



## SEPTEMBER 2020 HIGH SCHOOL BREAKFAST AND LUNCH MENU

**HIGH SCHOOL BREAKFAST:** Paid student meal \$1.25 // reduced student meal \$0.20 // adult/visitor meal \$2

**HIGH SCHOOL LUNCH:** Paid student meal \$2.50 // reduced student meal \$0.40 // adult/visitor meal \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7  <b>NO SCHOOL</b>	8 <b>French Toast</b>  <b>Beef Soft Tacos</b> Roasted Corn Garden Salad Choice of Fruit	9 <b>Sausage &amp; Cheese English Muffin</b>  <b>Chili Cheese Turkey Hot Dog</b> Sweet Potato Fries Garden Salad Choice of Fruit	10 <b>Chicken Biscuit</b>  <b>Chicken Teriyaki w/ Stir Fried Rice</b> Spicy Spinach Salad Stir Fried Vegetables Vegetable Egg Roll Choice of Fruit	11 <b>Sausage &amp; Cheese Kolache</b>  <b>Chicken Chunks</b> Cole Slaw Roasted Potato Wedges Choice of Fruit
14 <b>Whole Wheat Cinnamon Roll</b>  <b>Pulled Pork Baked Potato</b> Seasoned Pinto Beans Garden Salad Garlic Breadsticks Choice of Fruit	15 <b>Mini Pancakes</b>  <b>Pork Carnitas Tacos</b> Roasted Corn Garden Salad Choice of Fruit	16 <b>Sausage &amp; Cheese Biscuit</b>  <b>Lasagna Rolls</b> Diced Carrots Garden Salad Choice of Fruit Garlic Roll	17 <b>Ham &amp; Cheese Croissant</b>  <b>Orange Chicken &amp; Lo Mein</b> Steamed Broccoli Garden Salad Choice of Fruit Vegetable Egg Roll	18 <b>Sausage &amp; Cheese Kolache</b>  <b>Nachos</b> Seasoned Black Beans Garden Salad Choice of Fruit
21 <b>Whole Wheat Cinnamon Roll</b>  <b>Steak Fingers</b> Mashed Potatoes & Gravy Garden Salad Choice of Fruit Wheat Roll	22 <b>Mini Pancakes</b>  <b>Beef Soft Tacos</b> Roasted Corn Fresh Broccoli Choice of Fruit	23 <b>Sausage &amp; Cheese English Muffin</b>  <b>Chicken Supreme Nachos</b> Seasoned Black Beans Garden Salad Choice of Fruit Garlic Roll	24 <b>Chicken Biscuit</b>  <b>Chicken Teriyaki w/ Stir Fried Rice</b> Mixed Vegetables Garden Salad Choice of Fruit Vegetable Egg Roll	25 <b>Sausage &amp; Cheese Croissant</b>  <b>Cheese Stuffed Breadsticks</b> Diced Carrots Garden Salad Choice of Fruit
28 <b>Whole Wheat Cinnamon Roll</b>  <b>Chicken Pot Stickers</b> Baby Carrots Steamed Broccoli Choice of Fruit	29 <b>Pancake &amp; Turkey Sausage Minis</b>  <b>Pork Carnitas Tacos</b> Roasted Corn Garden Salad Choice of Fruit	30 <b>Sausage &amp; Cheese Biscuit</b>  <b>Macaroni &amp; Cheese</b> Seasoned Peas Garden Salad Choice of Fruit		

This institution is an equal opportunity provider.

\*Menus are subject to change without notice due to price and availability of food\*

**Complete Breakfast Includes:**

Choice of 1 entrée

1 fruit OR 1 fruit & juice

1% white or fat free chocolate milk

**Daily Breakfast Features:**

Whole grain cereal (Not available at some schools)

Fresh Fruit

100% fruit juice

1% white or fat free chocolate milk

**A Complete Lunch Includes:**

Choice of entrée

2 fruits

2 vegetables

1% white or fat free chocolate milk

**Fresh Entrée Salads**

Grilled Chicken Caesar Salad served daily.