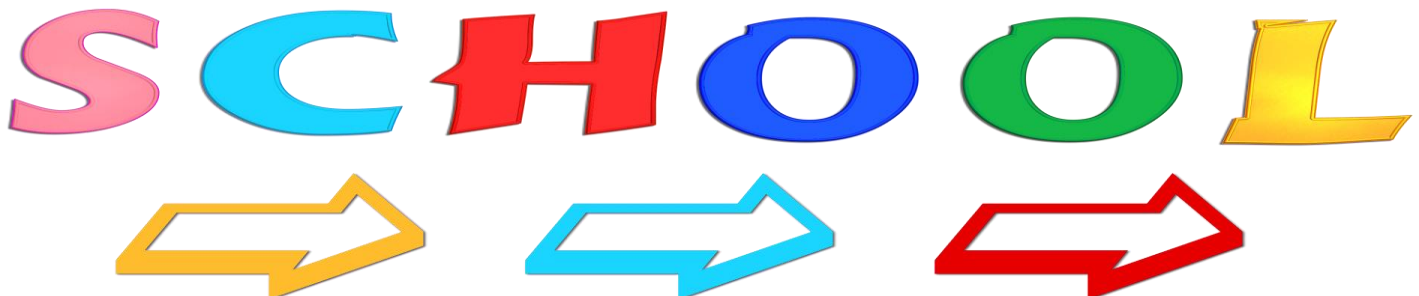


September

2023

Lunch and breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 NO School Labor Day	5 Sandwich, fries, watermelon and fresh veggies Cereal, fruit and toast	6 Quesadillas, Caesar salad, salsa and sour cream, fruit Cereal, fruit and toast	7 Nachos, refried beans, green salad, fruit and fresh veggies Cereal, fruit and toast	8 Cheeseburgers, French fries, fruit and fresh veggies Cereal, fruit and toast	9
10	11 Spaghetti bake, garlic bread, corn, fruit and fresh veggies Pancakes, sausage	12 Chicken nuggets, French fries, fruit and fresh veggies Cereal, fruit and toast	13 Turkey pita, pretzels, yogurt, fruit and fresh veggies Cheese omelets, fruit	14 Pizza, Caesar salad, fresh veggies, and fruit choice Cereal, fruit and toast	15 Chicken on a bun, tomato, lettuce, fries, fruit and fresh veggies Biscuits and gravy	16
17	18 Pulled pork slider, coleslaw, fruit and fresh veggies French toast, fruit	19 Burritos, chili and cheese, fruit and fresh veggies Cereal, fruit and toast	20 Chicken alfredo, breadstick, fruit and fresh, veggies Breakfast scramble	21 Walking tacos, refried beans, fruit and fresh veggies Cereal, fruit and toast	22 NO SCHOOL NATIVE AMERICAN DAY	23
24	25 Hot ham and cheese wrap, fries, fruit and fresh veggies Pancakes, fruit	26 Teriyaki chicken, rice, roasted veggies and fruit Cereal, fruit and toast	27 Meatball sub sandwich, fries, fruit and fresh veggies Yogurt, muffins, fruit	28 French toast, sausage, scrambled eggs, fruit and juice Cereal, fruit and toast	29 Tomato soup, grilled cheese sandwich, fruit and fresh veggies Scrambled eggs, fruit	30



ALL MEALS INCLUDE MILK, FRESH FRUIT AND OR VEGETABLE
AN EQUAL OPPORTUNITY EMPLOYER