

# September Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MES – MJH – MHS</b> <b>September Menu</b></p>				
<p>Breakfast is listed 1st each day. Grab &amp; Go Breakfast is 2nd. Lunch is listed 3rd &amp; 2nd Choice is listed below the line. Sometime options are just for HS or GS or for 5<sup>th</sup>-12<sup>th</sup> grades.</p>				
3	4	5	6	7
<p><b>NO SCHOOL LABOR DAY</b></p>	<p>Pancakes G &amp; G – Bagel Bites Sweet &amp; Sour Chicken, Rice <u>Salad Bar, Fruit, Milk – Variety</u> 2<sup>nd</sup> –Roast Beef Wrap, Rice</p>	<p>Egg Bake G &amp; G – Breakfast Burrito Roast Beef, Mashed Potatoes/Gravy Green Beans, Roll-<u>Salad Bar, Fruit, Milk</u> 2<sup>nd</sup> Ch-Chicken Nuggets, Same Sides Crispy Chicken Salad (5<sup>th</sup>-12<sup>th</sup>)</p>	<p>Breakfast Pizza G &amp; G – Pancake on a Stick McRib Sandwich, Baked Beans <u>Salad Bar, Fruit, Milk</u> 2<sup>nd</sup> Ch. – BBQ Chicken Breast, Baked Beans</p>	<p>Poptarts G&amp;G – Muffins Meatball Sub, Curly Q's <u>Salad Bar, Fruit, Milk</u> 2<sup>nd</sup>Ch.Ham/Cheese Wrap, Curly Q's Chef Salad (5<sup>th</sup>-12<sup>th</sup>)</p>
10	11	12	13	14
<p>Pancakes on a Stick G &amp; G – Breakfast Pizza Steak Sandwich, Chips <u>Fruit, Salad Bar, Milk</u> 2<sup>nd</sup> Ch-Grilled Chicken Sand, Chips Grilled Chicken Salad (5<sup>th</sup>-12<sup>th</sup>)</p>	<p>French Toast Sticks G &amp; G – Poptarts, Yogurt Spaghetti, Breakstick <u>Fruit, Salad Bar, Milk</u> 2<sup>nd</sup> C- Chicken Strips, Chips</p>	<p>Breakfast Burrito G &amp; G – Biscuits &amp; Gravy Fish, Tator Tots, Hush Puppies, Coleslaw <u>Salad Bar, Fruit, Milk</u> 2<sup>nd</sup> Ch-Chicken Nuggets, Same sides Bacon &amp; Turkey Salad (5<sup>th</sup>-12<sup>th</sup>)</p>	<p>Donuts G &amp; G –Cereal Bar, Fruit Roll-up Chicken Quesadilla, Black Bean Salsa, Chips <u>Salad Bar, Fruit, Milk</u> 2<sup>nd</sup> Ch-Cheese Quesadilla, Same Sides</p>	<p>Waffles G &amp; G – Breakfast Sandwich Chicken Wrap, Chips, Macaroni Sal. <u>Salad Bar, Fruit, Milk</u> 2<sup>nd</sup>Ch.-McRib Sand, Same Sides Crispy Chicken Salad (5<sup>th</sup>-12<sup>th</sup>)</p>
17	18	19	20	21
<p>Muffins G &amp; G – Breakfast Pizza Nacho Supreme, Refried Beans <u>Salad Bar, Fruit, Milk</u> 2<sup>nd</sup>Ch-Taco Burger, Refried Beans Chef Salad (5<sup>th</sup>-12<sup>th</sup>)</p>	<p>Bagel Bites G &amp; G- Waffles Hot Ham &amp; Cheese Sand., Chips <u>Salad Bar, Fruit, Milk</u> 2<sup>nd</sup> Ch. – Turkey Cheese Wrap, Chips</p>	<p>Scrambled Eggs, Toast G &amp; G – Breakfast Burrito Chili, Cinnamon Roll <u>Salad Bar, Fruit, Milk</u> 2<sup>nd</sup>Ch.-Hot Dog (w/Chili) Cinn., Roll Crispy Chicken Salad (5<sup>th</sup>-12<sup>th</sup>)</p>	<p>Yogurt with Fruit G &amp; G – Bagel Bites BBQ Chicken, Steamed Veggies <u>Salad Bar, Fruit, Milk</u> 2<sup>nd</sup> Roast Beef/Cheese Sandwich, Steamed Veggies</p>	<p>Pancakes G &amp; G – Donuts Pizza, Dessert <u>Salad Bar, Fruit, Milk</u> 2<sup>nd</sup> Ch. – Club Sub., Dessert Chef Salad (5<sup>th</sup>-12<sup>th</sup>)</p>
24	25	26	27	28
<p>Breakfast Pizza G &amp; G – Pancake on a Stick Little Smokies, Mac &amp; Cheese <u>Salad Bar, Fruit, Milk</u> 2<sup>nd</sup> Ch-Meatballs, Mac &amp; Cheese Crispy Chicken Salad (5<sup>th</sup>-12<sup>th</sup>)</p>	<p>Waffles G &amp; G –Poptarts Chicken Wrap, Chips <u>Salad Bar, Fruit, Milk</u> 2<sup>nd</sup> Ch. – Ham &amp; Cheese Wrap, Chips</p>	<p>Biscuits &amp; Gravy G&amp;G – Breakfast Sandwich Chicken Noodles, M. Potatoes/Gravy, <u>Com. Roll, Salad Bar, Fruit, Milk</u> 2<sup>nd</sup> Ch.-Steak Fingers, Same sides Chef Salad (5<sup>th</sup>-12<sup>th</sup>)</p>	<p>Donuts G &amp; G – Pancakes, Yogurt Taco Burger, Chips &amp; Salsa <u>Salad Bar, Fruit, Milk</u> 2<sup>nd</sup>Ch-Beef &amp; Bean Burrito, Chips &amp; Salsa</p>	<p>Yogurt, Granola Bar G &amp; G – Bagel Bites Corn Dog, Tator Wedges <u>Fruit, Salad Bar, Milk</u> 2<sup>nd</sup> C-Club Sub, Tator Wedges Grilled Chicken Salad (5<sup>th</sup>-12<sup>th</sup>)</p>