

YOUNG SCHOLARS SEPTEMBER 2016

SCHOOL BREAKFAST MENU

Monday

Asst. WG Cereal
1 slice Wheat
Bread & Jelly
4oz Juice
1/2c Fruit

Tuesday

2 Pancakes &
Syrup
4oz Juice
1/2c Fruit

Wednesday

Asst. WG Cereal
1 slice Wheat
Bread & Jelly
4oz Juice
1/2c Fruit





Thursday

2 WAFFLES &
Syrup
4oz Juice
1/2c Fruit

Friday

Apple Turnover
4oz Juice

All breakfast served
with low fat Milk

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
			1	2
 The Nutrition Group			Hearty Beef Stew w/ 1/2c Peas & Carrots over 1/2c Whipped Potatoes Baked Biscuit Fresh Apple 1/2c Pineapple 1/2pt FF Milk	Cold Pinwheel Pizza w/ 2oz Cheese 1/2c Romaine & 1/2c Tomato FF Ranch Dressing 1/2c Marinara Sauce Fresh Fruit 1/2c Pears 1/2pt FF Milk
5 Closed	6	7	8	9
	Cheeseburger on Whole Wheat Bun w/ 1/2c lettuce & tomato 1 Ketchup Packet 1/2c Baked Beans 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt FF Milk	Totally Taco Wrap (Taco Meat & shred. cheese in a wheat tortilla shell w/ 1/2c lettuce & tomato) 1 taco sauce pack 1/2c Garden Green Beans 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt FF Milk	1 Turkey Hot Dog 1/2c Whipped Potatoes 1/2c Sauerkraut 1 Ketchup & 1 Mustard pkt 1 WW Hot Dog Bun Banana 1/2c Pears 1/2pt FF Milk	8oz Marvelous Mac n Cheese (spring pasta) 1/2c Cherry Tomatoes 1/2c Fresh Broccoli 1 FF Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk
12	13	14	15	16
Spicy Popcorn Chicken w/ BBQ Pkt 1/2c tomato , lettuce w/ FF Ranch Packet Wheat Dinner Roll 1/2c Tater tots w/ketchup 1/2c Pineapple Tidbits 1 Piece Fresh Fruit 1/2pt FF Milk	Hot Roast Beef Hoagie 1/2c Sautéed Peppers Tomatoes and Onions 1/2c Baked Beans 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt FF Milk	Chicken n Gravy over Baked Biscuit w/ 1/2c Whipped Potatoes 1/2c Spinach Salad w/ FF Ranch Packet Fresh Fruit 1/2c Pineapple 1/2pt FF Milk	Burger on Whole Wheat Bun w/ 1/2c lettuce & tomato 1 Ketchup Packet 1/2c Broccoli 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt FF Milk	Panini Sandwich w/ Shaved Turkey & American Cheese 1/2c lettuce & tomato 1/2c Baked Tater Tots 1 Ketchup Packet 1/2c Chilled Pears 1 Piece Fresh Fruit 1/2pt FF Milk
19	20	21	22	23
Totally Taco in a Bag (Taco Meat & shred. cheese) corn chips 1/2c Tomato & Lettuce 1/2c Cucumber Slices, Cauliflower, Celery Fresh Orange 1/2c Fruit Mix 1/2pt FF Milk	2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers FF Ranch Dressing 1 Wheat Dinner Roll Fresh Banana 1/2c Peaches 1/2pt FF Milk	Cold Roast Beef n Cheese w/1/2c Tomato & Lettuce on WW Bun 1 Mayo Packet 1/2c Baked Beans 1/2c Cinnamon Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk	Spicy Popcorn Chicken Bowl 3oz Spicy Popcorn chicken 1/2c Mashed Potatoes 1/2c Corn Red Delicious Apple 1/2c Mixed Fruit 1/2pt FF Milk	Cold Pinwheel Pizza w/ 2oz Cheese 1/2c Romaine & 1/2c Tomato FF Ranch Dressing 1/2c Marinara Sauce Fresh Fruit 1/2c Pears 1/2pt FF Milk
26	27	28	29	30
Chicken n Gravy over Baked Biscuit w/ 1/2c Whipped Potatoes 1/2c Spinach Salad w/ FF Ranch Packet Fresh Fruit 1/2c Pineapple 1/2pt FF Milk	Mighty Meatball Hoagie (3 meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Corn 1/2c Salad Cup w/ 1 FF Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk	Hearty Beef Stew w/ 1/2c Peas & Carrots over 1/2c Whipped Potatoes Baked Biscuit Fresh Apple 1/2c Pineapple 1/2pt FF Milk	Panini Sandwich w/ Shaved Buffalo Chicken & Provolone Cheese 1/2c Tomato & Lettuce 1/2c Baked Beans 1/2c Diced Pears 1 Piece Fresh Fruit 1/2pt FF Milk	Marvelous Mac n Cheese 1/2c Cherry Tomatoes 1/2c Fresh Broccoli 1 FF Ranch Packet 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt FF Milk



Daily
Milk Choices:
**Skim,
Flavored
Fat Free,
1% White**

All meals
include
8oz milk

