


# September 2023

Mon	Tue	Wed	Thu
4 <i>Be Considerate when you get your fruits &amp; Salad</i>	5 <i>Scrambled Eggs &amp; Toast Breakfast Burritos MS/HS  Pizza</i>	6 <i>Granola &amp; Yogurt  Sangre Pinwheels</i>	7 <i>Pancakes  Corn Dogs &amp; Fries</i>
11 <i>Bagel &amp; Cheese  Chicken Parm &amp; Pasta</i>	12 <i>Breakfast Pizza  Mashed Potatoes and Chicken Gravy</i>	13 <i>Muffins &amp; Juice  Nachos</i>	14 <i>Churros  Hamburgers</i>
18 <i>Biscuits &amp; Gravy  Pizza</i>	19 <i>Scrambled Eggs &amp; Toast Breakfast Burritos MS/HS  Ham &amp; Roasted Potatoes</i>	20 <i>Granola &amp; Yogurt  Chili</i>	21 <i>French Toast  Chicken Sandwich</i>
25 <i>Bagel &amp; Cheese  Spaghetti</i>	26 <i>Breakfast Pizza  Popcorn Chicken &amp; Potatoes</i>	27 <i>Muffins &amp; Juice  Quesadillas</i>	28 <i>Waffles  Grilled Cheese Sandwich &amp; Tomato Soup</i>
<i>All Students eat for free at breakfast and lunch</i>	<b>Each Tray must have 3 components 1 must be fruit or fruit/vegetable</b>		<i>Be Kind</i>

## SALAD BAR IS BACK



To help prevent the spread of germs use the hand sanitizer. Please don't eat off your tray before you enter your number. We need to see the food. Other than the required fruit/vegetable don't take more than you will eat off of the salad bar.

**Each tray must have at least  
1/2 cup of fruit or fruit /  
vegetable combination plus  
2 other components**

The 5  
Components: **Roll or bread**  
**Milk**  
**Protein/ Meat,  
Cheese, Beans**  
**Fruit**  
**Vegetable**

Example: Fruit Juice = 1/2 cup  
Side Kick = 1/2 cup  
Packaged dry fruit = 1/2 cup  
Mashed Potatoes = 1/2 cup  
Green scoop = 1/2 cup  
2 blue scoops = 1/2 cup  
Salsa Ladle = 1/4 cup