Pancake on a Stick	Breakfast Pizza	Peach Yogurt Parfait	Cinnamon Roll
	Egg & Cheese Muffin	Breakfast Round	Sausage & Cheese Muffin	Ham & Cheese Muffin
11	12	13	14	15
French Toast Sticks	Pancake on a Stick	Breakfast Pizza	Peach Yogurt Parfait	Cinnamon Roll
Sausage & Cheese Muffin	Egg & Cheese Muffin	Breakfast Round	Sausage & Cheese Muffin	Ham & Cheese Muffin
18	19	20	21	22
French Toast Sticks	Pancake on a Stick	Breakfast Pizza	Peach Yogurt Parfait	Cinnamon Roll
Sausage & Cheese Muffin	Egg & Cheese Muffin	Breakfast Round	Sausage & Cheese Muffin	Ham & Cheese Muffin
25	26	27	28	29
Fresh Toast Sticks	Pancake on a Stick	Breakfast Pizza	Peach Yogurt Parfait	Cinnamon Roll
Sausage & Cheese Muffin	Egg & Cheese Muffin	Breakfast Round	Sausage & Cheese Muffin	Ham & Cheese Muffin

*Menu is subject to change
 This Institution is an Equal Opportunity Provider.*



September 2017

(Students \$0.00; Adults \$3.40)



EVERYDAY CHOICES

Build Your Own Nachos
*Beef Taco Meat, Chicken Fajita Meat
 or Vegetarian Refried Beans*



Mon: Cheese, Pep, Hawaiian
Tues: Cheese, Pepperoni
Weds: Cheese, Pep, Meat Lovers
Thurs: Cheese, Pepperoni
Fri: Cheese, Pepperoni, Taco



**DELI
 EVERYDAY CHOICES**

Specialty Sandwiches and
 Daily Featured Salads
 w/Fruit and Vegetables



**DAILY OFFERING BAR
 WITH LUNCH CHOICES**

Locally Grown Seasonal Fresh
 Fruit and Vegetables, plus Apples,
 Oranges, Garden Salad
 Greens and Low Fat or Fat Free
 Milk



EVERYDAY CHOICES
All w/ Oven Baked Curly Fries
Hamburger/ Cheese Burger
Crispy/Spicy Chicken Sandwich
Chicken Nuggets
Corn Dog

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
	Orange Chicken Rice Bowl	BBQ Pork Sandwich	Country Style Chicken Bowl	No School
4	5	6	7	8
No School Labor Day	General Tso's Chicken Rice Bowl	Zesty Enchiladas	Chicken Quesadilla	Beef Mashed Potato Bowl
11	12	13	14	15
Chicken Parmesan Sandwich	Dragon Fire Chicken Stir-fry	BBQ Pork Sandwich	Country Style Chicken Bowl	Cheesy Breadsticks w/ Marinara Sauce
18	19	20	21	22
Spaghetti w/ Meat Sauce	Orange Chicken Rice Bowl	Zesty Enchiladas	Beef Quesadilla	Beef Mashed Potato Bowl
25	26	27	28	29
No School Memorial Day	General Tso's Chicken Rice Bowl	BBQ Pork Sandwich	Country Style Chicken Bowl	Cheesy Breadsticks w/ Marinara Sauce



To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice)

