



Menu for Breakfast

DAILY BREAKFAST CHOICES

>CHOOSE: 1 FRUIT & 1 JUICE OR 2 FRUITS<

Mini Bagel

Breakfast Bun

Biscuit & Gravy

Choice of Meat Biscuit:

Chicken, Steak, Bacon, Sausage

Biscuit & Jelly

Choice of Cereal with:

**Cinnamon Toast Crisps
or Scooby Grahams**

Choice of Yogurt with:

**Cinnamon Toast Crisps
or Scooby Grahams**

Pop Tarts

Mini Pancakes

Mini Cinnis

Monday, September 14

Lunch
Hot Dog
Baked Beans
Sweet Potato Tots
Chilled Fruit

Tuesday, September 15

Lunch
Popcorn Chicken
w/Wheat Roll
Mashed Potatoes
Green Beans
Chilled Fruit

Wednesday, September 16

Lunch
Chicken Stir Fry
w/Egg Roll
Rice
Broccoli
Cooked Carrots
Chilled Fruit

Thursday, September 17

Lunch
Spaghetti
w/Garlic Breadstick
Leafy Green Salad
California Blend
Chilled Fruit

Friday, September 18

Lunch
Beef Soft Taco
Salsa
Lettuce, Tomato
Refried Beans
Corn
Chilled Fruit

Monday, September 21

Lunch
Chicken Nuggets
w/Wheat Roll
Broccoli
Cooked Carrots
Chilled Fruit

Tuesday, September 22

Lunch
BBQ Chicken Wrap
Tater Tots
California
Vegetable Blend
Carroteenies
Chilled Fruit

Wednesday, September 23

Lunch
Mini Corn Dogs
Corn
Green Beans
Chilled Fruit

Thursday, September 24

Lunch
Quesadilla Pizza
Leafy Green Salad
Fiesta Bean Salad
Salsa
Chilled Fruit

Friday, September 25

Lunch
Bacon Cheeseburger
Sweet Potato Fries
Baked Beans
Chilled Fruit

YOU'RE GETTING WARM.



One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to stretch out a little first and start off slowly before you go all out.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, September 28

Lunch
Steak & Gravy
w/Wheat Roll
Mashed Potatoes
Green Beans
Chilled Fruit

Tuesday, September 29

Lunch
Italian Meatball
Sub Sandwich
Broccoli
French Fries
Chilled Fruit

Wednesday, September 30

Lunch
Chicken Nuggets
w/Wheat Roll
Cooked Carrots
Leafy Green Salad
Chilled Fruit

PRICES

Breakfast.	\$1.00
Elementary Lunch.	\$1.60
Secondary Lunch.	\$1.85
Adult/Visitor.	\$2.85
Entrée.	\$1.25

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