



September 2023 Breakfast & Lunch Menu—K-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SEE NUTRITIONAL INFO Check menus, see nutritional information and allergens. Students can rate and favorite menu items all from their phone.</p>	<p>What Makes a Breakfast Meal?</p> <p>You must choose at least 3 of 4 components available for the school breakfast</p> <p>Entrée, 1 Cup Fruit, and 1/2 Pint Milk <i>*Students must choose at least one 1/2 cup fruit</i></p>	<p>Assorted Entrees and Fruits Offered Daily at Breakfast</p> <p>Assorted Fresh Fruits & Vegetables Offered Daily at Lunch</p>	<p>What Makes a Lunch Meal?</p> <p>You must choose at least 3 of 5 components available for the school lunch</p> <p>Choice of Meat or Meat Alternate Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread, and Choice of Milk <i>*Students must choose at least one fruit or vegetable</i></p>	<p>9/1 <u>Breakfast Benefit Bar or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>Macaroni & Cheese with Bread Slice Steamed Peas</p> <p>Turkey & Cheese Sandwich Nacho Munchable Pizza</p>
<p>9/4 <u>USDA is an equal opportunity provider and employer</u></p> <p>MENU SUBJECT TO CHANGE</p> 	<p>9/5 <u>Mini Maple Waffles or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>Meatball Hoagie with Cheese Baked French Fries</p> <p>Cheeseburger on a Bun Peanut Butter & Jelly Sandwich Chef Salad</p>	<p>9/6 <u>Breakfast Pizza or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>French Toast Sticks with Sausage Patties Oven Baked Tater Tots</p> <p>Cheeseburger on a Bun Hot Dog on a Bun Chef Salad</p>	<p>9/7 <u>Ham, Egg & Cheese Muffin or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>Walking Taco with Bread Slice Garden Salad</p> <p>Cheeseburger on a Bun Peanut Butter & Jelly Sandwich Pizza Munchable</p>	<p>9/8 <u>Iced Cinnamon Roll or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>Fish Taco Steamed Carrots</p> <p>Cheeseburger on a Bun Nacho Munchable Pizza</p>
<p>9/11 <u>Apple Frudel or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>Chicken & Broccoli Alfredo w/ Bread Slice Steamed Broccoli</p> <p>Breaded Chicken Patty on a Bun Peanut Butter Munchable Pizza</p>	<p>9/12 <u>Dutch Waffle or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>Sloppy Joe on a Bun Vegetarian Beans</p> <p>Breaded Chicken Patty on a Bun Peanut Butter & Jelly Sandwich Chef Salad</p>	<p>9/13 <u>Sausage, Egg & Cheese Muffin or Cereal w/ Crackers, Fruit, Juice & Milk</u> K4-5 NUTRITION FOR LIFE DAYS</p> <p>Popcorn Chicken Bowl w/ Bread Slice Steamed Corn</p> <p>Breaded Chicken Patty on a Bun Hot Dog on a Bun Chef Salad</p>	<p>9/14 <u>Filled Cinnamon Toast Crunch Bar or Cereal w/ Crackers, Fruit, Juice & Milk</u> K4-5 NUTRITION FOR LIFE DAYS</p> <p>Corn Dog Nuggets Steamed Green Beans</p> <p>Breaded Chicken Patty on a Bun Peanut Butter & Jelly Sandwich Pizza Munchable Cookie Dessert</p>	<p>9/15 <u>Mini Cinnis or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>Turkey & Cheese Wrap Sweet Potato Fries</p> <p>Breaded Chicken Patty on a Bun Nacho Munchable Pizza</p>
<p>9/18 <u>Banana Muffin Flat or Cereal w/ Crackers, Fruit, Juice & Milk</u> ***NEW ITEM***</p> <p>Steamed Chicken & Vegetable Dumplings Steamed Carrots</p> <p>Ham & Cheese Sandwich Peanut Butter Munchable Pizza</p>	<p>9/19 <u>Mini French Toast or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>NEW ITEM!! Meatballs & Gravy Mashed Potato Bowl with Garlic Toast Steamed Broccoli</p> <p>Ham & Cheese Sandwich Peanut Butter & Jelly Sandwich Chef Salad</p>	<p>9/20 <u>Apple Roll or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>French Toast Sticks with Sausage Patties Oven Baked Tater Tots</p> <p>Ham & Cheese Sandwich Hot Dog on a Bun Chef Salad</p>	<p>9/21 <u>Egg & Cheese Muffin or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>Chipotle Chicken Flatbread Mixed Vegetables</p> <p>Ham & Cheese Sandwich Peanut Butter & Jelly Sandwich Pizza Munchable</p>	<p>9/22 <u>Pop Tart with Crackers or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>Macaroni & Cheese with Bread Slice Steamed Peas</p> <p>Ham & Cheese Sandwich Nacho Munchable Pizza</p>
<p>9/25 <u>Yogurt with Crackers or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>NEW Spicy Chicken Patty on a Bun Steamed Green Beans</p> <p>Turkey & Cheese Sandwich Peanut Butter Munchable Pizza</p>	<p>9/26 <u>Mini Waffles or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>BBQ Pulled Pork on a Bun Mashed Potatoes</p> <p>Turkey & Cheese Sandwich Peanut Butter & Jelly Sandwich Chef Salad</p>	<p>9/27 <u>Sausage & Cheese Muffin or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>Chicken Nachos with Bread Slice Refried Beans</p> <p>Turkey & Cheese Sandwich Hot Dog on a Bun Chef Salad</p>	<p>9/28 <u>Breakfast Pizza or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>Lasagna Roll Up with Garlic Toast Garden Salad</p> <p>Turkey & Cheese Sandwich Peanut Butter & Jelly Sandwich Pizza Munchable</p>	<p>9/29 <u>Iced Cinnamon Roll or Cereal w/ Crackers, Fruit, Juice & Milk</u></p> <p>Ham & Cheese Panini Sweet Potato Fries</p> <p>Turkey & Cheese Sandwich Nacho Munchable Pizza</p>