



This institution is an equal opportunity provider.

SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday										
2 NO SCHOOL	3 Breakfast Pancakes w/ Syrup Sausage Links Sliced Peaches Lunch Chicken Crispito Spanish Rice Corn Fruit Cocktail Chocolate Chip Cookie (9-12)	4 Breakfast Whole Wheat Bagel w/ Toppings Strawberries Lunch Spaghetti w/ Meat Sauce Garlic Breadstick Garden Salad Green Beans Mandarin Oranges	5 Breakfast Breakfast Pita w/Salsa Sliced Pears Lunch Taco Fiesta Tortilla Chips Lettuce & Tomato Refried Beans Peaches Cinnamon Roll (6-12)	6 Breakfast Whole Grain Cinnamon Roll Mandarin Oranges Lunch Chicken & Noodle Hot Dish Mashed Potatoes Fresh Baby Carrots Grapes Dinner Roll w/Butter (6-12)										
9 Breakfast Waffles w/ Syrup Apples Lunch Meatball Sub Ranch Potato Wedges Tossed Salad Peaches	10 Breakfast Biscuit & Gravy Pineapples Lunch Popcorn Chicken Roll w/ Butter (6-12) Baked Beans Fresh Baby Carrots Creamy Cole Slaw Pears	11 Breakfast Pop Tart Tropical Fruit Lunch White Chicken Chili Sliced Bread w/ Butter Cherry Tomatoes Cucumber Slices Banana	12 Breakfast Omelet Salsa Fresh Grapes Lunch Chicken Sandwich French Fries Steamed Broccoli Mandarin Oranges	13 Breakfast French Toast Sticks w/Syrup Fruit Cocktail Lunch Pepperoni Pizza Peas Fresh Baby Carrots Apple Sauce										
16 Breakfast Waffles w/ Syrup Banana Lunch Pork Rib on a Bun Lettuce & Tomato Sweet Potatoes Puffs Apple	17 Breakfast Whole Grain Cinnamon Roll Pears Lunch Soft Shell Taco Tortilla Chips w/ Salsa Lettuce and Tomatoes Refried Beans Fresh Strawberries	18 Breakfast Breakfast Pizza Peaches Lunch Corn Dog Green Beans Tater Tots Fruit Cocktail Sugar Cookie	19 Breakfast Egg Wrap w/ Salsa Graham Cracker Grapes Lunch Goulash Broccoli Fresh Baby Carrots Roll w/ Butter Pineapples	20 Breakfast Muffin Applesauce Lunch Chicken Crispito Tortilla Chips (9-12) Salsa Corn Garden Salad Orange										
23 NO SCHOOL	24 Breakfast Biscuit & Gravy Fresh Oranges Lunch Chili Tortilla Chips (9-12) Crackers Red Pepper Strips Sliced Cucumbers Peaches Dinner Roll w/ Butter	25 Breakfast Pancake w/ Syrup Apple Lunch Chicken Nuggets Mashed Potatoes w/ Gravy Tossed Salad Sliced Pears Cinnamon Roll	26 Breakfast Chicken Biscuit Breakfast Sandwich Fruit Cocktail Lunch Chicken Sandwich Green Beans Sweet Potatoes Fries Fresh Grapes Apple Crisp (9-12)	27 Breakfast Pancake on a Stick w/ Syrup Fresh Strawberries Lunch Macaroni & Cheese Meatballs Breadstick (6-12) Baby Carrots Apple Salad										
30 Breakfast Waffles w/ Syrup Pineapples Lunch Hot Dog on a Bun Potato Wedges Broccoli w/ Cheese Apple Slices			<p>YOGURT PARFAIT BAR OFFERED DAILY FOR BREAKFAST AT THE HIGH SCHOOL FOR \$1.50</p> <p>ALL STUDENTS MUST TAKE A SERVING OF FRUIT OR JUICE FOR BREAKFAST AND A FRUIT OR VEGETABLE FOR LUNCH</p> <p>SKIM, CHOCOLATE SKIM & 1% MILK AVAILABLE AT ALL MEALS</p> <p>100% FRUIT JUICE AVAILABLE AT BREAKFAST MEALS</p>	<p>Lunch Prices</p> <table border="0"> <tr><td>TK/K-4th</td><td>\$2.95</td></tr> <tr><td>5th-12th</td><td>\$3.25</td></tr> <tr><td>Adult</td><td>\$3.85</td></tr> </table> <p>Breakfast Prices</p> <table border="0"> <tr><td>TK/K-12</td><td>\$2.45</td></tr> <tr><td>Adult</td><td>\$2.80</td></tr> </table> <p>MENU SUBJECT TO CHANGE</p>	TK/K-4th	\$2.95	5th-12th	\$3.25	Adult	\$3.85	TK/K-12	\$2.45	Adult	\$2.80
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