


# High School Breakfast

Line 1

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>Labor Day- No School</p> 	<p>Yogurt Explosion WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk.</p>	<p>WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p>	<p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p>	<p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p>
10	11	12	13	14
<p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p>	<p>Yogurt Explosion WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk.</p>	<p>WGR Breakfast Cereal Carmel Roll Breakfast Bar <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk.</p>	<p>Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b></p> <p>Served with Fruit Cup, 100% juice, &amp; Milk</p>	<p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p>
17	18	19	20	21
<p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p>	<p>Yogurt Explosion WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk.</p>	<p>WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p>	<p>Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b></p> <p>Served with Fruit Cup, 100% juice, &amp; Milk</p>	<p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p>
24	25	26	27	28
<p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p>	<p>Yogurt Explosion WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk.</p>	<p>WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p>	<p>Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b></p> <p>Served with Fruit Cup, 100% juice, &amp; Milk</p>	<p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p>

Menus are subject to change without notice.

100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, & Mango Wango.

Muffin Choices: Blueberry, Chocolate, or Banana

(WGR) Assorted Whole Grain Cereals: Froot Loops, Rice Krispy, Cocoa Puffs, Cheerios, Lucky Charms, or Cinnamon Toast Crunch.

WGR Bread Items: Cinnamon Toast Crisps, Backpack Snacks, Gripz, Graham Snacks, Etc.

Yogurt Explosion: A serving of vanilla or strawberry yogurt served with variety of toppings (fruit, granola, etc.)


Breakfast Banana Split: 1 banana topped with vanilla or strawberry yogurt and variety of toppings (fruit, honey, cinnamon)

\*Strawberry/Vanilla Yogurt topped with granola (topping optional)

# High School Breakfast

Line 2

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day- No School 	4 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads  Served with yogurt, fruit and 100% juice.	5 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with choice of yogurt or WGR Item, Fruit, and 100% Juice	6 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza  Served with fruit and 100% juice.	7 Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza  Served with yogurt, fruit and 100% juice.  Salsa is available
10 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads  Served with yogurt, fruit and 100% juice.	11 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Golden Eagle Waffles W/ Sausage Links OR Egg, Cheese, & Turkey Sausage Burrito  Salsa is available  Served with choice of yogurt or WGR Item, Fruit, and 100% Juice	12 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza  Served with fruit and 100% juice.	13 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links  Served with yogurt, fruit, & 100% juice.	14 Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Mini Donuts  Served with yogurt, fruit and 100% juice.
17 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads  Served with yogurt, fruit and 100% juice	18 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with choice of yogurt or WGR Item, Fruit, and 100% Juice	19 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza  Served with fruit and 100% juice.	20 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links  Served with yogurt, fruit, & 100% juice.	21 Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza  Served with yogurt, fruit and 100% juice.  Salsa is available
24 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads  Served with yogurt, fruit and 100% juice	25 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with choice of yogurt or WGR Item, Fruit, and 100% Juice	26 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza  Served with fruit and 100% juice.	27 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links  Served with yogurt, fruit, & 100% juice.	28 Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Mini Donuts  Served with yogurt, fruit and 100% juice.

Milk is available every day. Menus are subject to change without notice.  
100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, & Mango Wango.

# High School Lunch Menu

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>No School</p> 	<p>4</p> <p>Cheeseburger Deluxe or Super Nachos Toppings: Shredded Lettuce, Tomatoes, Salsa, and Onions Puzzle Fries Fresh Broccoli Blue Raspberry/ Lemonade SideKick</p>	<p>5</p> <p>**Mr. Ribb or Chicken Sandwich Curly Fries Fresh Pepper Slices Dip S.D. Watermelon Slice</p>	<p>6</p> <p>Mini Corn Dogs or Grilled Chicken Deluxe Toppings: Lettuce and Cheese Fresh Dark Green Salad Salad Dressing Fresh Carrots Dip Fresh Sweet Strawberries</p>	<p>7</p> <p>Fish Taco or Chicken Snack Wrap or Pizza Fresh Vegetables Dip Fresh Fruit Breakfast Bar</p>
<p>10</p> <p>Hamburger or **Mr. Ribb or Hot Dog Cucumber Coins Curly Fries Dip S.D. Watermelon Slice</p>	<p>11</p> <p>Breakfast Pizza W/Cheese Stick or Breaded Chicken Sandwich Wango Mango Vegetable Juice Puzzle Fries Diced Peaches</p>	<p>12</p> <p>Teriyaki Chicken or Popcorn Chicken Dinner Roll Poultry Rice Gravy Red Cherry Tomatoes Dip Chilled Creamy Coleslaw SideKick</p>	<p>13</p> <p>Roast Beef-N-Cheddar or Pizza Fresh Dark Green Salad Salad Dressing Fresh Broccoli Florets Dip Fresh Grapes</p>	<p>14</p> <p>Mini Corn Dogs or Fish Sandwich Baked Vegetarian Beans Fresh Vegetables Dip Fresh Fruit</p>
<p>17</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>18</p> <p>**Mr. Ribb or Breaded Chicken Sandwich Fresh Sweet Pepper Slices Dip Puzzle Fries Diced Pears</p>	<p>Fish Shapes or Chicken Nuggets Creamy Mashed Potatoes Gravy Dinner Roll Fresh Broccoli Florets Dip Fresh Sweet Strawberries</p>	<p>20</p> <p>Pasta W/ Turkey Alfredo Sauce or Meat Sauce W/Bread or Hamburger Fresh Baby Carrots Dip Lettuce Salad Salad Dressing Apples Slices</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>24</p> <p>Soft Shell Taco (Beef or Chicken) or Hamburger Deluxe Toppings: Tomatoes, Lettuce, &amp; Onions Crisp Celery Sticks Cucumber Coins Dip S.D. Watermelon Slice</p>	<p>25</p> <p>Fish Shapes or Hamburger Steak Dinner Roll Creamy Mashed Potatoes Beef Gravy Fresh Grilled Mushrooms Fresh Vegetables Dip Diced Peaches</p>	<p>26</p> <p>Hot Dog or Chicken Patty W/Bun Puzzle Fries Fresh Carrot Sticks Dip Yellow Petite Banana</p>	<p>27</p> <p>Teriyaki Chicken or Chicken Drumstick or Chicken Nugget Poultry Rice Gravy Stir Fry Vegetables Fresh Broccoli Florets Dip Fresh Sweet Strawberries</p>	<p>28</p> <p>Mini Corn Dogs or Roast Beef Sandwich Baked Vegetarian Beans Tortilla Chips Salsa Fresh Vegetables Dip Fresh Fruit</p>

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\*SideKick- 100% Frozen fruit juice cup

\*\* Contains Pork