

# September Menu 2017

All meals are served with 1% or fat free flavored milk

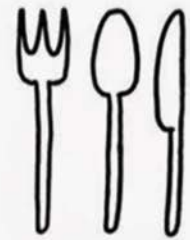
Monday	Tuesday	Wednesday	Thursday	Friday
8/28 <b>Teacher Workshop Day</b>	8/29 <b>Teacher Workshop Day</b>	8/30 <b>Freshman Only</b> <b>Cheese Burger Sub</b> Burger WW Roll Cheese Sauce Potato Wedges Fruit 1 Cup	8/31 <b>PIZZA</b>  Vegetable 1 cup Fruit 1 cup	9/1  <b>CLOSED</b>
4  <b>CLOSED LABOR DAY</b>	5 <b>Chicken Fajita</b> WW Wrap 2oz Chicken 3oz Onions, Peppers ¼ Cup Salsa ¼ cup Sour Cream Fruit 1 Cup	6 <b>Pasta Bar</b> WW Pasta 4oz Choice of toppings Vegetable 1 Cup Fruit 1 Cup	7 <b>Fish Sandwich</b> WW Roll 2oz Fish 3 oz Cheese 1oz Fries 1 Cup Fruit 1 cup	8 <b>PIZZA</b>  Vegetable 1 cup Fruit 1 cup
11 <b>Burrito Bar</b> BBQ Pork Taco Beef WW Wrap 2oz Assortment of Vegetables 1 Cup Cheese 2oz Rice ½ Cup Fruit 1 Cup	12 <b>Mac &amp; Cheese</b> WW Pasta 4oz Cheese 3 oz. Broccoli 1 Cup Fruit 1 Cup	13 <b>Hot Beef Sundae</b> Beef 3oz Corn ½ Cup Potato ¾ Cup Gravy 2oz WW Roll Fruit 1 Cup	14 <b>Chicken Cacciatore</b> Chicken 4oz Tomatoes, Peppers, Onions, 1 Cup Tomato Sauce ½ cup Pasta 4oz Cheese 1oz Fruit 1 Cup	15 <b>PIZZA</b>  Vegetable 1 cup Fruit 1 cup
18 <b>Double Cheese Burger</b> <b>Burger 4oz</b> <b>Cheese 1oz</b> <b>WW Roll 2oz</b> <b>Vegetable 1 Cup</b> <b>Fruit 1 cup</b>	19 <b>BBQ Pork Sandwich</b> Pork 3oz WW Roll 2oz Vegetable 1 cup Baked Beans 1 Cup Fruit 1 Cup	20 <b>Breakfast for Lunch</b> French Toast 4oz Hash Browns 1cup Sausage 2oz Syrup 2oz Fruit 1 Cup	21 <b>Pasta w/ Chicken &amp; Broccoli</b> Chicken 4oz Broccoli 1 Cup WW Pasta 4oz Fruit 1 Cup	22 <b>PIZZA</b>  Vegetable 1 cup Fruit 1 cup
25 <b>Chili Cheese Fries</b> Beef 2oz Beans 3oz Tomato Sauce, peppers, onions Potato Wedges 1 Cup Fruit 1 Cup	26 <b>Teriyaki Chicken Bowl</b> Chicken 3oz Rice 1 cup Broccoli 1 Cup Fruit 1 Cup	27 <b>Hot Ham &amp; Cheese</b> Ham 3oz Cheese 1oz WW Roll 2oz Vegetable 1 Cup Fruit 1Cup	28 <b>Baked Potato Bar</b> Topping Options Broccoli Bacon Cheese Salsa Sour Cream Fruit 1 cup	29 <b>PIZZA</b>  Vegetable 1 cup Fruit 1 cup

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You now have the ability to pay for school Breakfast & lunch online.

Monitor your child's account balance; go to- <http://ezschoolpay.com>

*Eat Green, Eat Healthy*



THE

GREEN

BAR

DREAM-ORACLE

## **Breakfast Menu** **Served Daily**

### **Breakfast Sandwich**

2oz. Whole Wheat Croissant  
1oz Turkey Sausage  
1oz. American Cheese  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### **Breakfast Cereal, Whole Grain**

Cinnamon Toast Crunch,  
Honey Nut Cheerios Golden Graham 1 cup  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### **Whole Wheat Bagel**

4oz. Bagel  
1oz Cream Cheese  
1 Piece or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### **Parfait**

Plain, Fat Free Yogurt 4oz.  
Strawberries 1 cup  
Granola 3oz  
1% or Fat Free Flavored Milk

### **Served Tuesday/ Thursday**

### **Whole Wheat Raised Donut**

3oz Donut  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### **Muffin**

Blueberry Banana Muffin, or Cinnamon Coffee Cake  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### **Served Wednesdays & Fridays**

### **Fruit Smoothie**

6oz. Plain Fat Free Yogurt  
4oz Strawberries  
4oz Banana  
2oz 100% Orange Juice

### **Sides**

Lite Cream Cheese .25, Sun Butter-2oz, Jam -1oz

**Breakfast Meal** , Prices- Full Breakfast Meal- \$1.75 /Reduced .30 /Free

# **SERVED DAILY**

## **Turkey or Ham Wrap**

Served with

Wrap

Cheese

Lettuce

Mustard/Mayo

Fruit or Vegetable or Both

## **Fresh Fruit Salad**

Cut up Fresh Fruit

String Cheese

Wheat Thins

Vegetable

## **Strawberry Parfait**

Granola

Strawberries/ Blueberries

Yogurt

String Cheese

Fat Free Flavored or 1% milk is offered

Additional Fruit or Vegetable is also available with these meals.

## **FULL SALAD BAR OPEN DAILY**

All meals are served with 1% or Fat Free Flavored milk

Daily meals are subject to change due to product availability. Lunch meal \$3.05

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