

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK OF 2 nd – 6 th Cycle 1		Seasoned Taco Meat w/Romaine & Tomatoes Tortilla Chips (1 oz.) Black Beans Corn on Cob	Pork Rib Patty on Bun Baked Beans Fries/Wedges *Non pork students Hamburger Patty	Salisbury Steak Mashed Potatoes Gravy Green Sweet Peas Biscuit (1 oz.)	Deli Meat Sub Carrots Romaine & Tomatoes Doritos Pickle Spear
WEEK OF 9 th – 13 th Cycle 2	Chicken Tenders Green Sweet Peas Mashed Potatoes Biscuit (1 oz.)	Jambalaya w/Brown Rice Green Beans Chef Salad Roll (1.25 oz.)	Hamburger Tots Baby Carrots Ketchup Mustard	Shrimp Poppers Hoagie Bun Romaine Lettuce & Tomatoes Fries *Non seafood students Deli Sub	Crispito Black Beans Mexicali Corn Garden Salad
WEEK OF 16 th – 20 th Cycle 3	Breaded or Grilled Chicken Patty on Bun Sweet Potato Fries Baked Beans Mayo Honey Mustard	Spaghetti w/Meat Sauce Green Beans Garden Salad Bread Stick	Corndog French Fries Coleslaw Ketchup Mustard	Oven Roasted Wings* Lima Beans Oven Roasted Potatoes Cornbread (1 oz.) *Allowable Substitution: 8 way cut chicken	Pizza or Pizza Pocket Corn on Cob Caesar Salad WG Cookie
WEEK OF 23 rd – 27 th Cycle 4	Hot Wings* Garden Salad French Fries Hushpuppies (2) *Allowable Substitution: Chicken Tenders	Gumbo Rice Green Beans Chef Salad Crackers	BBQ Fajita on Tortilla Wrap Carrots Romaine & Tomatoes	Pizza Cheese Crunchers (4 ea.) or Mozzarella Cheese Sticks (2 oz.) Bacon Potato Soup Broccoli	Hotdog Potato Wedges Baked Beans Ketchup Mustard
WEEK OF 30 th Cycle 1	Breaded Chicken Bites Corn Sweet Potato Fries Roll (1.25 oz.)				

SEPTEMBER

BREAKFAST/BIC MENU

- 9/3 Fruit Parfait (Grades 6-8 w/Chex)
- 9/4 Chicken Biscuit
- 9/5 Ham & Cheese Croissant
- 9/6 Breakfast Sandwich
- 9/9 Mini Waffles #16122 or 16109 w/Sausage Patty
- 9/10 Ham & Cheese Croissant
- 9/11 Cinni Mini or Cinnamon Roll w/Yogurt
- 9/12 Chicken Biscuit
- 9/13 Pop Tart w/Cereal
- 9/16 Mini Pancake Sausage Bites
- 9/17 Cheese Toast w/Grits
- 9/18 Yogurt w/Cereal (Bar)
- 9/19 Egg Square Croissant (Grades 6-8 2 oz. Biscuit)
- 9/20 Mini Cream Cheese Bagel w/Sausage Patty
- 9/23 French toast w/Sausage Link
- 9/24 Breakfast Pizza, IW
- 9/25 Muffin & Cereal w/Yogurt
- 9/26 Sausage Biscuit (Grades 6-8 w/Cereal Bar)
- 9/27 Cereal w/Yogurt
- 9/30 Pancakes w/Sausage

****MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE****

ALL MEALS SERVED WITH CHOICE OF UNFLAVORED 1% LOWFAT, SKIM, FAT FREE STRAWBERRY OR FAT FREE CHOCOLATE MILK.

FRESH, CANNED OR FROZEN FRUIT SERVED DAILY AT BREAKFAST AND LUNCH.

100% FORTIFIED FRUIT JUICE SERVED DAILY WITH BREAKFAST AND TWICE PER WEEK WITH LUNCH.

There is nothing in a CATERPILLAR that would lead you to believe that it will become a BUTTERFLY.