

September

Jr. High Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day Student / Staff Holiday	3 Lucky Charms Sausage Biscuit Fresh Banana Apple Juice Orange Juice White Milk Chocolate Milk	4 Cocoa Puffs Hachie Breakfast Craisins Strawberry Apple Juice Orange Juice White Milk Chocolate Milk	5 Honey Nut Cheerios Hot Cakes w/ Sausage Link Applesauce Apple Juice Orange Juice White Milk Chocolate Milk	6 Lucky Charms Cinnamon Roll Apple Slices in Bag Apple Juice Orange Juice White Milk Chocolate Milk
9 Cinnamon Toast Crunch Waffle w/ Bacon Applesauce Apple Juice Orange Juice White Milk Chocolate Milk	10 Lucky Charms Pancake on a Stick Fresh Banana Apple Juice Orange Juice White Milk Chocolate Milk	11 Cocoa Puffs Strawberry&Cream Pancakes Craisins Strawberry Apple Juice Orange Juice White Milk Chocolate Milk	12 Honey Nut Cheerios Chicken Biscuit Applesauce Apple Juice Orange Juice White Milk Chocolate Milk	13 Lucky Charms Cinnamon Roll Apple Slices in Bag Apple Juice Orange Juice White Milk Chocolate Milk
16 Cinnamon Toast Crunch French Toast Sticks w/ syrup Applesauce Orange Juice Apple Juice White Milk Chocolate Milk	17 Lucky Charms Sausage Biscuit Fresh Banana Apple Juice Orange Juice White Milk Chocolate Milk	18 Cocoa Puffs Hachie Breakfast Craisins Strawberry Apple Juice Orange Juice White Milk Chocolate Milk	19 Honey Nut Cheerios Hot Cakes w/ Sausage Link Applesauce Apple Juice Orange Juice White Milk Chocolate Milk	20 Lucky Charms Cinnamon Roll Apple Slices in Bag Apple Juice Orange Juice White Milk Chocolate Milk
23 Cinnamon Toast Crunch Waffle w/ Bacon Applesauce Apple Juice Orange Juice White Milk Chocolate Milk	24 Lucky Charms Pancake on a Stick Fresh Banana Apple Juice Orange Juice White Milk Chocolate Milk	25 Cocoa Puffs Strawberry&Cream Pancakes Craisins Strawberry Apple Juice Orange Juice White Milk Chocolate Milk	26 Honey Nut Cheerios Chicken Biscuit Applesauce Apple Juice Orange Juice White Milk Chocolate Milk	27 Lucky Charms Cinnamon Roll Apple Slices in Bag Apple Juice Orange Juice White Milk Chocolate Milk
30 Cinnamon Toast Crunch French Toast Sticks w/ syrup Applesauce Orange Juice Apple Juice White Milk Chocolate Milk	<p>Pick 3! Choose 3 items 1 must be ½ cup of fruits/ Juice</p>			

September

Jr. High Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day Student / Staff Holiday	3 Soft Chicken Taco Crispy Beef Tacos Refried Beans Lettuce & Tomato Shredded Cheese Blue Raspberry Applesauce Jello w/ Fruit Salsa White Milk Chocolate Milk	4 Steak Fingers w/ Gravy Mashed Potatoes Green Beans Canned Diced Pears Diced Peaches Honey Wheat Roll Ketchup Cup White Milk Chocolate Milk	5 French Bread Pepperoni Pizza Cheese Pizza Slice Garden Salad Steamed Corn Fresh Plum Watermelon Craisins White Milk Chocolate Milk	6 Cheese Burger Chick'n&Waffle Crinkle Cut Fries Lettuce & Tomato Mandarin Oranges Apple Slices in Bag Ketchup /Mustard White Milk Chocolate Milk
9 Bacon & Cheese Potato BBQ Baked Potato Baked Beans Sour Cream Heartzels Pretzels Pineapple Tidbits Strawberry Craisins White Milk Chocolate Milk	10 Spaghetti w/ Meat Sauce Chicken Alfredo Garlic Toast Steamed Broccoli Steamed Carrots Jello w/ Fruit Blue Raspberry Applesauce White Milk Chocolate Milk	11 Chicken Nugget Mashed Potatoes & Gravy Green Beans Diced Pears Diced Peaches Honey Wheat Roll Ketchup Cup White Milk Chocolate Milk	12 Domino's Cheese Pizza Garden Salad Steamed Corn Fresh Plum Watermelon Craisins White Milk Chocolate Milk	13 Bacon Cheeseburger Spicy Chicken Sandwich Tater Tots Lettuce & Tomato Mandarin Oranges Apple Slices in Bag Ketchup/Mustard White Milk Chocolate Milk
16 Meatball Sub Chicken Ranch Sub Baby Carrots w/ Ranch Sliced Cucumbers Pineapple Tidbits Strawberry Craisins White Milk Chocolate Milk	17 Beef&Cheese Nachos Refried Beans Steamed Spinach Blue Raspberry Applesauce Jello w/ Fruit Salsa White Milk Chocolate Milk	18 Popcorn Smackers Mashed Potatoes & Gravy Green Beans Canned Diced Pears Diced Peaches Honey Wheat Roll Ketchup Cup Barbecue Sauce White Milk Chocolate Milk	19 French Bread Pepperoni Pizza Cheese Pizza Slice Garden Salad Steamed Corn Fresh Plum Watermelon Craisins White Milk Chocolate Milk	20 Cheese Burger Chili Dog Crinkle Cut Fries Lettuce & Tomato Mandarin Oranges Apple Slices in Bag Ketchup /Mustard White Milk Chocolate Milk
23 Frank's Wings BBQ Wings Baby Carrots w/ Ranch Sliced Cucumbers Garlic Toast Pineapple Tidbits Strawberry Craisins White Milk Chocolate Milk	24 Cheesy Enchiladas Beef Quesadilla Refried Beans Steamed Spinach Blue Raspberry Applesauce Jello w/ Fruit Salsa White Milk Chocolate Milk	25 Chicken Nugget Mashed Potatoes & Gravy Green Beans Canned Diced Pears Diced Peaches Honey Wheat Roll Ketchup Cup White Milk Chocolate Milk	26 Domino's Beef Pizza Garden Salad Steamed Corn Fresh Plum Watermelon Craisins White Milk Chocolate Milk	27 Cheese Burger Corn Dog Tater Tots Lettuce & Tomato Mandarin Oranges Apple Slices in Bag Ketchup /Mustard White Milk Chocolate Milk
30 Sloppy Joe Chili Bowl Baby Carrots w/ Ranch Sliced Cucumbers Pineapple Tidbits Strawberry Craisins White Milk Chocolate Milk	<p>Pick 3! Choose ½ cup of fruit or vegetable Plus at least 2 other food groups</p>			