



# SEPTEMBER 2020

## Breakfast and Lunch Menus

**WEEKEND OPTIONS** (may vary by week & location)  
**BREAKFAST:** muffins, waffles, French toast sticks  
**LUNCH:** Beef taco sticks, turkey and cheese sub, burritos, grilled cheese

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MENU SUBJECT TO CHANGE.</b>  <b>**At times, meals MAY include pork OR peanut-containing ingredients.**</b>	<b>BREAKFAST</b> Cereal bowl & Cheese Stick <b>1</b>  <b>LUNCH</b> Cheesy Nachos & Cheese Stick Fruit and vegetable of the day	<b>BREAKFAST</b> Strawberry Chex & Cheese stick <b>2</b>  <b>LUNCH</b> Egg, Cheese & Cheez-Its Lunchable Fruit and vegetable of the day	<b>BREAKFAST</b> Yogurt & Goldfish Grahams <b>3</b>  <b>LUNCH</b> Turkey and Cheese Sub Fruit and vegetable of the day	<b>BREAKFAST</b> Pop tarts <b>4</b>  <b>LUNCH</b> Cheese Pizza Lunchable Fruit and vegetable of the day
	<b>7</b>  <b>Labor Day</b>  <b>No School</b>	<b>BREAKFAST</b> Apple Cinnamon Muffin <b>8</b>  <b>LUNCH</b> Cheese and Wheat Thins Lunchable Fruit and vegetable of the day	<b>BREAKFAST</b> Cinnamon Raisin Bagel and Jelly <b>9</b>  <b>LUNCH</b> Turkey and Cheese Sandwich Fruit and vegetable of the day	<b>BREAKFAST</b> Double Chocolate Muffin <b>10</b>  <b>LUNCH</b> Cobb Salad Cornbread Fruit and vegetable of the day
<b>BREAKFAST</b> Mini Bagels with Cream Cheese <b>14</b>  <b>LUNCH</b> Sun Jammer & Cheese Stick Fruit and vegetable of the day	<b>BREAKFAST</b> Cereal Bowl & Cheese Stick <b>15</b>  <b>LUNCH</b> Cheese Pizza Lunchable Fruit and vegetable of the day	<b>BREAKFAST</b> Yogurt and Goldfish Grahams <b>16</b>  <b>LUNCH</b> Italian-style Chicken Pasta with Cheese Fruit and vegetable of the day	<b>BREAKFAST</b> Super Bakery Bread slice <b>17</b>  <b>LUNCH</b> Italian Turkey Combo Sub Fruit and vegetable of the day	<b>BREAKFAST</b> Pop tarts <b>18</b>  <b>LUNCH</b> Turkey, Cheese & Pretzel Lunchable Fruit and vegetable of the day
<b>BREAKFAST</b> Cereal bowl & Cheese stick <b>21</b>  <b>LUNCH</b> Hummus, Cheese & Goldfish Lunchable Fruit and vegetable of the day	<b>BREAKFAST</b> Yogurt & Goldfish Grahams <b>22</b>  <b>LUNCH</b> Turkey and Cheese Sandwich Fruit and vegetable of the day	<b>BREAKFAST</b> Mini-Pancakes <b>23</b>  <b>LUNCH</b> Chicken patty sandwich Fruit and vegetable of the day	<b>BREAKFAST</b> Cereal bowl & Cheese stick <b>24</b>  <b>LUNCH</b> Macaroni and Cheese Fruit and vegetable of the day	<b>BREAKFAST</b> Apple Frudel <b>25</b>  <b>LUNCH</b> Turkey, Cheese & Cheez-Its Lunchable Fruit and vegetable of the day
<b>BREAKFAST</b> Pop tarts <b>28</b>  <b>LUNCH</b> Sun Jammer & Cheese Stick Fruit and vegetable of the day	<b>BREAKFAST</b> Super Bakery Slice <b>29</b>  <b>LUNCH</b> Egg, Cheese & Goldfish Lunchable Fruit and vegetable of the day	<b>BREAKFAST</b> Cereal & Cheese Stick <b>30</b>  <b>LUNCH</b> Popcorn Chicken Salad and Corn bread Fruit and vegetable of the day		



**Served daily at BOTH meals** → **MILK CHOICES**  
 - Plain or chocolate

**CEREALS (MAY VARY BY LOCATION)**

- Apple Cinnamon Cheerios
- Apple Jacks
- Cinnamon Chex
- Cinnamon Toast Crunch
- Cocoa Krispies
- Fruit Loops
- Golden Grahams
- Lucky Charms

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Reviewed and approved by: *Christine M. Cliff, MPH, RDN, LDN, CLT, FAND- School District U-46 Dietitian* 9/5/2020