



Watts Learning Center MS

Breakfast and Lunch Menu September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
BREAKFAST	Holiday	Malt O Meal Cereal with Graham Crackers	Bagel and Cream Cheese	Granola Bar	Breakfast Muffin
LUNCH	Holiday	Hamburger with Coleslaw Salad	Cubano Sandwich with Salad	Orange Chicken with Rice and Carrots	Chicken Fajitas with Tortilla and Corn
	<i>Holiday</i>		<i>Italian Chopped Salad</i>	<i>Greek Steak Wrap</i>	
	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>
BREAKFAST	Malt O Meal Cereal with Graham Crackers	Twin Bar	Coffee Cake	Cereal Bar	Yogurt Parfait
LUNCH	Teriyaki Chicken with Rice and Carrots	Penne Pasta with Marinara with Garden Salad	BBQ Chicken Sandwich with Corn	Bean, Rice, and Cheese Burrito with Coleslaw	Hot Dog with Chili Beans
		<i>Turkey Salad Sandwich with Mixed Greens Side Salad</i>	<i>Asian Chicken Salad</i>	<i>Ham and Cheese Hoagie and Garden Side Salad</i>	
	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>
BREAKFAST	Malt O Meal Cereal with Graham Crackers	Breakfast Muffin	Cereal Bar	Buttermilk Bar	Malt O Meal Cereal with Graham Crackers
LUNCH	Spaghetti Bolognese with Garden Salad	<u><i>Brunch for Lunch</i></u> Sausage Cheese Biscuit with Country Potatoes	Ham Mac & Cheese Sandwich with Zucchini	Turkey Picadillo with Rice and Beans	Chicken Patty Sandwich with Carrots
		<i>Mixed Green Steak Salad</i>	<i>Roasted Chicken Chef Salad</i>	<i>Greek Chicken Salad</i>	
	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>
BREAKFAST	Yogurt and Graham Crackers	Mateys Cereal with Graham Crackers	Coffee Cake	Granola Bar	Breakfast Muffin
LUNCH	Hot Dog with Chili Beans	Orange Chicken with Rice and Carrots	Cubano Sandwich with Corn	Hamburger with Coleslaw Salad	Pizza Hut with Salad
		<i>Chicken Casear Salad</i>	<i>Italian Chopped Salad</i>	<i>Greek Steak Wrap</i>	
	<u>30</u>				
BREAKFAST	Malt O Meal Cereal with Graham Crackers				
LUNCH	Teriyaki Chicken with Rice and Carrots	Non-fat and 1% milk are available at each meal. Fruit is offered at breakfast and Lunch. Veggies are served with lunch.			

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