



Jordan Jackson

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Alternative Lunch Choices: Mondays: Chicken Nuggets & WG Roll Tuesdays: Max Sticks with Marinara Sauce Wednesdays: WG Bagel Lunch w/ Yogurt Cup, Cheese Stick Thursdays: Chicken Nuggets & WG Roll Fridays: Kayem Lite Hot Dog on WG Roll Daily Salad Choices: Tossed Salad or Caesar Salad Offered with a breadstick & croutons and your choice of: Popcorn Chicken, Grilled Chicken or Yogurt & Cheese Stick. Choice of Dressing: Lite Caesar, Lite Ranch or Lite Italian		4 Cinnamon & Sugar Breakfast Rings Chicken Nuggets Dipping Sauce Dinner Roll Mixed Veggies Baby Carrots w/ LF Dip	5 French Toast Sticks w/ Syrup Maple Mini Pancakes Warm Syrup Jones Light Sausage Baked Tater Tots  Cucumber Rounds w/ Ranch Dip	6 Mini Pancakes w/Syrup Pizza Cheese, Turkey Pepperoni, or Veggie Topped Pizza Broccoli Assorted Fruit & Veggie Cups
9 Mini Waffles w/ Syrup Crispy Pizza Crunchers w/ Marinara Dipping Sauce Red Pepper Strips w/ LF Dip Green Beans	10 Warm Cinnamon Bun Munch Meal Cheese Stick, Wheat Thins Pepperoni, Fruit & Milk Mini Rice Krispie Treat Potato Smiles Broccoli Bites w/ LF Dip	11 Cinnamon & Sugar Breakfast Rings Nachos & Nuggets Chicken Nuggets Baked Tostito Scoops Nacho Cheese Sauce Whole Kernel Corn Veggie Sticks w/ Hummus	12 Mini Pancakes w/ Warm Syrup Cheeseburger or Hamburger Lettuce, Tomato & Pickles Sweet Potato Fries Cucumber Rounds w/ LF Dip	13 Scrambled Eggs w/ Toast Pizza Cheese, Turkey Pepperoni, or Veggie Topped Pizza California Blend Veggies Assorted Fruit & Veggie Cups
16 French Toast Sticks w/ Syrup Soft Beef Taco Taco Meat, Salsa, Sour Cream Lettuce, Tomato & Cheese  Mexically Corn Black Bean Salsa	17 Egg McMansfield Sausage, Egg & Cheese WG French Toast Sticks Warm Syrup Sausage Links Hash Brown Patty Veggie Sticks w/ Hummus	18 Cinnamon & Sugar Breakfast Rings  Crispy or Spicy Crispy Chicken Patty Sandwich Lettuce & Tomato Crinkle Fries Red & Green Pepper Strips w/ Dip	19 Cheese Omelet w/ Toast Macaroni & Cheese Dinner Roll Italian Ice Sidekick Green Beans Baby Carrots w/ LF Dip	20 Mini Pancakes w/ Warm Syrup Pizza Cheese, Turkey Pepperoni, or Veggie Topped Pizza Mixed Veggies Assorted Fruit & Veggie Cups
23 Mini Waffles w/ Syrup Hot Dog on a Roll Baked Beans Oreo Cookie 2pk. Apple Slices Baby Carrots w/ Ranch Dip	24 Scrambled Eggs w/ Toast & Turkey Bacon Breakfast Meal Choice of Cereal Warm Mini Muffin Yogurt, Cheese Stick & Fruit Potato Smiles Baby Carrots w/ LF Dip	25 Cinnamon & Sugar Breakfast Rings Systemwide 1/2 Day Professional Development No Lunches 	26 Egg McMansfield Sausage, Egg & Cheese Italian Sampler Meatballs, Mini Cheese Ravioli & Garlic Breadstick Green Beans  Cucumber Rounds w/LF Dip	27 Warm Cinnamon Swirl Bun Pizza Cheese, Turkey Pepperoni, or Veggie Topped Pizza Broccoli Assorted Fruit & Veggie Cups
If your child has a food allergy, you must contact the nurse's office at least yearly or as the condition changes.				
Breakfast - Choose the hot breakfast or from an assortment of breakfast pastry, reduced sugar or low sugar cereals, toast, yogurt, and fruit / juice.			WG = Whole Grain	WW = Whole Wheat

This institution is an equal opportunity provider.

Breakfast: \$2.00 (reduced \$.30) includes milk, fruit.
 Lunch: \$2.75 (reduced \$.40) includes milk/fruit/veg.
 Milk: \$.60 lowfat milk available daily.

Questions or suggestions-contact,
 Dawn M. Langtry, Food Service Director
 508-261-7400 x33124