

			THURSDAY Sept 01	FRIDAY Sept 02
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MONDAY Sept 5	TUESDAY Sept 6	WEDNESDAY Sept 7	THURSDAY Sept 8	FRIDAY Sept 9
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
LABOR DAY HOLIDAY - NO SCHOOL	<ul style="list-style-type: none"> Blueberry Muffin, 2 Oz Hardboiled Egg Chilled Peaches, 4 Oz & Milk 	<ul style="list-style-type: none"> Nutria Grain Bar, 2.2 Oz Yogurt, 4 Oz Juice, 4 Oz & Milk 	<ul style="list-style-type: none"> French Toast, 2.2 Oz w/ Syrup, 1. Oz Fresh Apple, 1 each & Milk 	<ul style="list-style-type: none"> Assorted Cereal, 2.7 Oz String Cheese, 1 each Juice, 4 Oz & Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
LABOR DAY HOLIDAY - NO SCHOOL	<ul style="list-style-type: none"> Chicken Drum stick, 2.2 Oz Brown Rice, 2 Oz; Corn ¾ cup Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Salisbury Steak, 2.2 Oz w/ Gravy, 1.2 Oz Mashed Potatoes, 2.0 Oz Whole grain roll, 1 each Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Chicken Quesadilla, 2.2 Oz Whole grain tortilla, 1 each Black bean salsa, ¾ cup Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Pizza 1 Slice Salad, ¾ cup w/ Dressing Mandarin Orange & Milk
MONDAY Sept 12	TUESDAY Sept 13	WEDNESDAY Sept 14	THURSDAY Sept 15	FRIDAY Sept 16
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<ul style="list-style-type: none"> Waffles, 2.2 Oz w/ Syrup, 1 Oz Juice, 4 Oz & Milk 	<ul style="list-style-type: none"> Banana Muffin, 2.2 Oz Yoghurt Stick, 1.2 Oz Chilled Mandarin, ½ cup & Milk 	<ul style="list-style-type: none"> Whole Grain Bagel, 1.8 Oz Plain Cream Cheese, 1.0 Oz Juice, 4 Oz & Milk 	<ul style="list-style-type: none"> Egg Sandwich, 2.2 Oz American Cheese, 1.0 Oz 01 Hot Biscuit 2.2 Oz; Resin, 1 each & Milk 	<ul style="list-style-type: none"> Assorted Cereal, 2.7 Oz String Cheese, 1 each Juice, 4 Oz & Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<ul style="list-style-type: none"> Beef Stew, 2.2 Oz w/ Garlic bread, 1 each Vegetable cabbage, ¾ cup Pears, ¾ cup Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Chicken Sandwich, 2.2 Oz w/ Whole grain bun, 1 each Romaine Lettuce ½ cup Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Beef Marinara, 2.2 Oz Wheat grain penne, 2 Oz Mixed vegetables, ¾ cup Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Baked Tilapia, 2.2 Oz Mashed potatoes, 2 Oz w/ Gravy, 1.2 Oz Green Beans, ¾ cup Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Pizza 1 Slice Salad, ¾ cup w/ Dressing Mandarin Orange & Milk
MONDAY Sept 19	TUESDAY Sept 20	WEDNESDAY Sept 21	THURSDAY Sept 22	FRIDAY Sept 23
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<ul style="list-style-type: none"> Pancakes, 2.2 Oz; w/ Syrup, 1.0 Oz Juice, 4 Oz & Milk 	<ul style="list-style-type: none"> Blueberry Muffin, 2 Oz Hardboiled Egg Chilled Peaches & Milk 	<ul style="list-style-type: none"> Nutria Grain Bar, 2.2 Oz Yogurt, 4 Oz Juice, 4 Oz & Milk 	<ul style="list-style-type: none"> French Toast Sticks, 2.2 Oz w/ Syrup, 1.0 Oz Fresh Apple, 1 each & Milk 	<ul style="list-style-type: none"> Assorted Cereal, 2.7 Oz String Cheese, 1 each Juice, 4 Oz & Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<ul style="list-style-type: none"> Orange Chicken, 2.2 Oz w/ Brown rice, 2 Oz Steamed broccoli, ¾ cup Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Spaghetti Meatballs, 3 Oz w/ Bread sticks, 1 each Marsh potatoes 2 Oz; Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Chicken Philly sandwich, 2.2 Oz w/ Whole grain hoagie, 1 each Fresh carrots Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Fish Patti, 2.2 Oz Fries, 2 Oz w/ Ketchup, 1 Oz Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Pizza 1 Slice Salad, ¾ cup w/ Dressing Mandarin Orange & Milk
MONDAY Sept 26	TUESDAY Sept 27	WEDNESDAY Sept 28	THURSDAY Sept 29	FRIDAY Sept 30
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<ul style="list-style-type: none"> French Toast Sticks, 2.2 Oz w/ Syrup, 1.0 Oz Juice, 4 Oz & Milk 	<ul style="list-style-type: none"> Banana Muffin, 2.2 Oz Yoghurt Stick, 1.2 Oz Fresh Apple, 1 each & Milk 	<ul style="list-style-type: none"> Whole Grain Bagel, 1.8 Oz Plain Cream Cheese, 1.0 Oz Juice, 4 Oz & Milk 	<ul style="list-style-type: none"> Egg Sandwich, 2.2 Oz American Cheese, 1.0 Oz 01 Hot Biscuit 2.2 Oz; Resin, 1 each & Milk 	<ul style="list-style-type: none"> Assorted Cereal, 2.7 Oz String Cheese, 1 each Juice, 4 Oz & Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<ul style="list-style-type: none"> Sloppy Joe, 2 Oz Whole grain bun, 1 each Celery Stick Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Salisbury Steak, 2.2 Oz w/ Gravy, 1.2 Oz Mashed Potatoes, 2.0 Oz Whole grain roll, 1 each Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Orange Chicken, 2.2 Oz w/ Brown rice, 2 Oz Steamed broccoli, ¾ Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Chicken Drum stick, 2.2 Oz Brown Rice, 2 Oz; Corn ¾ cup Seasonal Fruit ½ cup & Milk 	<ul style="list-style-type: none"> Pizza 1 Slice Salad, ¾ cup w/ Dressing Mandarin Orange & Milk

MN MATH AND SCIENCE

MONTHLY SCHOOL MENU - **SEPTEMBER 2016**