

# September 2022

Breakfast for The Week Will Be:

Monday: Breakfast Burrito, Juice, Fruit, and Milk

Tuesday: Breakfast Pizza or Bagel, Juice, Fruit, and Milk

Wednesday: KES Pancake on a stick w/ Syrup, Juice, Fruit, and Milk

HMS & HHS Pancakes w/Sausage & Syrup, Juice, Fruit, and Milk

Thursday: Cinnamon Buns w/Sausage Links, Juice, Fruit, and Milk

Friday: Sausage or Chicken Biscuits, Juice, Fruit, and Milk

Cold Breakfast Boxes will be served Daily.

Your Choices are -- Pop Tart Box, or Cereal Bowls Box, or Cereal Bars Box, Served with Graham Crackers, Fruit & Milk

	Monday	Tuesday	Wednesday	Thursday	Friday
PB& J Meal Boxes Salad Meal Boxes Launchable Meal Boxes Wrap Meal Boxes Vary from site to site	29 Fish Nuggets Cole Slaw, French Fries Hushpuppies Fruit & Milk	30 Chicken Tenders Mac-n-Cheese Baked Beans, Fruit & Milk	31 Steak Bites, English Peas, Roll, Cream Potatoes, Fruit & Milk	1 Spaghetti w/Meat Sauce, Steamed Broccoli, Bread Stick, Fruit & Milk	2 Chicken Sandwiches Carrot Sticks w/dressing, Cookie, Fruit & Milk
	5  School Closed	6 Hot Dog Sweet Potato Fries Baked Beans Fruit & Milk	7 Hamburger Steak w/gravy Broccoli w/Cheese Roll Fruit & Milk	8 Asian Chicken w/Fried Rice, Stir Fry Veggies Fruit & Milk	9 Pizza, Corn, Side Salad w/dressing, Cookie, Fruit & Milk (Home Coming)
	12 Crispitos Rice and Beans Shredded Lettuce, Salsa Fruit & Milk	13 Chicken Fingers Mac-n-Cheese Green Beans, Fruit & Milk	14 Fish Sandwich Cole Slaw, French Fries Fruit & Milk	15 Hamburger Helper, Steamed Broccoli, Bread Stick, Fruit & Milk	16 Chicken Sandwiches Carrot Sticks w/dressing, Cookie, Fruit & Milk (Grandparents Day @ KES)
	19 Chicken Quesadilla, Pinto Beans & Rice Salsa, Sour Cream, Fruit & Milk	20 Crispy Steak Broccoli w/Cheese Sauce, Whole Wheat Roll Fruit & Milk	21 Ham or Turkey Sub w/Cheese, Chips Lettuce, Tomato, Carrots Sticks Fruit & Milk	22 Beef Tips in gravy / Rice, Green Bean, Fruit & Milk	23 Pizza, Corn, Side Salad w/dressing, Cookie, Fruit & Milk
	26 Corn Dog Baked Beans, Cheddar Sun Chips Fruit & Milk	27 Chicken Alfredo, Steamed Broccoli, Bread Stick, Fruit & Milk	28 BBQ Plate Cole Slaw, Baked Beans Slice of Bread Fruit & Milk	29 Beef Taco Salad, Whole Kernel Corn, Lettuce, Chips, Cheese, Salas, Sour Cream, Fruit & Milk	30 Chicken Sandwiches Carrot Sticks w/dressing, Cookie, Fruit & Milk