



SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Waffle or Benefit Bar 100% apple juice 1% White milk	Waffle or Benefit Bar 100% apple juice 1% White milk	Waffle or Benefit Bar 100% apple juice 1% White milk 1
NO SCHOOL 4	French Toast or Cereal 100% apple juice 1% White milk 5	French Toast or Cereal 100% apple juice 1% White milk 6	French Toast or Cereal 100% apple juice 1% White milk 7	French Toast or Cereal 100% apple juice 1% White milk 8
Breakfast Sandwich or Muffin 100% apple juice 1% White milk 11	Breakfast Sandwich or Muffin 100% apple juice 1% White milk 12	Breakfast Sandwich or Muffin 100% apple juice 1% White milk 13	Breakfast Sandwich or Muffin 100% apple juice 1% White milk 14	Breakfast Sandwich or Muffin 100% apple juice 1% White milk 15
Waffles Or Cereal 100% apple juice 1% White milk 18	Waffles Or Cereal 100% apple juice 1% White milk 19	Waffles Or Cereal 100% apple juice 1% White milk 20	Waffles Or Cereal 100% apple juice 1% White milk 21	Waffles Or Cereal 100% apple juice 1% White milk 22
NO SCHOOL 25	Pancakes Or Benefit Bar 100% apple juice 1% White milk 26	Pancakes Or Benefit Bar 100% apple juice 1% White milk 27	Pancakes Or Benefit Bar 100% apple juice 1% White milk 28	Pancakes Or Benefit Bar 100% apple juice 1% White milk 29

NOTES

Breakfast is free for all students. A free breakfast is made up of at least three items: one of those items must be a fruit/juice

Students who do not take the required components will be charged a la carte pricing.





SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Vegetable M-Baby carrots T-Mixed Veg W-Baked beans Th-Grape tomatoes F-Sliced cucumbers		Chicken tenders Muffin pack Garden Salad Sunbutter & Jelly	Pizza Chicken tenders Muffin pack Garden Salad Sunbutter & Jelly	Chicken tenders Muffin pack Garden Salad Sunbutter & Jelly 1
NO SCHOOL 4	Maxsticks Chicken tenders Muffin pack Garden Salad Sunbutter & Jelly 5	Hotdog Chicken tenders Muffin pack Garden Salad Sunbutter & Jelly 6	Pizza Chicken tenders Muffin pack Garden Salad Sunbutter & Jelly 7	Penne & meatballs Chicken tenders Muffin pack Garden Salad Sunbutter & Jelly 8
Grilled Cheese Popcorn Chicken Muffin pack Garden Salad Cheese Sandwich 11	Mac & Cheese Popcorn Chicken Muffin pack Garden Salad Cheese Sandwich 12	French toast & sausage Popcorn Chicken Muffin pack Garden Salad Cheese Sandwich 13	Pizza Popcorn Chicken Muffin pack Garden Salad Cheese Sandwich 14	Chicken patty sand. Popcorn Chicken Muffin pack Garden Salad Cheese Sandwich 15
Egg & cheese bagel Chicken Tenders Muffin pack Garden Salad Sunbutter & jelly 18	Soft tacos Chicken Tenders Muffin pack Garden Salad Sunbutter & jelly 19	Beef & cheese tots Chicken Tenders Muffin pack Garden Salad Sunbutter & jelly 20	Pizza Chicken Tenders Muffin pack Garden Salad Sunbutter & jelly 21	Chicken Caesar wrap Chicken Tenders Muffin pack Garden Salad Sunbutter & jelly 22
NO SCHOOL 25	Chicken nachos Chicken nuggets Muffin pack Garden Salad Cheese sandwich 26	Cheese steak Chicken nuggets Muffin pack Garden Salad Cheese sandwich 27	Pizza Chicken nuggets Muffin pack Garden Salad Cheese sandwich 28	Corndog Chicken nuggets Muffin pack Garden Salad Cheese sandwich 29

NOTES	Reimbursable for lunch: students must take a fruit or vegetable and two other components	
	Students who do not take the required components will be charged a la carte pricing.	
	Choice of skim chocolate milk or 1% white milk served daily	