

# September 2017 High School Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Line 1</b>	<b>Breakfast Sausage Pizza</b> <b>Or</b> <b>Bacon Scramble Pizza</b> <b>Or</b> <b>Trix Yogurt</b> <p style="text-align: right;">*</p> <b>Assorted Fruits</b> <b>Fruit Juice</b> <b>Milk</b>	<b>Breakfast Sausage Pizza</b> <b>Or</b> <b>Bacon Scramble Pizza</b> <b>Or</b> <b>Yogurt Explosion</b> <p style="text-align: right;">*</p> <b>Diced Peaches</b> <b>Fruit Juice</b> <b>Milk</b>	<b>Breakfast Sausage Pizza</b> <b>Or</b> <b>Bacon Scramble Pizza</b> <b>Or</b> <b>Trix Yogurt</b> <p style="text-align: right;">*</p> <b>Assorted Fruits</b> <b>Fruit Juice</b> <b>Milk</b>	<b>Breakfast Sausage Pizza</b> <b>Or</b> <b>Bacon Scramble Pizza</b> <b>Or</b> <b>Yogurt Explosion</b> <p style="text-align: right;">*</p> <b>Strawberries</b> <b>Fruit Juice</b> <b>Milk</b>	<b>Breakfast Sausage Pizza</b> <b>Or</b> <b>Bacon Scramble Pizza</b> <b>Or</b> <b>Trix Yogurt</b> <p style="text-align: right;">*</p> <b>Assorted Fruits</b> <b>Fruit Juice</b> <b>Milk</b>
<b>Line 2</b>	<b>Pancake/Sausage on a Stick</b> <b>Or</b> <b>Egg Cheese English Muffin</b> <b>Or</b> <b>Trix Yogurt</b> <p style="text-align: right;">*</p> <b>Applesauce Cup</b> <b>Fruit Juices</b> <b>Milk</b>	<b>Cheese Omelet</b> <b>or</b> <b>Trix Yogurt w/String Cheese</b> <p style="text-align: right;">*</p> <b>Diced Peaches</b> <b>Fruit Juices</b> <b>Milk</b>	<b>Mini Maple Pancake Wraps</b> <b>Or</b> <b>Cheese Omelet and Muffin</b> <b>Or</b> <b>Trix Yogurt</b> <p style="text-align: right;">*</p> <b>Assorted Fruits</b> <b>Fruit Juices</b> <b>Milk</b>	<b>French Toast &amp; Sausage</b> <b>Links</b> <b>Or</b> <b>Scrambled Eggs &amp; Sausage</b> <b>Links</b> <b>Or</b> <b>Trix Yogurt</b> <p style="text-align: right;">*</p> <b>Assorted Fruits</b> <b>Fruit Juices</b> <b>Milk</b>	<b>Mini Maple Pancake Wraps</b> <b>Or</b> <b>Cheese Omelet and Muffin</b> <b>Or</b> <b>Trix Yogurt</b> <p style="text-align: right;">*</p> <b>Assorted Fruits</b> <b>Fruit Juices</b> <b>Milk</b>

**\*To complete your breakfast choose one from this list:**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Nutrigrain Bar Or</b> <b>Cinnamon Snaks Or a</b> <b>Muffin</b>	<b>Teddy Grahams or</b> <b>Cinnamon Toast Crisps or</b> <b>Elf Grahams or</b> <b>Assorted Cereals Or a</b> <b>Muffin</b>	<b>Banana Bread or</b> <b>Trix Yogurt or</b> <b>Cinnamon Toast Crisps</b>	<b>Cinnamon Toast Crisps or</b> <b>Elf Grahams or</b> <b>Grainy-O-Oatmeal Bar or</b> <b>Teddy Grahams</b>	<b>Trix Yogurt or</b> <b>Nutrigrain Bar or a</b> <b>Muffin or</b> <b>Breakfast Cereal</b>

Milk is available every day. Menus are subject to change without notice. Available Cereal- Whole Grain Rice Krispy, Froot Loops, Cocoa Puffs, Cheerios, Lucky Charms and Cinnamon toast Crunch.

Yogurt Explosion: A serving of Vanilla or Strawberry yogurt served with a variety of toppings. (Fruit, Granola, etc.)

Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, and Mango Wango. All juices offered are 100% juice.

Trix Yogurt: Raspberry Rainbow, Strawberry Banana, or Triple Cherry

Muffin: Blueberry, Banana, or Chocolate

Nutrigrain Bar: Apple and Strawberry will be offered.

**Check out the Grab-n-Go Breakfast offered every morning! Grab a bag and fill it! Lots of variety!**  
**See Linda for details!**

September 2017

High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>No School</p> 	<p>5</p> <p>Breakfast Pizza W/Cheese Stick or Hamburger Fresh Tomatoes Sliced Onions Puzzle Fries Steamed Broccoli W/ Cheese Sauce Applesauce Cup</p>	<p>6</p> <p>**Mr. Ribb or Chicken Sandwich Baked Fries Fresh Pepper Slices Dip Fresh Sweet Strawberries</p>	<p>7</p> <p>Mini Corn Dogs or Cheeseburger Deluxe Toppings (Lettuce and Cheese) Fresh Greens Salad Salad Dressing Tortilla Chips Salsa S.D. Watermelon Slice</p>	<p>8</p> <p>Fish Taco or Chicken Snack Wrap or Pizza Fresh Vegetables Fresh Fruit Breakfast Bar</p>
<p>11</p> <p>Hamburger or **Mr. Ribb Cucumber Coins Curly Fries Dip S.D. Watermelon Slice</p>	<p>12</p> <p>***Kolache or Breaded Chicken Sandwich Fresh Sweet Pepper Slices Dip Puzzle Fries Diced Pears</p>	<p>13</p> <p>Teriyaki Chicken or Popcorn Chicken Dinner Roll Poultry Rice Gravy Red Cherry Tomatoes Dip Chilled Creamy Coleslaw SideKick</p>	<p>14</p> <p>Roast Beef-N-Swiss or Pizza Mixed Green Salad Salad Dressing Fresh Broccoli Florets Dip Fresh Grapes</p>	<p>15</p> <p>Hot Dog or Fish Sandwich Baked Vegetarian Beans Fresh Vegetables Dip Fresh Fruit</p>
<p>18</p> <p>Walking Taco or Hamburger Deluxe Toppings (Lettuce, black Beans, Cheese, and Taco Sauce) Cucumber Coins Fresh Baby Carrots Dip S. D. Watermelon Slice</p>	<p>19</p> <p>Breakfast Pizza W/Cheese Stick or Breaded Chicken Sandwich Fresh Cauliflower Bites Dip Puzzle Fries Diced Peaches</p>	<p>Fish Shapes or Chicken Nuggets Creamy Mashed Potatoes Gravy Fresh Broccoli Florets Dip Fresh Sweet Strawberries</p>	<p>21</p> <p>Quesadilla or Cheeseburger Deluxe Toppings: Lettuce, Tomatoes, &amp; Onions Baked Vegetarian Beans Tortilla Chips Salsa Fresh Vegetables Dip Assorted Fruits</p>	<p>22</p> <p>Hamburger or Pasta W/ Turkey Alfredo Sauce or Meat Sauce W/Bread Fresh Baby Carrots Dip Lettuce Salad Salad Dressing Apples Slices</p>
<p>25</p> <p>Teriyaki Chicken or Chicken Drumstick Poultry Rice Gravy Stir Fry Vegetables Fresh Broccoli Florets S. D. Watermelon Slice</p>	<p>26</p> <p>Soft Shell Taco (Beef or Chicken) or Hamburger Deluxe Toppings: Tomatoes, Lettuce, &amp; Onions Crisp Celery Sticks Cucumber Coins Dip Assorted Fruits</p>	<p>27</p> <p>**Mr. Rib or Chicken Patty W/Bun Puzzle Fries Fresh Carrots Dip Fresh Apple Slices</p>	<p>28</p> <p>Mini Corn Dogs or Roast Beef Sandwich Baked Vegetarian Beans Tortilla Chips Salsa Yellow Banana</p>	<p>29</p> <p>Fish Shapes or Hamburger Steak Dinner Roll Creamy Mashed Potatoes Beef Gravy Grilled Mushrooms Fresh Vegetables Dip Fresh Fruit</p>

Milk is available every day. Menus are subject to change without notice.

\*SideKick- 100% Frozen fruit juice cup

\*\* Contains Pork

\*\*\*All beef hotdog inside bread roll