

SEPTEMBER | 2019



St. Louis school menu: Breakfast is served w/fruit & milk. Lunch is served w/2 fruits & milk and Fresh vegetables along with a tossed salad. MENU SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 NO SCHOOL!

LABOR DAY!

3

NO SCHOOL!

4 Whole grain popcorn
Chicken
Dinner roll
Mashed potatoes

BREAKFAST
Apple sticks

5 Whole grain stuffed crust
Pepperoni pizza
Baked beans

BREAKFAST
Donut ring

6 Whole grain cheese
Quesadilla
Broccoli w/cheese

BREAKFAST
Mini cinnamon roll

9 Whole grain chicken strips
Saltine crackers
Corn

BREAKFAST
Nutri-grain bar & yogurt

10 Whole grain
Sausage pizza
California blend

BREAKFAST
Iced cinnamon roll

11

Corndog
Carrots

BREAKFAST
French toast

12

Cheeseburger on bun
Baked beans

BREAKFAST
Cherry frudel strudel

13 Waffles
Yogurt, hash brown
Orange juice

BREAKFAST
Mini cinnamon cheese filled
bagel

16 Whole grain chicken
Rings
Saltine crackers
Carrots

BREAKFAST
Texas toast

17 Whole grain
Pepperoni calzone
Corn

BREAKFAST
Cereal & yogurt

18

Soft taco w/toppings
Refried beans

BREAKFAST
Egg patty w/toast

19 Sub sandwich
Pickle spear, chips
Birthday day!

BREAKFAST
Funnel cake

20 Shrimp
Macaroni & cheese
Broccoli

BREAKFAST
muffin

23

chicken fajita w/toppings
refried beans

BREAKFAST
Snack bar & yogurt

24 Homemade chicken
Noodle soup
½ turkey sandwich
Carrots

BREAKFAST
Cinnamon swirl French toast

25 Whole grain stuffed crust
Cheese pizza
Corn

BREAKFAST
Bagel w/butter

26 Whole grain hot & spicy
Chicken on bun
Broccoli w/cheese

BREAKFAST
Scrambled egg w/bacon
& cheese

27 Cinnamon toasty biscuit
Yogurt, hash brown
Orange juice

BREAKFAST
Iced sweet roll

30

Sloppy joe on bun
Green beans

BREAKFAST
French toast

1

2

3

4

Snacks for k-5 only:

Monday: applejacks

**Tuesday:
Animal crackers**

**Wednesday:
Baked chips**

**Thursday:
Fruit snacks**

**Friday:
goldfish crackers**

snack: \$.35

juice: \$.25

milk: \$.30

breakfast: \$1.40

lunch: \$2.00

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