

East Elementary September Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Spunk Meyer Muffin Cereal Bag Apples 100% Fruit Juice Milk/Variety	4 French Toast Sticks Nutri-grain Bar/ w Elf Graham Chilled Applesauce Cup 100% Fruit Juice Milk/Variety	5 SuperBun Cinnamon Roll Chocolate/Powdered Donuts Apples 100% Fruit Juice Milk/Variety	6 Eggo Mini Maple Waffles Pop-Tarts Bananas 100% Fruit Juice Milk/Variety
9 Pop Tarts Spunk Meyer Muffin Peach Cup 100% Fruit Juice Milk/Variety	10 Dutch Waffle Variety Bread Apples 100% Fruit Juice Milk/Variety	11 Sausage Biscuit Chocolate/Powdered Donuts Applesauce Cup 100% Fruit Juice Milk/Variety	12 French Toast Cereal Bar Apples 100% Fruit Juice Milk/Variety	13 Pancake Wrap Pop-Tarts Bananas 100% Fruit Juice Milk/Variety
16 Mini Maple Pancakes Nutri-grain Bar/ w Elf Graham Chilled Peach Cup 100% Fruit Juice Milk/Variety	17 French Toast Sticks Cereal Bag Apples 100% Fruit Juice Milk/Variety	18 Yogurt w/ Elf Graham Spunkmeyer Muffins Applesauce Cup 100% Fruit Juice Milk/Variety	19 Chocolate/Powdered Variety Bread Apples 100% Fruit Juice Milk/Variety	20 Breakfast Pizza Pop-Tarts Bananas 100% Fruit Juice Milk/Variety
23 	24 Spunk Meyer Muffin Cereal Bag Applesauce Cup 100% Fruit Juice Milk/Variety	25 Apple Frudel Variety Bread Apples 100% Fruit Juice Milk/Variety	26 SuperBun Cinnamon Roll Chocolate/Powdered Donuts Apples 100% Fruit Juice Milk/Variety	27 Eggo Mini Maple Waffles Pop-Tarts Bananas 100% Fruit Juice Milk/Variety
30 French Toast Nugri-grain Bar Peach cup 100% Fruit Juice Milk/Variety				

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Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Popcorn Chicken Bites Hamburger Baked Beans Chilled Pears Milk/Variety	4 Cheese Stuffed Breadstick w/string cheese Hamburger Veggie Blend Pineapple Tid-Bits Milk/Variety	5 Cheese Pizza Hamburger Roasted Broccoli Chilled Applesauce Milk/Variety	6 Corn Dog Hamburger Roasted Carrots Fresh Fruit Milk/Variety Cookie
9 Chicken Nuggets Hot Dog Glazed Carrot Chilled Pears Milk/Variety	10 Breaded Porkchop w/Gravy Hot Dog Mashed Poato Chilled Peaches Milk/Variety	11 Breaded Mozzarella Cheese Sticks Hot Dog Veggie Blend Applesauce Milk/Variety	12 Chicken Patty Hot Dog Baked Beans Fresh Fruit Milk/Variety	13 Cheese Pizza Hot Dog Roasted Broccoli Pineapple Tid-Bits Milk/Variety
16 Cheeseburger Grilled Cheese Sidewinder Fries Chilled Peaches Milk/Variety	17 Pancakes w/Sausage Grilled Cheese Glazed Carrots Chilled Pears Milk/Variety	18 Spaghetti and Meatballs w/Garlic Bread Grilled Cheese Roasted Broccoli Applesauce Milk/Variety	19 Cheese Pizza Grilled Cheese Green Beans Fresh Fruit Milk/Variety	20 Soft Pretzel w/Cheese Grilled Cheese Baked Beans Chilled Peaches Milk/Variety
23 	24 Corn Dog Hamburger Sidewinder Fires Chilled Pears Milk/Variety Cookie	25 Cheese Pizza Hamburger Green Beans Chilled Applesauce Milk/Variety	26 Cheese Stuffed Breadstick w/string cheese Hamburger Veggie Blend Fresh Fruit Milk/Variety	27 Chicken Patty Hamburger Roasted Broccoli Glazed Carrots Chilled Peaches Milk/Variety
30 Popcorn Chicken Bites Grilled Cheese Roasted Broccoli Chilled Peaches Milk/Variety				

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High School September Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 French Toast Sticks Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety	4 Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety	5 Pancake Wrap Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety	6 Super Bun Cinnamon Roll Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety
9 Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety	10 French Toast Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety	11 Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety	12 Dutch Waffle Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety	13 Breakfast Pizza Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety
16 Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety	17 Apple Frudel Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety	18 Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety	19 Colby Omelet and Toast Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety	20 Biscuit w/Sausage and Gravy Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety
23 	24 Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety	25 Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety	26 Sausage Biscuit w/Egg Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety	27 French Toast Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety
30 Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Variety Bread Bagel w/Cream Cheese Fresh Fruit 100% Fruit Juice Milk/Variety				

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High School September Lunch Menu

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2 	3 Popcorn Chicken Bites Cheese Pizza Chef Salad Baked Beans Chilled Peaches Fresh Fruit Milk/Variety	4 Breaded Mozzarella Cheese Sticks Pub Style Hamburger Chef Salad Green Beans Chilled Pears Fresh Fruit Milk/Variety	5 Buffalo Chicken Bites Cheese Pizza Chef Salad Sidewinder Fries Applesauce Fresh Fruit Milk/Variety	6 Pasta Bake w/Garlic Toast Chicken Patty Chef Salad Roasted Broccoli Roasted Carrot Pineapple Tid-Bits Fresh Fruit Milk/Variety
9 Roasted Chicken Chicken Patty Chef Salad Mashed Potatoes Corn off the Cob Applesauce Fresh Fruit Milk/Variety	10 French Toast Sticks w/Sausage Pepperoni Pizza Chef Salad Glazed Carrot Chilled Pears Fresh Fruit Milk/Variety	11 Soft Pretzel Bites w/ Cheese Pub Style Hamburger Chef Salad Roasted Broccoli Pineapple Tid-Bits Fresh Fruit Milk/Variety	12 Cheese Filled Breadsticks Buffalo Chicken Pizza Chef Salad Green Beans Chilled Peaches Fresh Fruit Milk/Variety	13 Walking Taco Chicken Patty Chef Salad Refried Beans Roasted Corn Applesauce Fresh Fruit Milk/Variety
16 Popcorn Chicken Bites Chicken Patty Chef Salad Green Beans Blueberries w/Whipped Cream Fresh Fruit Milk/Variety	17 BBq Pulled Pork Sandwich Cheese Pizza Chef Salad Sidewinder Fries Chilled Peaches Fresh Fruit Milk/Variety	18 Spaghetti and Meatballs w/ Garlic Bread Pub Style Hamburger Chef Salad Roasted Broccoli Applesauce Fresh Fruit Milk/Variety	19 Jumbo Corn Dog Pepperoni Pizza Chef Salad Baked Beans Chilled Peaches Fresh Fruit Milk/Variety	20 Chicken Nuggets Chicken Patty Chef Salad Roasted Carrot Pineapple Tid-Bits Fresh Fruit Milk/Variety
23 	24 WG Chicken Tender Cheese Pizza Chef Salad Mashed Potatoes Corn off the Cob Chilled Peaches Fresh Fruit Milk/Variety	25 Meatball Sub Pub Style Hamburger Chef Salad Roasted Broccoli Pineapple Tid-Bits Fresh Fruit Milk/Variety	26 BBq Hamburger Cheese Pizza Chef Salad Onion Rings Glazed Carrots Chilled Pears Fresh Fruit Milk/Variety	27 Chicken Fajita Chicken Patty Chef Salad Refried Beans Roasted Corn Applesauce Fresh Fruit Milk/Variety
30 Popcorn Chicken Bites Chicken Patty Chef Salad Green Beans Chilled Peaches Fresh Fruit Milk/Variety				

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Middle School September Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 French Toast Sticks Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety	4 Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety	5 Pancake Wrap Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety	6 Super Bun Cinnamon Roll Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety
9 Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety	10 French Toast Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety	11 Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety	12 Dutch Waffle Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety	13 Breakfast Pizza Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety
16 Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety	17 Apple Frudel Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety	18 Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety	19 Colby Omelet and Toast Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety	20 Biscuit w/Sausage and Gravy Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety
23 	24 Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety	25 Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety	26 Sausage Biscuit w/Egg Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety	27 French Toast Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety
30 Cereal /variety WG Poptart Spunkmeyer Muffins Assorted Donuts Fresh Fruit 100% Fruit Juice Milk/Variety				

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9 Roasted Chicken Chicken Patty Chef Salad Mashed Potatoes Corn off the Cob Applesauce Fresh Fruit Milk/Variety	10 French Toast Sticks w/Sausage Pepperoni Pizza Chef Salad Glazed Carrot Chilled Pears Fresh Fruit Milk/Variety	11 Soft Pretzel Bites w/ Cheese Hamburger Chef Salad Roasted Broccoli Pineapple Tid-Bits Fresh Fruit Milk/Variety	12 Cheese Filled Breadsticks Buffalo Chicken Pizza Chef Salad Green Beans Chilled Peaches Fresh Fruit Milk/Variety	13 Walking Taco Chicken Patty Chef Salad Refried Beans Roasted Corn Applesauce Fresh Fruit Milk/Variety
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30 Popcorn Chicken Bites Chicken Patty Chef Salad Green Beans Chilled Peaches Fresh Fruit Milk/Variety				

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West Elementary September Breakfast Menu

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9 Pop Tarts Spunk Meyer Muffin Peach Cup 100% Fruit Juice Milk/Variety	10 Dutch Waffle Variety Bread Apples 100% Fruit Juice Milk/Variety	11 Sausage Biscuit Chocolate/Powdered Donuts Applesauce Cup 100% Fruit Juice Milk/Variety	12 French Toast Cereal Bar Apples 100% Fruit Juice Milk/Variety	13 Pancake Wrap Pop-Tarts Bananas 100% Fruit Juice Milk/Variety
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9 Chicken Nuggets Hot Dog Glazed Carrot Chilled Pears Milk/Variety	10 Breaded Porkchop w/Gravy Hot Dog Mashed Poato Chilled Peaches Milk/Variety	11 Breaded Mozzarella Cheese Sticks Hot Dog Veggie Blend Applesauce Milk/Variety	12 Chicken Patty Hot Dog Baked Beans Fresh Fruit Milk/Variety	13 Cheese Pizza Hot Dog Roasted Broccoli Pineapple Tid-Bits Milk/Variety
16 Buffalo Chicken Bites Grilled Cheese Sidewinder Fries Chilled Peaches Milk/Variety	17 Pancakes w/Sausage Grilled Cheese Glazed Carrots Chilled Pears Milk/Variety	18 Spaghetti and Meatballs w/Garlic Bread Grilled Cheese Roasted Broccoli Applesauce Milk/Variety	19 Cheese Pizza Grilled Cheese Green Beans Fresh Fruit Milk/Variety	20 Soft Pretzel w/Cheese Grilled Cheese Baked Beans Chilled Peaches Milk/Variety
23 	24 Mini Corn Dog Hamburger Sidewinder Fires Chilled Pears Milk/Variety Cookie	25 Cheese Pizza Hamburger Green Beans Chilled Applesauce Milk/Variety	26 Cheese Stuffed Breadstick w/string cheese Hamburger Veggie Blend Fresh Fruit Milk/Variety	27 Chicken Patty Hamburger Roasted Broccoli Glazed Carrots Chilled Peaches Milk/Variety
30 Popcorn Chicken Bites Grilled Cheese Roasted Broccoli Chilled Peaches Milk/Variety				

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