

**DB Excel (11:00-12:30) ~ SEPTEMBER 2019 MENU**

Pricing:		Breakfast: \$1.50	Lunch \$2.70	Ala Carte prices range from \$.50 - \$3.50	
<b>Menu for Week of SEPTEMBER 3rd thru SEPTEMBER 6th</b>					
<b>Monday (W2D1)</b>	<b>Tuesday (W2D2)</b>	<b>Wednesday (W2D3)</b>	<b>Thursday (W2D4)</b>	<b>Friday (W2D5)</b>	
<b>LABOR DAY</b>	<b>NO SCHOOL</b>				
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	
Egg & Cheese Croissant (28) Orange Juice / Banana (22)	Egg & Cheese Croissant (28) Orange Juice / Banana (22)	Sunrise Sausage & Egg Slider (28) Apple Juice / Fresh Orange (8)	Ham Cheese Croissant (28) Orange Juice / Pears(23)	Chicken(9) Biscuit (28) Apple Juice / Fruit Mix (20)	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
Hot Dog with Chili(33) Tater Tots (16) Baked Beans (37) Creamy Coleslaw (9) Mixed Berry Cup(20)Banana(22)	Hot Dog with Chili(33) Tater Tots (16) Baked Beans (37) Creamy Coleslaw (9) Mixed Berry Cup(20)Banana(22)	Wings(7)&Sauce* Texas Toast(14) Crinkle Cut Fries (17) California Blend Veg(3) Celery/Carrot Cup(5) Fresh Strawberries (7)Craisins (28)	Cheesy Chicken Quesadilla (35) Southwestern Beans (15) Corn Niblets (16) Cucumber/Tomato Cup (3) Fruit Slushie(20)Blush Pears(23)	Wild Mikes Cheesy Bites (35) Marinara Sauce (6) Broccoli (5) Glazed Carrots (16) Baby Carrot Cups (8) Raisels (35) Fruit Gelatin (18)	
<b>Menu for Week of SEPTEMBER 9th thru SEPTEMBER 13th</b>					
<b>Monday (W3D1)</b>	<b>Tuesday (W3D2)</b>	<b>Wednesday (W3D3)</b>	<b>Thursday (W3D4)</b>	<b>Friday (W3D5)</b>	
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	
Sausage Biscuit (28) Apple juice / Pineapple tidbits (19)	Egg & Cheese Croissant (28) Orange Juice / Peaches(18)	Sunrise Sausage & Egg Slider (28) Apple Juice / Fresh Orange (8)	Ham Cheese Croissant (28) Orange Juice / Pears(23)	PARENT/TEACHER CONFERENCE	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
Chicken Nuggets (22) & Sauce * Mac-N- Cheese (17) Seasoned Green Beans (5) Baby Carrot Cups (8) Applesauce(13)Peach Cup(33)	Taco Salad (40) Corn Niblets (16) Black Beans (15) Fresh Vegetable Cup (3) Fruit Slushie(20) Banana (22)	Wings(7)&Sauce* Texas Toast(14) Sweet Potato Fries (25) Steamed Broccoli(5) Celery/Carrot Cup(5) Melon Cup (15) Craisins (28)	Corn dog Nuggets (40) Pinto Beans (17) Roasted Potato Wedges (22) Creamy Coleslaw (9) Fruit Slushie(20)Blush Pears(23)	NO SCHOOL	
<b>Menu for Week of SEPTEMBER 16 th thru SEPTEMBER 20 th</b>					
<b>Monday (W1D1)</b>	<b>Tuesday (W1D2)</b>	<b>Wednesday (W1D3)</b>	<b>Thursday (W1D4)</b>	<b>Friday (W1D5)</b>	
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	
Sausage Biscuit (28) Apple juice / Applesauce (13)	Egg & Cheese Croissant (28) Orange Juice / Banana (22)	Sunrise Sausage & Egg Slider (28) Apple Juice / Fresh Orange (8)	Ham Cheese Croissant (28) Orange Juice / Pineapple (19)	Chicken(9) Biscuit (28) Apple Juice / Fruit Mix (20)	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
Big Chicken Sandwich (45) Seasoned Green Beans (5) Waffle Fries (19) Baby Carrot Cups (8) Applesauce(13) Fruit Slushie (20)	Bacon Cheeseburger (31) Tater Tots (16) Baked Beans (37) Creamy Coleslaw (9) Sliced Peaches(18)Banana (22)	Wings(7)&Sauce* Texas Toast(14) Potato Wedges (19) California Blend Veg(3) Celery/Carrot Cup(5) Apple (12)Carmel(19) Raisels (35)	Cheese Sticks (33) Marinara (6) Steamed Broccoli(5) Glazed Carrots (16) Leafy Green Salad (2) Fruit Slushie(20)Pineapple(19)	Chick Poppers(17)Sauce*Roll (29) Mashed Potatoes (22) Steamed Peas(15) Baby Carrot Cups (8) Fruit Gelatin (18) Craisins (28)	
<b>Menu for Week of SEPTEMBER 23rd thru SEPTEMBER 27th</b>					
<b>Monday (W2D1)</b>	<b>Tuesday (W2D2)</b>	<b>Wednesday (W2D3)</b>	<b>Thursday (W2D4)</b>	<b>Friday (W2D5)</b>	
<b>**Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	
Sausage Biscuit (28) Apple Juice / Sliced Peaches (18)	Egg & Cheese Croissant (28) Orange Juice / Banana (22)	Sunrise Sausage & Egg Slider (28) Apple Juice / Fresh Orange (8)	Ham Cheese Croissant (28) Orange Juice / Pears(23)	Chicken(9) Biscuit (28) Apple Juice / Fruit Mix (20)	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
Hot & Spicy Chicken Sandwich (45) Seasoned Green Beans (5) Waffle Fries (19) Baby Carrot Cups (8) Pineapple (19) Fruit Slushie (20)	Hot Dog with Chili(33) Tater Tots (16) Baked Beans (37) Creamy Coleslaw (9) Mixed Berry Cup(20)Banana(22)	Wings(7)&Sauce* Texas Toast(14) Crinkle Cut Fries (17) California Blend Veg(3) Celery/Carrot Cup(5) Apple (12)Carmel(19) Craisins (28)	Cheesy Chicken Quesadilla (35) Southwestern Beans (15) Corn Niblets (16) Cucumber/Tomato Cup (3) Fruit Slushie(20)Blush Pears(23)	Wild Mikes Cheesy Bites (35) Marinara Sauce (6) Broccoli (5) Glazed Carrots (16) Baby Carrot Cups (8) Raisels (35) Fruit Gelatin (18)	

<b>Available Daily:</b>
Fruit & Yogurt Parfait(72)      Salads, Various
Assorted Fast Pack (86)      PB & J Uncrustables (33)
Asst. Deli Sandwich Box(65) (Roast Beef, Ham,Turkey)
Variety of Fruit and Fresh Vegetables
Chips (lg. & sm.) & Assorted Grains
Cereal bars, Rice Krispy Treats
Fruit Roll Ups ( 11 )      Fresh Baked Cookies(24)
Bottled water - assorted flavored and unflavored
Propel "Ice" Drink
Milk - variety



Loaded Baked Potatoes(40)  
now available on Monday,  
Wednesday & Friday

**These Lunch choices will be available on a daily basis:**

<b>Sandwiches (30)</b>	<b>Grab &amp; Go Salads:</b>
Ham    Turkey	Chef and Grilled Chicken (46)
Roast Beef    Chicken Salad	<b>Fruit &amp; Yogurt Parfait (72)</b>
Fast Packs(46) & PBJ Fast Packs (86)	(counts as a meal)
<b>Milk Choices offered with breakfast and lunch daily</b>	
1% milk (12), Skim milk (11), Chocolate milk (24), Strawberry milk (22)	

**These Breakfast choices will be available on a daily basis:**

Cereal (14-25), Assorted Fruits (8-35) and Beverages, 100% Fruit Juices (13)  
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**REMINDER:**  
**All breakfasts/lunches must contain a fruit or vegetable.**  
**For more information about meals, nutrition, and our online payment system, visit our website at [www.k12k.com](http://www.k12k.com)**

Numbers in parenthesis ( ) indicate the carb counts for the item listed