

# SEPTEMBER 2019 BREAKFAST



Sun	Mon	Tue	Wed	Thu	Fri
<b>Breakfast: 1.25</b> <b>Reduced Breakfast: .30</b> <b>Milk: .50</b>	<b>2</b> <b>WELCOME BACK</b>	<b>3</b> Assorted Muffins Milk ,Juice & Fruit	<b>4</b> Mini Pancakes W/Maple Syrup Milk ,Juice & Fruit	<b>5</b> Egg, Ham, Cheese On WW English Muffin Milk, Juice & Fruit	<b>6</b> Breakfast Pizza Milk, Juice & Fruit
<u><b>Included with All Meals</b></u> Assorted Fresh Fruit Canned Fruit Snack Pk Raisins & Carrots Assorted FF Milk & Juice	<b>9</b> Assorted Muffins Milk ,Juice & Fruit	<b>10</b> Assorted Muffins Milk ,Juice & Fruit	<b>11</b> Mini Pancakes W/Maple Syrup Milk ,Juice & Fruit	<b>12</b> Egg, Ham, Cheese On WW English Muffin Milk, Juice & Fruit	<b>13</b> Breakfast Pizza Milk, Juice & Fruit
<u><b>AVAILABLE 7:15 a.m.</b></u> Cereal Bars Assorted Muffins Poptarts Rice Krispie Treats	<b>16</b> Assorted Muffins Milk ,Juice & Fruit	<b>17</b> French Toast Sticks W Maple Syrup Milk, Juice & Fruit	<b>18</b> Sausage Wrapped in Pancake W/ Maple Syrup Milk ,Juice & Fruit	<b>19</b> Egg, Ham, Cheese On WW English Muffin Milk, Juice & Fruit	<b>20</b> Breakfast Pizza Milk, Juice & Fruit
<b>FOR A COMPLETE MEAL TAKE A FRUIT OR VEGETABLE</b>	<b>23</b> Assorted Muffins Milk ,Juice & Fruit	<b>24</b> French Toast Sticks W Maple Syrup Milk, Juice & Fruit	<b>25</b> Sausage Wrapped in Pancake W/ Maple Syrup Milk ,Juice & Fruit	<b>26</b> Egg, Ham, Cheese On WW English Muffin Milk, Juice & Fruit	<b>27</b> <b>EARLY RELEASE DAY</b> Breakfast Pizza Milk, Juice & Fruit
<b>ALL MEALS SUBJECT TO CHANGE</b>	<b>30</b> Assorted Muffins Milk ,Juice & Fruit				



@FoodInsight



# SEPTEMBER 2019 LUNCH

Sun	Mon	Tue	Wed	Thu	Fri
<b>Lunch: 3.00</b> <b>Reduced Lunch: .40</b> <b>Breakfast: 1.25</b> <b>Reduced Breakfast: .30</b> <b>Milk: .50</b> FOR A COMPLETE MEAL TAKE AT LEAST ONE <b>FRUIT OR VEGETABLE</b>	<b>2</b> <b>WELCOME BACK</b>	<b>3</b> Chicken Patty or Honey BBQ Rib on WW Roll Baked Beans Broccoli Florets	<b>4</b> Stuffed Shells W/Meatballs Texas Garlic Toast Spicy Chicken Patty On WW Roll Green Beans	<b>5</b> Chicken Nuggets Mashed Potato/Green Peas Meatball Sub On WW Roll	<b>6</b> Bosco Cheese Stix W/Marinara Sauce Sweet Potato Fries Fish Bites W/Oven Baked Fries/Onion Rings
<u><b>Included with All Meals</b></u> <b>Vegetable &amp; Salad</b> <b>Assorted Fresh Fruit</b> <b>Canned Fruit</b> <b>Snack Pk Carrots</b> <b>Assorted Low Fat Milk &amp; Juice</b>	<b>9</b> Chicken Patty or Pulled Pork on WW Roll Baked Beans Broccoli Florets	<b>10</b> Taco Bar Two WW Soft Shells W/All The Fixings Chili & Corn Cheeseburger on WW Roll	<b>11</b> Spaghetti & Meatballs Texas Garlic Bread Steak & Cheese On WW Roll Green Beans	<b>12</b> Chicken Nuggets Mac & Cheese/Green Peas Chicken Parm Sub On WW Roll	<b>13</b> Nacho's W/Meat & Cheese Fish Bites W/Oven Baked Fries & Onion Rings WW/Dinner Roll/Carrots
<u><b>Daily</b></u> Pizza, Chicken Patty Smuckers PB&J Assorted Deli Sandwiches <b>All Served on WW Bread</b> 	<b>16</b> Chicken Patty or Honey BBQ Rib on WW Roll Baked Beans Broccoli Florets	<b>17</b> Cheese Lasagna W/Meatballs Texas Garlic Toast/Corn Meatball Sub On WW Roll	<b>18</b> Turkey Dinner Mashed Potato/Stuffing Butternut Squash/ Green Beans Cranberry Sauce/Dinner Roll Cheeseburger on WW Roll	<b>19</b> Chicken Strips Mac & Cheese/Green Peas Chicken Parm Sub On WW Roll	<b>20</b> Bosco Cheese Stix W/Marinara Sauce Sweet Potato Fries Fish Bites W/Oven Baked Fries/Onion Rings
<u><b>Salad Bar</b></u> Romaine & Iceberg Lettuce Spinach, Pickles, Olives, Onions Three Bean Salad/Beets/Peppers Tomato, Cheese, Garbanzo Beans Cucumbers /Craisins Banana Peppers, Hard Boiled Eggs Sun Flower seeds Tortilla Strips Tuna, Grilled Chicken/Chicken Patty	<b>23</b> Chicken Patty or Honey BBQ Rib on WW Roll Baked Beans Broccoli Florets	<b>24</b> Taco Bar Two WW Soft Shells W/All The Fixings Chili & Corn Cheeseburger on WW Roll	<b>25</b> Teriyaki Dippers Alfredo Pasta/WW Roll Spicy Chicken Patty On WW Roll Peas	<b>26</b> Popcorn Chicken Mashed Potato/Carrots Gravy/WW Dinner Roll Hot Dog on WW Roll	<b>27</b> <b>EARLY RELEASE DAY NO LUNCH</b>
<b>MAKE ONLINE PAYMENTS TO YOUR CHILDS LUNCH ACCOUNT WITH MY SCHOOL BUCKS FOUND ON TRI-COUNTY WEBSITE</b>	<b>30</b> Chicken Patty or Pulled Pork on WW Roll Baked Beans Broccoli Florets				<b>ALL MEALS SUBJECT TO CHANGE</b>

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