SEPTEMBER 2023

Breakfast Menu

Items offered daily: Fruit, 1% White Milk, Skim Chocolate Milk

September 1
  • Filled Crescent
  • Fruit Cup

September 4 - No School - Labor Day

September 5
  • Overnight Oats
  • Fruit Cup

September 6
  • Egg Bites
  • Fruit Cup

September 7
  • Yogurt Cup
  • UBR Cookie

September 8
  • Cinnamon Roll
  • Fruit cup

September 11
  • Waffles
  • Fruit Cup

September 12
  • Breakfast Sandwich
  • Fruit Cup

September 13
  • Pancake Bites
  • Fruit cup

September 14
  • Parfait
  • Fruit Basket

September 15
  • Donut
  • Fruit Cup

September 18
- Pancakes
- Fruit

September 19
- Breakfast on a Stick
- Fruit Cup

September 20
- Eggstravaganza
- Fruit Cup

September 21
- Smoothie
- Tiger Bites

September 22
- Filled Crescent
- Fruit Cup

September 25
- French Toast Sticks
- Fruit Cup

September 26
- Overnight Oats
- Fruit Cup

September 27
- Egg Bites
- Fruit Cup

September 28
- Yogurt Cup
- UBR Cookie

September 29
- Cinnamon Roll
- Fruit cup

Menus are subject to change
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
## SEPTEMBER 2023
### ELEMENTARY LUNCH MENU
Items offered daily: Fruits, Vegetables, 1% white milk, or skim chocolate milk every day.

<table>
<thead>
<tr>
<th>Date</th>
<th>Lunch Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 1</td>
<td>- Max Pizza&lt;br&gt;- Dinner Salad&lt;br&gt;- Fruit&lt;br&gt;- Snickerdoodle Cookie</td>
</tr>
<tr>
<td>September 4</td>
<td>- No School - Labor Day</td>
</tr>
<tr>
<td>September 5</td>
<td>- Cheese Bites&lt;br&gt;- Refried Beans&lt;br&gt;- Street corn&lt;br&gt;- Brownie</td>
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<tr>
<td>September 6</td>
<td>- Chicken Noodle Soup&lt;br&gt;- Cheese Breadstick&lt;br&gt;- Fresh Vegetables&lt;br&gt;- Fruit</td>
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<tr>
<td>September 7</td>
<td>- Cherry Chicken&lt;br&gt;- Brown rice&lt;br&gt;- Roasted Broccoli&lt;br&gt;- Cowboy Cookie</td>
</tr>
<tr>
<td>September 8</td>
<td>- Mini Calzones&lt;br&gt;- Dinner Salad&lt;br&gt;- Fruit&lt;br&gt;- Pudding</td>
</tr>
<tr>
<td>September 11</td>
<td>- Cheeseburger&lt;br&gt;- Smile Fries&lt;br&gt;- Creamie&lt;br&gt;- Fruit</td>
</tr>
<tr>
<td>September 12</td>
<td>- Beef Taco Sticks</td>
</tr>
</tbody>
</table>
• Refried Beans
• Street Corn
• Cornmeal Super Star

September 13
• Teriyaki Beef Nuggets
• Mashed Potatoes
• Green Beans
• Dinner Roll

September 14
• Teriyaki Chicken
• Vegetable Brown Rice
• Roasted Broccoli
• Marshmallow Treat

September 15
• Pizza Rippers
• Dinner Salad
• Fruit
• Pumpkin Cookie

September 18
• Chicken Sandwich
• Smile Fries
• Fresh Vegetables
• Chocolate Chip Cookie

September 19
• Taco Soup
• Fresh Vegetables
• Fruit
• Cinnamon roll

September 20
• Chicken Tenders
• Mashed Potatoes and Gravy
• Carrots
• Dinner Roll

September 21
• Orange Chicken
• Brown rice
• Roasted Broccoli
• Fortune Cookie
September 22
- Pizza Breadstick
- Dinner Salad
- Fruit
- Jello
September 25
- Popcorn Chicken
- Tater Tots
- Dinner Salad
- Fruit
September 26
- Soft Taco
- Refried Beans
- Fruit
- Churro
September 27
- Country Fried Steak
- Mashed Potatoes
- Green Beans
- Hushpuppies
September 28
- General Tso
- Yakisoba Noodles
- Roasted Broccoli
- Tiger Bites, Chocolate
September 29
- Max pizza
- Dinner Salad
- Fruit
- Snickerdoodle

Menus are subject to change -
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SEPTEMBER 2023

Secondary Lunch Menu

Items offered daily: Fruit, Vegetables, 1% white milk, and skim chocolate milk every day.

September 1
- Cheese Rippers
- Dinner Salad
- Fruit
- Snickerdoodle Cookie

September 4 - No School - Labor Day

September 5
- Enchilada
- Refried Beans
- Street corn
- Brownie

September 6
- Chicken Noodle Soup
- Cheese Breadstick
- Fresh Vegetables
- Fruit

September 7
- Cherry Chicken
- Brown rice
- Roasted Broccoli
- Cowboy Cookie

September 8
- Mini Calzones
- Dinner Salad
- Fruit
- Pudding

September 11
- Cheeseburger
- French Fries
- Creamie
- Fruit

September 12
- Beef Taco Sticks
- Refried Beans
- Street Corn
- Cornmeal Super Star
September 13
- Teriyaki Beef Nuggets
- Baked Potato
- Green Beans
- Dinner Roll

September 14
- Teriyaki Chicken
- Vegetable Brown Rice
- Roasted Broccoli
- Egg Roll

September 15
- Pizza Rippers
- Dinner Salad
- Fruit
- Pumpkin Cookie

September 18
- Chicken Sandwich
- French Fries
- Fresh Vegetables
- Chocolate Chip Cookie

September 19
- Taco Soup
- Fresh Vegetables
- Fruit
- Cinnamon roll

September 20
- Chicken Tenders
- Mashed Potatoes and Gravy
- Carrots
- Dinner Roll

September 21
- Orange Chicken
- Brown rice
- Roasted Broccoli
- Fortune Cookie

September 22
- Pizza Breadstick
- Dinner Salad
- Fruit
- Jello
September 25
- Chicken and Waffles
- Tater Tots
- Dinner Salad
- Fruit

September 26
- Soft Taco
- Refried Beans
- Fruit
- Churro

September 27
- Country Fried Steak
- Mashed Potatoes
- Green Beans
- Hushpuppies

September 28
- General Tso
- Yakisoba Noodles
- Roasted Broccoli
- Tiger Bites, Chocolate

September 29
- Cheese Rippers
- Dinner Salad
- Fruit
- Snickerdoodle

Option Line:
Monday - Domino Pizza
Tuesday - Nachos
Wednesday - Spicy Chicken Sandwich
Thursday - Walking Taco
Friday - Chicken Wrap

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