

Dalzell Lance High School

Breakfast Menu NSLP

September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 Whole Grain Cereal, Whole Grain Bites, Dried Fruit	5 Banana Muffin Whole Grain Cereal, Whole Grain Bites, Dried Fruit	6 *Whole Grain Cereal, Whole Grain Bites	7 Breakfast Cheese Tamal Whole Grain Cereal, Whole Grain Bites, Dried Fruit
10 Mango Breakfast Bar Whole Grain Cereal, Whole Grain Bites, Dried Fruit	11 Country Biscuit w/Sausage Gravy Whole Grain Cereal, Whole Grain Bites, Dried Fruit	12 * French Toast (25) Whole Grain Cereal, Whole Grain Bites, Dried Fruit	13 *Whole Grain Cereal, Whole Grain Bites	14 *Bean & Cheese Burrito Whole Grain Cereal, Whole Grain Bites, Dried Fruit
17 * Apple Cinnamon Muffin Flat Whole Grain Cereal, Whole Grain Bites, Dried Fruit	18 *Turkey Sausage Breakfast Sandwich Whole Grain Cereal, Whole Grain Bites, Dried Fruit	19 *Pan Dulce Whole Grain Cereal, Whole Grain Bites, Dried Fruit	20 *Whole Grain Cereal, Whole Grain Bites	21 Mini Confetti Pancakes Bites Whole Grain Cereal, Whole Grain Bites, Dried Fruit
24 *Coffee Cake Whole Grain Cereal, Whole Grain Bites, Dried Fruit	25 *Chicken & Waffle Whole Grain Cereal, Whole Grain Bites, Dried Fruit	26 *Yogurt w/Granola Whole Grain Cereal, Whole Grain Bites, Dried Fruit	27 *Whole Grain Cereal, Whole Grain Bites	28 

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.
 This institution is an equal opportunity provider.



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September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> 	<p>4</p> <p>Ham & Cheese Sandwich Lunch Vegetarian Tuna Salad, Wheat Crackers, Dressing *Corn Dog, Oven Baked Fries</p>	<p>5</p> <p>Beef & Broccoli, Not So Fried Rice Turkey & Cheese Sandwich Lunch Vegetarian Chicken Taco Salad, Popped Corn Chips, Dressing</p>	<p>6</p> <p>Chicken Alfredo Wowbutter & Jelly Sandwich Buffalo Chicken Salad, Dinner Roll, Dressing</p>	<p>7</p> <p>Turkey Nachos w/Tortilla Chips Turkey Pastrami & Cheese Sandwich Vegetarian Lunch Southwest Chicken Salad, Dinner Roll, Dressing</p>
<p>10</p> <p>Lunch Special- Mac & Cheese Wowbutter & Jelly Sandwich Mexican Chicken Salad, Popped Corn Chips, Hot Sauce</p>	<p>11</p> <p>Turkey & Cheese Sandwich on Pretzel Bread Vegetarian Lunch Tuna Salad, Wheat Crackers, Dressing *Chicken Patty Burger, Oven Baked Fries</p>	<p>12</p> <p>Turkey Chili, Popped Corn Chips Build Your Own Tuna Sandwich Vegetarian Lunch Chicken Taco Salad, Popped Corn Chips, Dressing</p>	<p>13</p> <p>Chicken Tamal, Mixed Vegetables Deli Chicken & Cheese Sandwich Vegetarian Lunch Buffalo Chicken Salad, Dinner Roll, Dressing</p>	<p>14</p> <p>Baked Ziti w/Meat Sauce Turkey Ham & Cheese Sandwich Vegetarian Lunch Southwest Chicken Salad, Dinner Roll, Dressing</p>
<p>17</p> <p>Chicken Teriyaki, Chow Mein Noodles Deli Chicken & Cheese Sandwich Vegetarian Lunch Mexican Chicken Salad, Popped Corn Chips, Hot Sauce</p>	<p>18</p> <p>BBQ Meatball Sandwich, Cheesy Mashed Potatoes, Hoagie Roll Ham & Cheese Sandwich Vegetarian Lunch Tuna Salad, Wheat Crackers, Dressing</p>	<p>19</p> <p>Cheese Ravioli w/Marinara Sauce Turkey & Cheese Sandwich Vegetarian Lunch Chicken Taco Salad, Popped Corn Chips, Dressing</p>	<p>20</p> <p>Beef Hot Dog w/ Oven Baked Fries Wowbutter & Jelly Sandwich Buffalo Chicken Salad, Dinner Roll, Dressing</p>	<p>21</p> <p>Green Chicken Enchiladas Turkey Pastrami & Cheese Sandwich Vegetarian Lunch Southwest Chicken Salad, Dinner Roll, Dressing</p>
<p>24</p> <p>Lunch Special- Inside Out Chicken Pot Pie Wowbutter & Jelly Sandwich Mexican Chicken Salad, Popped Corn Chips, Hot Sauce</p>	<p>25</p> <p>Turkey & Cheese Sandwich on Pretzel Bread Vegetarian Lunch Tuna Salad, Wheat Crackers, Dressing Cheeseburger, Oven Baked Fries</p>	<p>26</p> <p>Spaghetti w/Meat Sauce Roast Beef Sandwich Vegetarian Lunch Chicken Taco Salad, Popped Corn Chips, Dressing</p>	<p>27</p> <p>Field Trip Sack Lunch</p>	<p>28</p> 
				

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