

K-8th Menu for September 2023

See you for BREAKFAST!

Breakfast Menu

Mondays:
Grits
Turkey Sausage
Apple bar
Applesauce
Juice

Tuesdays:
Biscuit
Apple bar
Pineapple Tidbits
Juice

Wednesdays:
Cereal
Cereal bar
Banana
Juice

Thursdays:
Breakfast Wrap
Graham Cracker
Fresh Fruit in Season
Juice

Fridays:
Muffins
Cereal
Fruit Cocktail
Juice

				Friday, September 1
	1% White Milk and Skim Chocolate is served daily with Breakfast and Lunch 			Hot Dog on Whole Wheat Bun Coleslaw Baked Beans Graham Cracker Sorbet
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
<i>Happy Labor Day!</i>  No School	Street Taco Shredded Lettuce Diced Tomatoes Shredded Cheese Sorbet	Corndogs Tossed salad Fresh Carrots Fresh Fruit in Season	Cheese Pizza Broccoli Oven Bake Potato Wedges Juice	Hamburger on Whole Wheat Bun Coleslaw Baked Beans Sorbet
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Spaghetti w/ Meat Sauce Broccoli Sweet Potatoes Diced Peaches	Soft Taco Shredded Lettuce Diced Tomatoes Shredded Cheese Sorbet	Chicken Patty on WWB Tossed Salad Seasoned Carrots Fresh Fruit in Season	Sweet & Sour Meatballs Roll Graham Crackers Green beans Kernel Corn Juice	Hot Dog on Whole Wheat Bun Coleslaw Baked Beans Graham Cracker Sorbet
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Sloppy Joe on Whole Wheat Bun Tossed Salad Diced Potatoes Diced Peaches	Street Taco Shredded Lettuce Diced Tomatoes Shredded Cheese Sorbet	BBQ Chicken on Whole Wheat Bun Tossed Salad Fresh Carrots Fresh Fruit in Season	Hamburger on Whole Wheat Bun Coleslaw Baked Beans Sorbet	Data Day  No School
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Cheeseburger Mac Broccoli Sweet Potatoes Diced Peaches	Soft Taco Shredded Lettuce Diced Tomatoes Shredded Cheese Sorbet	Chicken Nuggets Tossed Salad Seasoned Carrots Fresh Fruit in Season	Corndogs Green beans Kernel Corn Applesauce	Hot Dog on Whole Wheat Bun Coleslaw Baked Beans Graham Cracker Sorbet

September

- Fruit & Veggies—More Matters™ Month
- Whole Grains Month

Source: www.walkbiketoschool.org



Developed by School Nutrition Services, N.C. Department of Public Instruction.

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<http://childnutrition.ncpublicschools.gov>

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High School Menu for September 2023

See you for **BREAKFAST!**

Breakfast Menu

Mondays:
Grits
Turkey Sausage
Apple bar
Applesauce
Juice

Tuesdays:
Biscuit
Apple bar
Pineapple Tidbits
Juice

Wednesdays:
Cereal
Cereal bar
Banana
Juice

Thursdays:
Breakfast Wrap
Graham Cracker
Fresh Fruit in Season
Juice

Fridays:
Muffins
Cereal
Fruit Cocktail
Juice

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