




East Elementary September Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
4 	5 Maple Waffles w/Sausage Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	6 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	7 Eggo Mini Pancakes w/Bacon Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	8 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
11 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	12 WG French Toast Slices w/Sausage Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	13 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	14 Pancake 'N Sausage Breakfast Stick Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	15 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
18 	19 Cinnamon Rush Mini French Toast w/Sausage Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	20 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	21 WG Egg, Cheese & Bacon Sticks Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	22 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
25 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	26 Maple Waffles w/Sausage Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	27 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	28 Eggo Mini Pancakes w/Bacon Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	29 

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West Elementary September Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pancake 'N Sausage Breakfast Stick Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
4 	5 WG French Toast Slices w/Bacon Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	6 Maple Waffles w/Sausage Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	7 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	8 Biscuit w/Sausage Gravy Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
11 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	12 Cinnamon Rush Mini French Toast w/Bacon Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	13 Bagel Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	14 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	15 Eggo Mini Pancakes w/Bacon Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
18 	19 Maple Waffles w/Sausage Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	20 WG Egg, Cheese & Bacon Sticks Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	21 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	22 Pancake 'N Sausage Breakfast Stick Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
25 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	26 Cinnamon Rush Mini French Toast w/Bacon Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	27 Bagel Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	28 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	29 

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Middle School September Breakfast Menu


Monday	Tuesday	Wednesday	Thursday	Friday
				1 Biscuit w/Sausage Gravy Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
4 	5 Bagel Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	6 Whole Grain Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	7 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	8 Sausage Biscuit Sandwich Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
11 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	12 WG French Toast Slices w/Sausage Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	13 Whole Grain Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	14 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	15 Eggo Mini Pancakes w/Bacon Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
18 	19 WG Egg, Cheese & Bacon Sticks Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	20 Whole Grain Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	21 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	22 Biscuit w/Sausage Gravy Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
25 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	26 Bagel Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	27 Whole Grain Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	28 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	29 

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High School September Breakfast Menu




Monday	Tuesday	Wednesday	Thursday	Friday
				1 Biscuit w/Sausage Gravy Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety
4 	5 Eggo Mini Pancakes w/Bacon Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	6 Whole Grain Long John Donut Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	7 Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	8 Biscuit w/Sausage Gravy Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety
11 Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	12 WG French Toast Slices w/Bacon Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	13 Whole Grain Long John Donut Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	14 Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	15 Biscuit w/Sausage Gravy Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety
18 	19 WG Egg, Cheese & Bacon Sticks Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	20 Whole Grain Long John Donut Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	21 Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	22 Biscuit w/Sausage Gravy Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety
25 Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	26 WG French Toast Slices w/Bacon Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	27 Whole Grain Long John Donut Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	28 Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	29 

East Elementary September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Popcorn Chicken Smackers Hot Dog on WG Bun Baked Beans Roasted Broccoli Applesauce Milk/Variety
4 	5 Ravioli w/WG Texas Toast Jumbo Whole Grain Corndog Glazed Carrots Chilled Pears Milk/Variety	6 Breaded Mozzarella Cheese Sticks Jumbo Whole Grain Corndog Veggie Blend Applesauce Milk/Variety	7 Mini Beef Burgers Jumbo Whole Grain Corndog Baked Beans Mixed Veggies Fresh Fruit Milk/Variety	8 Taco Salad w/Scoops Chips Jumbo Whole Grain Corndog Taco Toppings Roasted Broccoli Mixed Fruit Milk/Variety
11 WG Spaghetti w/Meatballs Grilled Cheese Sandwich Garlic Toast Roasted Broccoli Chilled Peaches Milk/Variety	12 Chicken Slider Grilled Cheese Sandwich Glazed Carrots String Cheese Chilled Pears Milk/Variety	13 Pepperoni Mini Crescent Grilled Cheese Sandwich Veggie Blend Applesauce Milk/Variety	14 Homestyle Chicken Nuggets Grilled Cheese Sandwich Buttered Noodles Mixed Veggies Fresh Fruit Milk/Variety	15 Hot Dog on WG Bun Grilled Cheese Sandwich Baked Beans Sweet Corn String Cheese Mixed Fruit Milk/Variety
18 	19 Hamburger on WG Bun Hot Dog on WG Bun Sidewinders Seasoned Fries Glazed Carrots Chilled Pears Milk/Variety	20 WG Pepperoni Pizza Hot Dog on WG Bun Seasoned Green Beans Applesauce Milk/Variety	21 WG Cheese Stuffed Garlic Breadstick Hot Dog on WG Bun Veggie Blend Fresh Fruit Milk/Variety	22 Ravioli w/WG Texas Toast Hot Dog on WG Bun Mixed Veggies Mixed Fruit Milk/Variety
25 Popcorn Chicken Smackers Grilled Cheese Sandwich Buttered Noodles Roasted Broccoli Chilled Peaches Milk/Variety	26 Breaded Mozzarella Cheese Sticks Grilled Cheese Sandwich Veggie Blend Chilled Pears WG Candy Cookie Milk/Variety	27 Mini Corndogs Grilled Cheese Sandwich Baked Beans Sweet Corn String Cheese Applesauce Milk/Variety	28 Whole Grain Cheese Pizza Grilled Cheese Sandwich Seasoned Green Beans Glazed Carrots Mixed Fruit Milk/Variety	29 

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West Elementary September Lunch Menu




Monday	Tuesday	Wednesday	Thursday	Friday
				1 Popcorn Chicken Smackers Hot Dog on WG Bun Baked Beans Roasted Broccoli Applesauce Milk/Variety
4 	5 Ravioli w/Cornbread Jumbo Whole Grain Corndog Glazed Carrots Chilled Pears Milk/Variety	6 Breaded Mozzarella Cheese Sticks Jumbo Whole Grain Corndog Veggie Blend Applesauce Milk/Variety	7 Mini Beef Burgers Jumbo Whole Grain Corndog Baked Beans Mixed Veggies Fresh Fruit Milk/Variety	8 Taco Salad w/Scoops Chips Jumbo Whole Grain Corndog Taco Toppings Roasted Broccoli Mixed Fruit Milk/Variety
11 WG Spaghetti w/Meatballs Grilled Cheese Sandwich Garlic Toast Roasted Broccoli Chilled Peaches Milk/Variety	12 Chicken Slider Grilled Cheese Sandwich Glazed Carrots String Cheese Chilled Pears Milk/Variety	13 Pepperoni Mini Crescent Grilled Cheese Sandwich Veggie Blend Applesauce Milk/Variety	14 Buffalo Style Chicken Bites Grilled Cheese Sandwich Buttered Noodles Mixed Veggies Fresh Fruit Milk/Variety	15 Hot Ham & Cheese Sandwich Grilled Cheese Sandwich Baked Beans Sweet Corn Mixed Fruit Milk/Variety
18 	19 Hamburger on WG Bun Hot Dog on WG Bun Sidewinders Seasoned Fries Glazed Carrots Chilled Pears Milk/Variety	20 Wild Mike's Deep Dish Cheese Pizza Hot Dog on WG Bun Seasoned Green Beans Applesauce Milk/Variety	21 WG Cheese Stuffed Garlic Breadstick Hot Dog on WG Bun Veggie Blend Fresh Fruit Orange Sherbet Milk/Variety	22 General Tso's Chicken & Rice Hot Dog on WG Bun Mixed Veggies Mixed Fruit Milk/Variety
25 Popcorn Chicken Smackers Hamburger on WG Bun Buttered Noodles Roasted Broccoli Chilled Peaches Milk/Variety	26 Breaded Mozzarella Cheese Sticks Hamburger on WG Bun Veggie Blend Chilled Pears WG Candy Cookie Milk/Variety	27 Mini Corndogs Hamburger on WG Bun Baked Beans Sweet Corn Applesauce Milk/Variety	28 Whole Grain Cheese Pizza Hamburger on WG Bun Seasoned Green Beans Glazed Carrots Mixed Fruit Milk/Variety	29 

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Middle School September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Popcorn Chicken Smackers Chef Salad w/Roasted Turkey Baked Beans Roasted Broccoli Applesauce Milk/Variety
4 	5 Ravioli w/Cornbread Chef Salad w/Roasted Turkey Glazed Carrots Roasted Cauliflower Chilled Pears Milk/Variety	6 Breaded Mozzarella Cheese Sticks Chef Salad w/Roasted Turkey Veggie Blend Salad w/Ranch Dressing Applesauce Milk/Variety	7 Pub Style Beef Steak Burger Chef Salad w/Roasted Turkey Baked Beans Tater Puffs Fresh Fruit Milk/Variety	8 Taco Salad w/Scoops Chips Chef Salad w/Roasted Turkey Taco Toppings Mixed Veggies Roasted Broccoli Mixed Fruit Milk/Variety
11 WG Spaghetti w/Meatballs Chef Salad w/Roasted Turkey Garlic Toast Roasted Broccoli Chilled Peaches Milk/Variety	12 Grilled Chicken Hot Pepper Mini's Chef Salad w/Roasted Turkey Glazed Carrots Chilled Pears String Cheese Milk/Variety	13 Pepperoni Mini Crescent Chef Salad w/Roasted Turkey Veggie Blend Seasoned Green Beans Applesauce Milk/Variety	14 Buffalo Style Chicken Bites Chef Salad w/Roasted Turkey Buttered Noodles Mixed Veggies Fresh Fruit Milk/Variety	15 BBQ Rib Patty Chef Salad w/Roasted Turkey Baked Beans Sweet Corn Mixed Fruit Milk/Variety
18 	19 Hamburger on WG Bun Chef Salad w/Roasted Turkey Sidewinders Seasoned Fries Baked Beans Glazed Carrots Chilled Pears Milk/Variety	20 Wild Mike's Deep Dish Cheese Pizza Chef Salad w/Roasted Turkey Seasoned Green Beans Roasted Broccoli Applesauce Milk/Variety	21 WG Cheese Stuffed Garlic Breadstick Chef Salad w/Roasted Turkey Salad w/Ranch Dressing Veggie Blend Fresh Fruit Milk/Variety	22 General Tso's Chicken & Rice Chef Salad w/Roasted Turkey Mixed Veggies Roasted Cauliflower Mixed Fruit Milk/Variety
25 Popcorn Chicken Smackers Chef Salad w/Roasted Turkey Buttered Noodles Roasted Broccoli Chilled Peaches Milk/Variety	26 Breaded Mozzarella Cheese Sticks Chef Salad w/Roasted Turkey Seasoned Green Beans Chilled Pears WG Candy Cookie Milk/Variety	27 Mini Corndogs Chef Salad w/Roasted Turkey Baked Beans Sweet Corn Applesauce Milk/Variety	28 Whole Wheat Buffalo Style Chicken Pizza Chef Salad w/Roasted Turkey Mixed Veggies Glazed Carrots Mixed Fruit Milk/Variety	29 

High School September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Popcorn Chicken Smackers Chef Salad w/Roasted Turkey Baked Beans Roasted Broccoli Applesauce Milk/Variety
4 	5 Ravioli w/Cornbread Chef Salad w/Roasted Turkey Glazed Carrots Roasted Cauliflower Chilled Pears Milk/Variety	6 Breaded Mozzarella Cheese Sticks Chef Salad w/Roasted Turkey Veggie Blend Salad w/Ranch Dressing Chilled Applesauce Cup Milk/Variety	7 Pub Style Beef Steak Burger Chef Salad w/Roasted Turkey Baked Beans Tater Puffs Fresh Fruit Milk/Variety	8 Taco Salad w/Scoops Chips Chef Salad w/Roasted Turkey Taco Toppings Mixed Veggies Roasted Broccoli Mixed Fruit Milk/Variety
11 WG Spaghetti w/Meatballs Chef Salad w/Roasted Turkey Garlic Toast Roasted Broccoli Peach Cup Milk/Variety	12 Grilled Chicken Hot Pepper Mini's Chef Salad w/Roasted Turkey Glazed Carrots Sweet Peas Chilled Pears Milk/Variety	13 Pepperoni Mini Crescent Chef Salad w/Roasted Turkey Garlic Toast Veggie Blend Seasoned Green Beans Chilled Applesauce Cup Milk/Variety	14 Buffalo Style Chicken Bites Chef Salad w/Roasted Turkey Buttered Noodles Mixed Veggies Fresh Fruit Milk/Variety	15 BBQ Rib Patty Chef Salad w/Roasted Turkey Baked Beans Sweet Corn Mixed Fruit Milk/Variety
18 	19 Hamburger on WG Bun Chef Salad w/Roasted Turkey Sidewinders Seasoned Fries Baked Beans Glazed Carrots Chilled Pears Milk/Variety	20 Wild Mike's Deep Dish Cheese Pizza Chef Salad w/Roasted Turkey Garlic Toast Seasoned Green Beans Roasted Broccoli Chilled Applesauce Cup Milk/Variety	21 WG Cheese Stuffed Garlic Breadstick Chef Salad w/Roasted Turkey Salad w/Ranch Dressing Veggie Blend Fresh Fruit Milk/Variety	22 General Tso's Chicken & Rice Chef Salad w/Roasted Turkey Mixed Veggies Roasted Cauliflower Mixed Fruit Milk/Variety
25 Popcorn Chicken Smackers Chef Salad w/Roasted Turkey Buttered Noodles Roasted Broccoli Peach Cup Milk/Variety	26 Breaded Mozzarella Cheese Sticks Chef Salad w/Roasted Turkey Seasoned Green Beans Chilled Pears WG Candy Cookie Milk/Variety	27 Jumbo Whole Grain Corndog Chef Salad w/Roasted Turkey Baked Beans Sweet Corn Chilled Applesauce Cup Milk/Variety	28 Whole Wheat Buffalo Style Chicken Pizza Chef Salad w/Roasted Turkey Mixed Veggies Glazed Carrots Mixed Fruit Milk/Variety	29 

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