

BREAKFAST MENU
September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Choice Of: Open Face Grilled Cheese Toast Grilled Turkey Sausage Link Corn Grits Whole Grain Glazed Donut Holes May Choose Two Fruit: Chilled Orange Juice Fresh Berry Cup Chilled Canned Sliced Peaches	4 Choice Of: Whole Grain Banana / Blueberry Muffin Scrambled Egg Golden Toast Crispy Turkey Bacon Whole Grain Glazed Donut Ring May Choose Two Fruit: Chilled Apple Juice Chilled Cubed Cantaloupe /Canned Mixed Fruit	5 Choice Of: Cinnamon Raisin Fruity Oatmeal Open Face Grilled Cheese Toast Grilled Turkey Sausage Link Colby Cheese Omelet Whole Grain Cinnamon Roll May Choose Two Fruit: Chilled Grape Juice / Orange Circles / Chilled Canned Diced Pears	6 Choice Of: Assorted Whole Grain Cereal American Cheese Stick Golden Toast Boiled Egg Whole Grain Flatbread Breakfast Pizza May Choose Two Fruit: Chilled Orange Juice / Apple Quarters / Chilled Canned Pineapple Tidbits
9 Choice Of: Whole Grain Strawberry / Cinnamon Toaster Pastry Grilled Canadian Bacon Patty/ Cheesy Corn Grits Whole Grain Cinnamon Roll May Choose Two Fruit: Chilled Grape Juice / Orange Circle/ Chilled Canned Mixed Fruit	10 Choice Of: Whole Grain Chicken & Waffle Sandwich Corn Grits Colby Cheese Omelet Crispy Turkey Bacon Golden Toast May Choose Two Fruit: Chilled Orange Juice / Chilled Assorted Grapes/ Chilled Canned Pineapple Tidbits	11 Choice Of: Whole Grain Blueberry Pancake Grilled Turkey Sausage Patty Scrambled Egg Assorted Yogurt Whole Grain Graham Crackers May Choose Two Fruit: Chilled Apple Juice / Cubed Cantaloupe / Chilled Canned Sliced Peaches	12 Choice Of: Whole Grain French Toast Stick Crispy Turkey Bacon Strip Corn Grits Whole Grain Assorted Cereal American Cheese Stick May Choose Two Fruit: Chilled Grape Juice / Apple Quarters / chilled Canned Orange Mandarin	13 Choice Of: Whole Grain Mini Maple / Cinnamon Waffle Grilled Turkey Sausage Patty Scrambled Egg Cheesy Corn Grits May Choose Two Fruit: Chilled Orange Juice / Fresh Berry Cup / Chilled Canned Pineapple Tidbits
16 Choice Of: Corn Grits Grilled Canadian Bacon Patty Whole Grain Breakfast Pizza Whole Grain Banana/Blueberry Muffin	17 Choice Of: Cinnamon Apple Oatmeal Golden Toast Assorted Nutri grain Bar / Turkey Sausage Link / Whole Grain Assorted Muffin	18 Choice Of: Whole Grain Assorted Cereal Golden Toast Assorted Muffin Breakfast Pizza Whole Grain Chicken & Waffle Sandwich	19 Choice Of: Whole Grain French Toast Colby Cheese Omelet Corn Grits Whole Grain Flatbread Breakfast Pizza	20 Choice Of: Whole Grain Chocolate Chip Mini French Toast / Cinnamon / Strawberry Toaster Pastry Cheesy Corn Grits Grilled Turkey Sausage Patty

<p>May Choose Two Fruit: Chilled Apple Juice / Fresh Berry Cup / Chilled Canned Tropical Fruit</p>	<p>May Choose Two Fruit: Chilled Grape Juice / Cubed Cantaloupe Chilled Canned Sliced Peaches</p>	<p>May Choose Two Fruit: Chilled Orange Juice / Assorted Grapes / Chilled Canned Mixed Fruit</p>	<p>May Choose Two Fruit: Chilled Apple Juice / Fresh Banana / Chilled Canned Diced Pears</p>	<p>May Choose Two Fruit: Chilled Grape Juice / Apple Quarters / Chilled Canned Pineapple Tidbits</p>
<p>23 Choice Of: Whole Grain Blueberry / Banana Muffin Whole Grain Glazed Donut Holes / Boiled Egg Cheesy Corn Grits</p> <p>May Choose Two Fruit: Chilled Orange Juice / Fresh Banana / Chilled Canned Tropical Fruit</p>	<p>24 Choice Of: Whole Grain Cinnamon / Maple Mini Waffle Scrambled Egg Grilled Ham Finger Corn Grits</p> <p>May Choose Two Fruit: Chilled Apple Juice/ Fresh Cut Strawberry / Chilled Canned Mixed Fruit</p>	<p>25 Choice Of: Whole Grain Hand Split Biscuit Scrambled Egg Grilled Canadian Bacon Patty Whole Grain Glazed Donut Ring Corn Grits</p> <p>May Choose Two Fruit: Chilled Grape Juice / Cubed Cantaloupe / Chilled Canned Sliced Peaches</p>	<p>26 Choice Of: Cinnamon Raisin Fruity Oatmeal Cheese and Egg Bites / Golden Toast Crispy Turkey Bacon Strip</p> <p>May Choose Two Fruit: Chilled Apple Juice/ Assorted Grapes/ Chilled Canned Pineapple Tidbits</p>	<p>27 Choice Of: Whole Grain Assorted Cereal Grilled Turkey Sausage link Open Face Cheese Toast Whole Grain Chicken & Waffle Sandwich</p> <p>May Choose Two Fruit: Chilled Orange Juice / Apple Quarters / Chilled Canned Diced Pears</p>


<p>30 Choice Of: Whole Grain French Toast Stick Grilled Turkey Sausage Patty Scrambled Egg Whole Grain Cinnamon Roll</p> <p>May Choose Two Fruit: Chilled Orange Juice Fresh Berry Cup / Chilled Canned Sliced Peaches</p>



Choice Of Cold Milk Daily
Fat Free **Chocolate**, Low Fat **White**, **Strawberry** & Skim

Menu Subject to Change

Elementary SCHOOL LUNCH & SNACK MENU September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3 Lunch Meatloaf w/ Cheese & Ketchup Mashed Potatoes Broccoli Spears Tossed Salad w/ Dressing Whole Grain Hawaiian Roll Snack Soy Butter & Jelly Sandwich</p>	<p>4 Lunch Chicken Fajita w/ Brown Gravy Steamed Rice Seasoned Mixed Vegetables Tossed Salad w/ Dressing Whole Wheat Roll Snack White Cheddar Popcorn Chilled Grape Juice</p>	<p>5 Lunch Cheeseburger Hamburger / French Bread / Bun Seasoned Baked Beans Sandwich Salad w/ Fresh Spinach & Onion Ring Snack Pretzel Twist Tiny Chilled Canned Sliced Peaches</p>	<p>6 Lunch Turkey Frank w/ Chili French Bread / Bun Skinny Crust Pepperoni Pizza, Sandwich Salad Waffle French Fries Broccoli Florets & Carrot Coins w/ Ranch Dressing Snack Ridged Queso Potato Chip Chilled Fresh Orange Circles</p>
<p>9 Lunch White Beans w/ Ham Steamed Rice Seasoned Chopped Spinach Tossed Salad w/ Dressing Whole Wheat Cornbread Snack 1/2 Ham & Cheese Sandwich Chilled Apple Juice</p>	<p>10 Lunch Oven Baked Chicken Dirty Rice Sliced Glazed Carrots Coins Tossed Salad w/ Dressing Whole Grain Hawaiian Roll Snack Chilled Canned Pineapple Tidbits White Cheddar Popcorn</p>	<p>11 Lunch Barbeque Pork Rib Patty w/ Sauce Mashed Potatoes Seasoned Green Beans Broccoli & Raisin Salad w/Dressing Tossed Salad w/ Dressing Whole Wheat Roll Snack Whole Grain Cereal Bar</p>	<p>12 Lunch Beef Dippers w/ Teriyaki Sauce Brown Rice Pilaf California Blend Vegetables Garden Salad w/ Choice of Dressing Whole Grain Hawaiian Roll Snack 1/2 Turkey & Cheese Sandwich Chilled Grape Juice</p>	<p>13 Lunch Shrimp and Smoke Sausage Jambalaya Seasoned Broccoli Spears Tossed Salad w/ Choice of Dressing Whole Grain Garlic Bread Snack Chilled Fresh Apple Quarters Regular Potato Chip</p>
<p>16 Lunch Red Beans w/ Smoke Sausage Steamed Rice Candid Sweet Potatoes Garden Salad w/ Dressing Whole Grain Cornbread Snack Chocolate Chip Cookie</p>	<p>17 Lunch Mesquite Chicken Drumstick Fried Rice Seasoned Mustard Greens Tossed Salad w/ Dressing Whole Wheat Roll Snack Soy Butter & Jelly Sandwich</p>	<p>18 Lunch Lasagna w/ Ground Beef Seasoned Green Peas Broccoli Salad w/ Dressing Green Salad w/ Dressing Whole Grain Garlic Bread Snack Chilled Canned Mixed Fruit, Whole Grain Graham Crackers</p>	<p>19 Lunch Diced Turkey and Beef Spanish Rice Sliced Cook Pit Pork w/ Sauce Seasoned Mixed Vegetables Tossed Salad w/ Dressing Whole Wheat Roll Snack Pretzel Twist Tiny Chilled Tropical Fruit</p>	<p>20 Lunch Taco w/ Corn Shell / Tortilla Soft Shell Mexicali Corn, Taco Salad w/ Fixings Broccoli Florets & Carrot Coins w/ Ranch Dressing Whole Grain Cinnamon Roll Snack Whole Grain Fish Crackers Chilled Fruit Juice</p>

<p>23 Lunch Navy Beans w/ Ham Steamed Rice Seasoned Winter Greens Tossed Salad w/Dressing Whole Grain Cornbread Snack Assorted Nutri Grain Cereal Bar</p>	<p>24 Lunch Meatballs w/ Creole Gravy Garnished Spaghetti Seasoned Green Beans Garden Salad w/ Dressing Whole Grain Garlic Bread Snack White Cheddar Popcorn Chilled Apple Juice</p>	<p>25 Lunch Sliced Turkey, Ham & Cheese Po boy / Hoagie Bun French Fry Potato wedge Sandwich Salad w/ Fresh Spinach / Onion Ring Broccoli Florets & Carrot Coins w/ Ranch Dressing Snack Assorted Yogurt Whole Grain Graham Crackers</p>	<p>26 Lunch Roasted Wings / Barbeque Chicken Drumstick Fried Rice French Fry Waffle Cut Green Salad w/ Dressing Whole Wheat Roll Snack Soy Butter & Jelly Sandwich</p>	<p>27 Lunch Taco w/ Corn Shell / Tortilla Soft Shell Carrot and Raisin Salad Seasoned Corn On Cob Taco Salad w/ Fixings Whole Grain Cinnamon Roll Snack Ridged Queso Potato Chip Chilled Canned Orange Mandarin</p>
<p>30 Lunch Red Beans w/ Smoke Sausage Steamed Rice Glazed Sliced Carrots Tossed Salad w/ Dressing Whole Grain Cornbread Snack Chilled sliced Peaches Whole Grain Graham Crackers</p>				

Menu Subject to Change

<p>Available Daily</p> <p>All meals offer a choice of Canned or Fresh Fruit, and a variety of Condiments</p>	<p>Choice Of Cold Milk Daily</p> <p>Fat Free Chocolate, Low Fat White, Strawberry & Skim</p>
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— HAPPY NATIONAL —
WOMEN'S HEALTH & FITNESS DAY
— LAST WEDNESDAY IN SEPTEMBER —