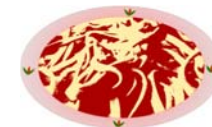







September Lunch Menu 2023

Skim Chocolate and 1% White milk served

Menu Subject to Change



Mon	Tue	Wed	Thu	Fri
				1 Shrimp Poppers Coleslaw Sidekick Fruit Milk 
4 	5 Cheeseburger Baked Beans Spinach Salad Fruit Milk	6 Taco Salad Lettuce/tomato Chips/cheese Refried Beans Fruit / Milk	7 Mac and Cheese Smokies Peas Fruit Milk	8 Egg Roll Broccoli/carrots/cauliflower Yogurt Fruit Milk
11 Chinese Chicken Tso Steamed rice Broccoli/carrots/cauliflower Fruit Milk	12 Ribette / Bun Yogurt cup Corn Fruit Milk	13 Chicken Nachos Chips w/ salsa Refried Beans Fruit / Milk	14 Cheese Spaghetti Bake Breadstick Green Beans Fruit Milk	15 Pizza Spinach Salad Carrots/cucumber/tomato Fruit Milk
18 Chicken Patty Spinach Salad Chips Fruit Milk 	19 Biscuits & Gravy Hashbrown Carrots Fruit Milk	20 Macho Nacho Lettuce/tomato/salsa Refried Beans Fruit /Milk	21 Goulash Bread Cottage Cheese Carrots Fruit/Milk	22 Crispito Chips/salsa Lettuce/tomato Fruit Yogurt
25 Chicken Nuggets Potatoes/Gravy Dinner Roll Fruit Milk	26 Bacon Cheeseburger Fries Carrots Fruit Milk	27 Beef Enchilada Bake Chips/salsa Sidekick Fruit Milk	28 Chicken Alfredo Peas Breadstick Fruit Milk	29 Turkey Bacon Wrap Spinach Salad w/ broccoli, carrots Fruit Milk

The USDA meal pattern requires that the school lunch menu provides a variety of vegetables throughout the week. A serving of legumes, red/orange, dark green, starchy and other vegetables are offered each week to balance out a healthy meal.





September Breakfast Menu 2023

Skim Chocolate and 1% White milk served everyday.

Menu Subject to Change



Mon	Tue	Wed	Thu	Fri
				1 Cereal Donut 1 Cup Fruit Milk Choice
4 	5 Breakfast Sandwich (Bagel, Bacon, Egg, Cheese) 1 Cup Fruit Milk Choice	6 Cereal Whole Grain Pop Tart 1 Cup Fruit Milk Choice	7 Biscuits & Sausage Gravy 1 Cup Fruit Milk Choice	8 Ham/Egg/Cheese Bar 1 Cup Fruit Milk Choice
11 Mini Pancakes/Waffles (Sugar Free Syrup 1/4c) 1 Cup Fruit	12 Cereal Muffin 1 Cup Fruit Milk Choice	13 Sausage or Bacon Egg Hash browns 1 Cup Fruit Milk Choice	14 Breakfast Burrito 1 Cup Fruit Milk Choice	15 Cereal Donut 1 Cup Fruit Milk Choice
18 Whole Grain Muffin Cheese Stick Fruit Cup Milk	19 Eggs Multi-grain Bar ½ cup Fruit ½ Cup 100% Juice Milk Choice	20 Cereal Frudel 1 Cup Fruit Milk Choice	21 Breakfast Pizza 1 Cup Fruit Milk Choice	22 Cereal Fruit Turnover ½ Cup Fruit ½ Cup 100% Juice Milk Choice
25 Pancake/ Sausage Stick Sugar Free Syrup (1/4c) 1 Cup Fruit Milk Choice	26 Breakfast Sandwich (Bagel, Bacon, Egg, Cheese) 1 Cup Fruit Milk Choice	27 Cereal Whole Grain Pop Tart 1 Cup Fruit Milk Choice	28 Biscuits & Sausage Gravy 1 Cup Fruit Milk Choice	29 Sausage or Bacon Egg Hash Browns 1 Cup Fruit Milk Choice

Nondiscrimination: In the operation of USDA Child Nutrition programs, no child will be discriminated against because of race, color, national origin, age, sex or disability. If you feel you have been, please call (309) 582-2238.