## September 2023

## Jr. Bighr&chool

Monday	Tuesda	y We	dnesday	Thursday
	USDA is an Equal opportunity employer.			1 Breakfast Cinnamon Roll/Cereal Bar Mini Waffles/Cereal Milk, Fruit & Juice
				Lunch Chicken Burger Baked French Fries Lettuce/Tomato/Pickles Dried Cranberrie\$Vectarine
Menu Subject to change				Milk
4 No School  Labor Day	5 Breakfast Oatmeal/Cereal/Choc. Muffii Breakfast Bar Milk, Fruit & Juice	6 Breakfast Fresh Berry Parfait/Cereal Mini Waffles/Egg Cheese Mufi Milk, Fruit & Juice	7 Breakfast BreakfastBar / Cereal French Toast/Breakfast Burri Milk, Fruit & Juice	8 Breakfast Cinnamon Roll/Cereal Bar Blueberry Muffin/Breakfast Rou Milk, Fruit & Juice
	Lunch Rib-B-Qu Sandwich Cole Slaw/Carrot Sticks Peach Cup/Apple Milk	Lunch Pepperoni/ Cheese Pizza Wedg Green Beans/Garden Salad Fresh Apple/Strawberry Cup Milk	Strawberries/Apple/Pasta Sala	Lunch Cheese Burger Baked French Fries Lettuce/Tomato/Pickle Raisins/Peach Milk
11 Breakfast Mini Pancakes/Cereal Oatmeal/Pancake Wrap Milk,Fruit & Juice	12 Breakfast B.B. Muffin/ Breakfast Bar Egg/Cheese Muffin/Cereal Milk/Fruit/Juice	13 Breakfast Fresh Berry Parfait/Cerea Breakfast Pizza/ Waffles Milk,Fruit & Juice	14 Breakfast BreakfastBar/Cereal French Toast/Breakfast Burri Milk,Fruit & Juice	15 Breakfast Cinnamon Roll/Cereal Bar Breakfast Round/Cereal Milk,Fruit & Juice Lunch
Lunch Corn Dog/Sun Chip Raisins/Apple Carrot Sticks/Garden Salad Milk	Lunch Orange Chicken/Brown Rice Mixed Veggies/Diced Pears Spinach Salad/WG Roll / Plum Milk	Lunch Pepperoni/Cheese Pizza Wedg Garden Salad/Green Beans Mixed Berry Cup/Banana Milk	Lunch Chicken Fajita/Spanish Rice Apple Sauce/Nectarine Blk.Beans / Garden Salad Milk	Chicken Burger Baked French Fries Lettuce/Tomato/Pickle Strawberries/Peach Cup Milk
18 Breakfast Mini Pancakes/Cereal Oatmeal/Pancake Wrap Milk, Fruit & Juice	19 Breakfast Muffins /Breakfast Bar Egg/Cheese Muffin/Cereal Milk, Fruit & Juice	20 Breakfast Fresh Berry Parfait/Cereal Mini Waffles/Breakfast Pizza Milk, Fruit & Juice		22 Breakfast Cinnamon Roll/Cereal Bar Breakfast Round/Cereal Milk, Fruit & Juice
Lunch Mini Cheese Burger/Sun Chip Spinach Salad/Peach Apple Sauce/Carrot Sticks	Lunch Grilled Chicken Burger Cole Slaw/Pears Garden Salad/Raisins	Lunch Pepperoni/Cheese Pizza Wedge Green Beans/Salad Apricot Cup/Banana	Lunch Three Sisters Soup Corn Muffin/Garden Salad Blueberries/Cranberries	Lunch Hamburger/Baked Fries Lettuce/Tomato/Pickle Strawberry Cup/Apple

Milk

Mini Pancakes/Cereal

Oatmeal/Pancake Wrap

Milk, Fruit & Juice

Teriyaki Chicken Burger

Cranberries/Apple Sauce

Milk

Garden Salad/Carrot Sticks

Lunch

Breakfast

25

Breakfast 27 Muffin/Breakfast Bar Egg Sausage Muffin/ Cereal Milk, Fruit & Juice Taco Salad

Milk

Lunch

Spanish Rice/Refried Beans

Peach/Raisins

Milk

Lettuce/Tomato/Salsa

26

Breakfast

Fresh Berry Parfait/Cerea

Milk

Breakfast Pizza/Mini Waffi Milk, Fruit & Juice Lunch Pepperoni/Cheese Pizza Wedg

Mixed Berry Cup/Banana

Milk

Green Beans/ Garden Salad

28

White Chili / Tortilla Chips Blueberries/Cranberries

Lunch

Milk

Milk

Carrot Stick/Spinach Salad

Breakfast 29 BreakfastBar/Cereal Breakfast Burrito/French To Milk, Fruit & Juice Chicken Burger/Baked Fries

e/Tomato/Pickle erry Cup/Apple Milk Breakfast Cinnamon Roll/ Cereal Bar Cereal/Breakfast Round

Milk/Fruit/Juice

Lettuce/Tomato/Pickles

Milk

Apple/Diced Pears

Lunch