


# What's on the Menu?

September 2023


## Secondary Lunch


Monday	Tuesday	Wednesday	Thursday	Friday
 4 <b>LABOR DAY</b>	  5 Austin Beef Twister BBQ Beef & Cheddar on a Wrap Caesar Salad			1 Buffalo Chicken Dip Tortilla Chips Carrots & Celery
11 BBQ Chicken Drumstick Roasted Carrot Sticks Combread	 12 Local Beef Tacos Local Lettuce Local Cheese Pico de Gallo	 6 Rotini, Chicken, Broccoli Alfredo Citrus Basil Roasted Veggies Garlic Breadstick	7 Sweet & Sour Meatballs Vegetable Lo Mein Roasted Sesame Green Beans	8 General Tso's Chicken Lucky Fried Rice
18 Pasta Primavera with Chicken Garlic Twist	 19 Local Potato Bar Veg Chili, Rstd Broccoli, Sauteed Onions, Cheddar Dinner Roll	13 Chicken & Bean Burrito Supreme Cilantro Lime Rice	 14 Mac & Cheese Bar BBQ Chicken, Seasoned Ground Beef, Sauteed peppers/Onions	 15 Asian Zing BBQ Pulled Pork Sandwich Pineapple Coleslaw
25 Chicken Cordon Bleu Roasted Potato Wedges Rstd Summer Sq.	26 Beef Nachos Shredded Lettuce, Cheddar, Pico de Gallo, Corn & Black Bean Salsa	 20 the Cob Day Rst Pork & Gravy Local Corn on the Cob Herb Rstd Potatoes	21 Chicken Teriyaki Noodle Bowl Crunchy Asian-inspired Topping Rstd Vegetables	 22 Chicken Tikka Masala Basmati Rice Roasted Vegetables
	27 Pasta Bar Fresh Marinara Local (Tomatoes) Chicken, Roasted Broccoli, Peppers, Onions	23 Local Corn on the Cob Herb Rstd Potatoes	28 Breakfast for Lunch French Toast, chicken Sausage, Hashbrown, Breakfast Syrup	 29 Sweet & Sour Chicken Veggie Fried Rice Garlic Soy Green Beans


Meal prices: \$X.XX Lunch, \$X.XX etc.



**grilled**  
 Cheeseburgers, Chicken Patty, Spicy Chicken Patty, Chicken Nuggets or Tenders  
 Baked Fries

  
 A Variety of Fruit, Vegetables, or Salads  
 (Fresh, Local, or Canned)

  
 Sandwiches, Wraps, Salads, Yogurt Parfaits, and Smoothies

  
 Veggie Burgers, Grilled Cheese



Vegetarian



Locally Grown

# What's on the Menu?

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## Secondary Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LABOR DAY</b> <sup>4</sup>	 <sup>5</sup> Cranberry Orange Muffin	<sup>6</sup> Homemade Cinnamon Oatmeal Fresh & Dried Fruit	<sup>7</sup> Mixed Berri Breakfast Yogurt Parfait with Granola	<sup>8</sup> Egg & Cheese Wrap
<sup>11</sup> Bacon, Egg, & Cheese on an English Muffin	 <sup>12</sup> Apple Round	<sup>13</sup> Homemade Cinnamon Oatmeal Fresh & Dried Fruit	<sup>14</sup> Mixed Berries Breakfast Yogurt Parfait with Granola	<sup>15</sup> Egg & Cheese Wrap
<sup>18</sup> Sausage, Egg, & Cheese on an English Muffin	 <sup>19</sup> Cranberry Orange Muffin	<sup>20</sup> Homemade Cinnamon Oatmeal Fresh & Dried Fruit	<sup>21</sup> Mixed Berries Breakfast Yogurt Parfait with Granola	<sup>22</sup> Egg & Cheese Wrap
<sup>25</sup> Ham, Egg, & Cheese on an English Muffin	 <sup>26</sup> Apple Round	<sup>27</sup> Homemade Cinnamon Oatmeal Fresh & Dried Fruit	<sup>28</sup> Mixed Berries Breakfast Yogurt Parfait with Granola	<sup>29</sup> Egg & Cheese Wrap

Meal prices: \$X.XX Lunch, \$X.XX etc.

### Daily Offerings

- Assorted Cereals
- Bagels
- Fresh Fruit, Chilled Fruit
- Craisins, Raisins
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Chocolate Milk



**Bring on Breakfast**  
Bring on Breakfast adds excitement to the beginning of the school day by offering delicious food that fuels the day.

 Vegetarian  Locally Grown