



September 2023

Lunch and Breakfast Menus

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 No School—Labor Day Holiday	5 No School—Water Issue	6 Breakfast: Cinnamon toast crunch, raisins, orange tangerine juice, milk Lunch: Fajita chicken and cheese quesadilla, black beans, corn, mixed fruit cup, wheat roll, milk	7 Breakfast: Frosted flakes, raisins, orange tangerine juice, milk Lunch: Chicken nuggets, baked beans, green beans, mixed fruit cup, milk	8 Breakfast: Turkey sausage patty and biscuit, apple sauce, orange tangerine juice, milk Lunch: Hamburger, fries, carrots, pineapple tidbits, milk	9
10	11 Breakfast: Pancakes, raisins, apple juice, milk Lunch: Marinara meatballs and penne pasta, collard greens, sweet potatoes, mandarin oranges, grape juice, milk	12 Breakfast: Cinnamon toast crunch, raisins, orange tangerine juice, milk Lunch: Beef taco tortilla, corn, black beans, mixed fruit cup, milk	13 Breakfast: Frosted flakes, raisins, orange tangerine juice, milk Lunch: Hamburger, fries, carrots, pineapple tidbits, milk	14 Breakfast: Turkey sausage patty and biscuit, apple sauce, orange tangerine juice, milk Lunch: Chicken parmesan, carrots, potato wedges, mandarin oranges, wheat roll, grape juice, milk	15 Breakfast: Frosted flakes, raisins, orange tangerine juice, milk Lunch: Chicken alfredo pasta, collard greens, carrots, mixed fruit cup, orange tangerine juice, milk	16
17	18 Breakfast: Cinnamon toast crunch, raisins, orange tangerine juice, milk Lunch: BBQ pulled chicken sandwich, carrots, baked beans, mandarin oranges, grape juice, milk	19 Breakfast: Pancakes, raisins, apple juice, milk Lunch: Southwestern beef, bean and cheese burrito, corn, black beans, mandarin oranges, grape juice, milk	20 Breakfast: Frosted flakes, raisins, orange tangerine juice, milk Lunch: Hamburger, fries, carrots, pineapple tidbits, orange tangerine juice, milk	21 Breakfast: Turkey sausage patty and biscuit, apple sauce, orange tangerine juice, milk Lunch: Chicken nuggets, baked beans, green beans, mixed fruit cup, wheat roll, milk	22 Breakfast: Frosted flakes, raisins, orange tangerine juice, milk Lunch: Hot dog, fries, green beans, mixed fruit cup, milk	23
24	25 Breakfast: Cinnamon toast crunch, raisins, orange tangerine juice, milk Lunch: Cajun red beans and rice, green beans, carrots, orange mandarin sections, grape juice, milk	26 Breakfast: Pancakes, raisins, apple juice, milk Lunch: Pork carnitas, northern beans, sweet potatoes, diced pear in juice, wheat roll, apple juice, milk	27	28	29	30