

# September

**THIS IS THE ELEMENTARY "BREAKFAST IN THE CLASS ROOM" MENU & HIGHSCHOOL OPTIONS MAY VARY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Cinni Fruit & Juice Milk Upk-Cereal	Muffins Fruit & Juice Milk	Pancakes Fruit & Juice Milk Upk-Cereal	Cereal Fruit & Juice Milk	Apple Frudel Fruit & Juice Milk Upk-Cereal

**MENU OPTIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE**

3	4 Deli Wrap Lettuce/tomato/ cheese/mayo Vegetarian beans Chilled or fresh fruit	5 Beef Taco w/cheese Soft wheat pretzel Salad w/Italian dressing Chilled or fresh fruit	6 Turkey & Gravy Mashed potatoes Corn Dinner Roll Chilled or fresh fruit	7 Chicken Nuggets w/ketchup Rice Carrots Chilled or fresh fruit
10 Chicken Wrap w/ Rice Vegetarian beans Chilled or fresh fruit	11 Pasta W/ Meat sauce Steamed Green peas Chilled or fresh fruit	12 Crispy Fish Patty on a Bun Coleslaw Chilled or fresh fruit	13 Deli Panini Lettuce/tomato/ cheese/mayo Diced carrots Chilled or fresh fruit	14 Ham & Cheese On a Bagel Potato w/ ketchup Chilled or fresh fruit
17 Ham Slices garlic potatoes carrot coins Dinner roll Chilled or fresh fruit	18 Taco w/ taco sauce in wrap Cheese/lettuce/tomato Vegetarian beans Chilled or fresh fruit	19 Cheesy Chicken Rice Steamed Broccoli Chilled or fresh fruit	20 Grilled Cheese Sandwich Green beans Chilled or fresh fruit	21 Chicken Patty Mashed Potatoes Corn Chilled or fresh fruit
24 Ham Slices w/ mac & cheese Steamed Peas Chilled or fresh fruit	25 Chicken Parmesan on a bun With Rice Steamed spinach Chilled or fresh fruit	26 Beef & Gravy Mashed Potatoes Garlic Roasted Gr. Beans Dinner Roll Chilled or fresh fruit	27 Cheeseburger w/ ketchup on a bun Vegetarian beans Chilled or fresh fruit	28 Variety Pizza Sweet potato fries w / ketchup Chilled or fresh fruit

**DAILY ALTERNATE ENTREE**

Hamburger	Meatball Sub	Chicken patty	Pizza	Fish w/ cheese
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**DELI BAR TO GO** Freshly prepared sandwiches prepared daily on whole wheat Bread

**NO CHARGING OF ANY ITEMS**

Price for a Breakfast in addition to Free Breakfast: \$1.75

Price for a Lunch in addition to Free Lunch: \$3.10

At both Breakfast and Lunch you MUST take at least 3 of the items to make it a complete meal 1 MUST be a fruit or vegetable or you will be charged Ala Carte Price.

All meals served with choice of milk (1%, skim, & FF Chocolate)

Milk Ala Carte: \$.75

Extra fruit or Veggie &.75

Ice Cream \$.75-\$1.00