




September 2019 Merrilan Breakfast and Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	3 BREAKFAST Banana Bread or Cereal LUNCH Pizza or Cold Meat and Cheese on a Bun	4 BREAKFAST Combo Bar or Cereal with Toast LUNCH Texas BBQ Pork on a Bun or Breaded Chicken on a Bun Seasoned Twister Fries	5 BREAKFAST Fruit/Yog Parfait or Cereal w/Giant Goldfish Grahams LUNCH Philly Cheese Steak or Loaded Turkey Sub Sun Chips	6 BREAKFAST Strawberry Blast Pancakes or Cereal w/Cheese Stick LUNCH Chicken Nuggets or Mini Corn Dogs Baked Beans
9 BREAKFAST Breakfast Burrito or Cereal LUNCH Sausage Patti or Cheese Omelet Pancakes Tri Tator Hashbrown	10 BREAKFAST English Muffin with Peanut Butter or Cereal w/Yogurt Cup LUNCH Chicken Strips or Fish Sticks Seasoned Rice	11 BREAKFAST Oatmeal or Cereal with Toast LUNCH Turkey Gravy or Glazed Chicken Leg Mashed Potatoes Bread and Butter	12 BREAKFAST Blueberry Muffin or Cereal w/Cheese Stick LUNCH Nachos with Taco Meat or Buffalo Chicken Refried Beans	13 BREAKFAST Pancake on a Stick or Cereal with Toast LUNCH Cheese Burger or Deli Sub Baked Beans
16 BREAKFAST Frosted Cinnamon Roll or Cereal w/Cheese Stick LUNCH Breaded Pork Patti or Breaded Chicken Patti on a Bun Baked Beans	17 BREAKFAST Combo Bar or Cereal with Toast LUNCH Turkey Wrap or Ranch Chicken Wrap Doritos	18 BREAKFAST Breakfast Pizza or Cereal with Toast LUNCH Italian Meatball Sub or Spicy Chicken on a Bun Baked French Fries	19 BREAKFAST Zucchini Bread or Cereal LUNCH Taco Pizza or Crispito Tortilla Chips Black Bean Salsa	20 BREAKFAST Breakfast Sandwich or Cereal with Toast LUNCH Chicken Ala King on a Biscuit or BBQ Rib Patti on a Bun Steamed Broccoli

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23	24	25	26	27
BREAKFAST Biscuit w/Sausage Gravy or Cereal with Toast	BREAKFAST Cinnamon Sugar Bites or Cereal w/Cheese Stick	BREAKFAST Waffles or Cereal	BREAKFAST Fruit/Yog Parfait or Cereal w/Giant Goldfish Grahams	BREAKFAST Pancake on a Stick or Cereal with Toast
LUNCH Mandarin Orange Chicken Seasoned Rice Stir Fry Vegetables Fortune Cookie	LUNCH Spaghetti Meat Sauce or Chicken Alfredo Spiral Pasta Garlic Toast	LUNCH Meatloaf with Gravy or Pop Corn Chicken Mashed Potatoes Bread and Butter	LUNCH Soft Shell with Taco Meat or Slow Cooked Chicken Taco Meat Refried Beans	LUNCH Texas BBQ Pork or Cheese Burger on a Bun Baked Chips
30	October 1	Jackson In Action		Harvest of the Month Tomatoes
BREAKFAST Frosted Cinnamon Roll or Cereal w/Yogurt Cup	BREAKFAST English Muffin Sausage Patti Sandwich or Cereal			Tomatoes are really good for you. There are many ways to enjoy them fresh on sandwiches, on your pasta, in soups or just pop those grape or cherry tomatoes for a snack. Sweet and Juicy! Try making fresh salsa or pico de gallo both are easy!
LUNCH Chicken Nuggets or Fish Sticks Scalloped Potatoes	LUNCH Hot Ham/Cheese on a Croissant or Breaded Pork Patti on a Bun Veggie Pasta Salad	www.jacksoninaction.org		

100 % Juice Options Available - Apple, Orange, Grape

All meals are served with 8 oz of milk: non-fat chocolate, 1% low fat, or non-fat white milk.

Breakfast Cereal Options Available - low in sugar, cocoa puffs, frosted
Fresh fruit and vegetable selections

Protein such as yogurt or a cheese stick

GARDEN BAR IS STILL INCLUDED WITH THE MEAL OPTIONS: MANY VARIETES OF FRESH FRUITS
AND VEGETABLES TO SELECT FROM TO COMPLIMENT YOUR MEAL.

This institution is an equal opportunity provider.