

BREAKFAST & LUNCH MENU for SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>In accordance with Federal Law and USDA policy, this institution is an equal opportunity provider and employer.</i></p> <p><i>Milk choice, fruit and juice served daily. All breads are whole grain.</i></p> <p>*Available only at the high school.</p>				
4	5	6	7	8
<p>LABOR DAY</p> <p>NO CLASSES</p>	<p>BCIG B: Assorted Cereal WG Toast BCIG L: Grilled Chcken/WG Bun Spinach Salad, Corn, Pineapple Fresh Apple</p> <p>OA B: Breakfast Bar or Cereal Peaches & Toast OA L: Popcorn Chicken, Corn, Veggie Sticks, Pears</p>	<p>BCIG B: Cheese Omelet WG Toast BCIG L: BBQ Pork Rib/WG Bun Ele-Cucumbers, Baked Beans *Salad Bar, Applesauce, Fresh Orange</p> <p>OA B: Omelet or Cereal, Apple & Toast OA L: Mac & Cheese/Lil Smokies Spinach Salad, Veggie Sticks Apple</p>	<p>BCIG B: Minni Cinnis *Assorted Cereal BCIG L: Mandarin Orange Chicken, Rice, Carrots, Broc-Caulif Salad, Butter Sandwich, Mixed Fruit Fresh Banana</p> <p>OA B: Muffin or Cereal, Banana & Toast OA L: WG Soft Shell Taco Refried Beans, Veggie Sticks Orange</p>	<p>BCIG B: Breakfast Pizza BCIG L: Meatball Sub, Green Beans, Baby Carrots, Apricots Fresh Apple</p> <p>OA B: Pancake on a Stick or Cereal / Orange & Toast OA L: Pepperoni Pizza Carrots, Veggie Sticks Banana</p>
11	12	13	14	15
<p>BCIG B: Sausage Pancake Wrap BCIG L: Pork Patty/WG Bun, Peas Celery, Cherry Tomatoes, Water- melon, Fresh Orange</p> <p>OA B: Yogurt Parfait & Granola or Cereal / Pears & Toast OA L: Corn Dog, Broccoli, Veggie Sticks, Peaches</p>	<p>BCIG B: Blueberry Muffin Yogurt BCIG L: Taco-in- a-Bag, Lettuce, Tomato, Cheese, Salsa, Black Bean Salad, Rice Krispy Bar, Mand. Oranges, Fresh Apple</p> <p>OA B: Breakfast Bites or Cereal Peaches & Toast OA L: Cheese Sticks, Marinara Corn, Veggie Sticks, Pears</p>	<p>BCIG B: Cheese Omelet WG Toast BCIG L: Chicken Tenders, Ele- Mixed Green Salad, Carrots *Salad Bar, *PB Sandwich, Apple- sauce Cup, Fresh Orange</p> <p>OA B: Apple Pocket or Cereal Apple & Toast OA L: Pulled Pork / WG Bun Baked Beans, Veggie Sticks, Apple</p>	<p>BCIG B: Ulitimate Breakfast Round *Assorted Cereal BCIG L: Chicken Caesar Wrap Corn, *Coleslaw, Raisins, Fresh Banana</p> <p>OA B: Waffle Bites or Cereal Banana & Toast OA L: Taco in a Bag, Green Beans Veggie Sticks, Banana</p>	<p>BCIG B: Egg Patty Bacon WG Toast BCIG L: Sausage Pizza, Green Beans, Baby Carrots, Peaches Fresh Apple</p> <p>OA B: Egg & Sausage Pattie or Cereal / Orange & Toast OA L: WG Chicken Nuggets Sweet Potato Fries, Veggie Sticks Orange</p>
18	19	20	21	22
<p>BCIG B: Egg & Cheese Burrito Salsa BCIG L: Chicken Alfredo, Tossed Salad, Peas, Breadstick, Pears Fresh Apple</p> <p>OA B: Cheese Omelet or Cereal Pears & Toast OA L: WG Pepperoni French Bread, Green Beans, Veggie Sticks Peaches</p>	<p>BCIG B: Assorted Cereal WG Toast BCIG L: BBQ Shredded, Beef/ WG Bun, Potato Salad, Baked Beans, Applesauce, Fresh Orange</p> <p>OA B: Breakfast Pizza or Cereal Peaches & Toast OA L: Hamburger WG Bun Baked Beans, Veggie Sticks, Pears</p>	<p>BCIG B: Cheese Omelet WG Toast BCIG L: Hot Ham & Cheese Ele-Mixed Green Salad, Carrots *Salad Bar, Pineapple, Fresh Apple</p> <p>OA B: Pancakes or Cereal Apple & Toast OA L: Chicken Alfredo, Broccoli Veggie Sticks, Apple, Bread/Jelly</p>	<p>BCIG B: Glazed Donut *Assorted Cereal BCIG L: Corn Dog, French Fries Green Beans, Strawberries & Bananas, Fresh Orange</p> <p>OA B: Muffin or Cereal Banana & Toast OA L: Beef Nachos w/ Cheese Corn, Veggie Sticks, Banana</p>	<p>BCIG B: Pancakes w/ Cinnamon glaze *Sausage BCIG L: Teriyaki Chicken/WG Bun, Caesar Salad, Cherry Tomato Animal Crackers, Apricots, Fresh Apple</p> <p>OA B: Biscuits & Gravy or Cereal / Orange & Toast OA L: Chicken Strips, Sweet Potato Fries, Veggie Sticks, Orange</p>
25	26	27	28	29
<p>BCIG B: Breakfast Pizza BCIG L: French Toast Sticks, Sau- sage, Hash Brown, Celery, Carrots *Cucumbers, Peaches, Fresh Apple</p> <p>OA B: Donut or Cereal Pears & Toast OA L: Fiestada Pizza Green Beans, Veggie Sticks Peaches</p>	<p>BCIG B: Cereal Bar, WG Toast BCIG L: Spaghetti, Corn, Tossed Salad, Dinner Roll, Applesauce Cup, Fresh Orange</p> <p>OA B: French Toast Sticks or Cereal/Peaches & Toast OA L: Beef Hot Dog WG Bun Baked Beans, Veggie Sticks Pears</p>	<p>BCIG B: Breakfast Wrap Salsa BCIG L: Popcorn Chicken, Ele- Baby Carrots, Steamed Broccoli *Salad Bar, Mixed Fruit, Fresh Apple</p> <p>OA B: Cherry Pocket or Cereal Apple & Toast OA L: WG Rotini Pasta w Meat Sauce, Spinach Salad, Veggie Sticks Apple, Bread Stick</p>	<p>BCIG B: Pop Tart, Yogurt BCIG L: Crispito, Lettuce, Tomato Cheese, Salsa, Taco Fiesta Beans Spanish Rice, Mandarin Oranges Fresh Banana</p> <p>OA B: Breakfast Pizza or Cereal Banana & Toast OA L: WG Cheese Quesadilla Spanish Rice, Veggie Sticks Banana</p>	<p>BCIG B: Egg Patty, Bacon, WG Toast BCIG L: Pepperoni Pizza, Ele- Dragon Punch, Green Beans *Tossed Salad, Pears, Fresh Orange</p> <p>OA B: Egg & Cheese Muffin or Cereal / Orange & Toast OA L: Shrimp Poppers String Cheese, Sweet Potato Fries Veggie Sticks, Orange</p>