

# September 2019

Type Your School Name Here

## BREAKFAST



All meals include a choice of non-fat or 1% milk. This institution is an equal opportunity provider.



**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



### Monday

No School

2

### Tuesday

French Toast Sticks  
With a Sausage Patty  
Apple Sauce  
Juice  
Milk

3

### Wednesday

Breakfast Burrito  
With Salsa  
Peaches  
Juice  
Milk

4

### Thursday

Biscuit & Sausage Gravy  
With a Banana  
Juice  
Milk

5

### Friday

Frosted Mini Wheats  
With a Yogurt Cup  
Orange Slices  
Juice  
Milk

6

Pancake on a Stick  
With Fruit Cocktail  
Juice  
Milk

9

Scrambled Eggs  
With Toast & Jelly  
Pears  
Juice  
Milk

10

Ham & Egg Biscuit  
With Pineapple Tidbits  
Juice  
Milk

11

Breakfast Pizza  
With a Banana  
Juice  
Milk

12

Mini Pancakes  
With a Sausage Patty  
Orange Slices  
Juice  
Milk

13

Bacon Egg & Cheese  
Bagel  
With Peaches  
Juice  
Milk

16

Breakfast Combo Bar  
With Hashbrowns  
Toast & Jelly  
Apple Sauce  
Juice  
Milk

17

Cinnamon Roll  
With a Yogurt Cup  
Tropical Fruit  
Juice  
Milk

18

Biscuit & Sausage Gravy  
With A Banana  
Juice  
Milk

19

No School

20

French Toast Sticks  
With a Sausage Patty  
Fruit Cocktail  
Juice  
Milk

23

Cheddar Omelet  
With Toast & Jelly  
Pineapple Tidbits  
Juice  
Milk

24

Breakfast Burrito  
With Salas  
Peaches  
Juice  
Milk

25

Sausage & Egg Biscuit  
With a Banana  
Juice  
Milk

26

Breakfast Muffin  
With a Yogurt Cup  
Orange Slices  
Juice  
Milk

27

Cheese Toast  
With Little Smokies  
Tropical Fruit  
Juice  
Milk

30



# September 2019

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## LUNCH



**School Information:** Type your school information here.



**Nutrition Tip:** With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

No School

2

Chicken Wrap  
With Leafy Lettuce & Tomato  
Potato Wedge  
Mandarin Oranges  
Milk

3

Super Nachos  
Mixed Salad With Spinach  
Ranch Style Beans  
Pears  
Milk

4

Corn Dog  
With Baked FF  
Cooked Broccoli  
Fresh Grapes  
Milk

5

Sub Sandwich  
With Leafy Lettuce &  
Pickles  
Baby Carrots  
Potato Chips  
Apple Slices & Milk

6

Chicken Queso Pizza  
Re-Fried Beans  
Hominy  
Pineapple Tidbits  
Milk

9

Steak Fingers  
Mashed Potatoes &  
Gravy  
Green Beans  
Hot Roll  
Peaches

10

Early Release Day  
Uncrustables  
Carrot Sticks  
Doritos  
Rice Crispy Treats  
Oranges & Milk

11

Meat Ball Sub  
With Romaine Salad  
Black-eyed Peas  
Fresh Grapes  
Milk

12

Hamburgers  
Leafy Lettuce &  
Tomatoes  
Tater Tots  
Apple Slices  
Milk

13

BBQ Rib Sandwich  
Baked Beans  
Potato Wedges  
Tropical Fruit  
Milk

16

Taco Soup  
With Tortilla Chips  
Baby Carrots  
Pears  
Milk

17

Sausage Pizza  
Mixed Salad With Spinach  
Black-eyed Peas  
Mandarin Oranges  
Milk

18

Sloppy Joe  
With Baked FF  
Fresh Broccoli  
Fresh Grapes  
Milk

19

No School

20

Chicken Nuggets  
Mashed Potatoes &  
Gravy  
With Corn  
Hot Roll  
Peaches

23

Meat Ball Sub  
Mixed Salad With Spinach  
Italian Green Beans  
Fruit Cocktail  
Milk

24

Pig in a Blanket  
Baked Beans  
Potato Wedges  
Tropical Fruit  
Milk

25

Hamburger Stew  
Corn Bread  
Fresh Broccoli  
Fresh Grapes  
Milk

26

Turkey & Cheese Sandwich  
Leafy Lettuce & Pickles  
Baby Carrots  
Potato Chips  
Apple Slices  
Milk

27

Crispy Chicken  
Sandwich  
With Leafy Lettuce & Tomatoes  
Corn on the Cob  
Pineapple Tidbits  
Milk

30



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### Monday

No School

2

### Tuesday

Popcorn Chicken

3

### Wednesday

Grilled Chicken Sandwich

4

### Thursday

Fish Sticks

5

### Friday

No Second

6

Hot Dog

9

Grilled Chicken Patty

10

No Second

11

Baked Potato

12

No Second

13

Burrito

16

Fish Sticks

17

Corn Dog

18

Steak Patty

19

No School

20

Chicken Leg

23

Popcorn Chicken

24

Burrito

25

Fish Sticks

26

No Second

27

Chicken Fried Steak Sandwich

30

