



# September 2019

Choice of Salad Bar -- 4th thru 12th grade MILK SERVED DAILY

GRAB & GO CHOICES  
 Cereal  
 Cereal Bar  
 Fruit  
 Yogurt  
 Milk  
 Juice

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 NO SCHOOL	3 Ham & Cheese Biscuit Chicken Wrap Lettuce, Cheese, Salsa Refried Beans Pineapple	4 Breakfast Burrito Spaghetti w/ Meat Sauce Breadstick Spinach Pears	5 Pancakes & Sausage Chicken Patty Mashed Potatoes & Gravy Green Beans Roll Cinnamon Apples	6 Biscuit & Gravy Chicken Nuggets Macaroni & Cheese Cooked Carrots Mandarin Oranges	7
8	9 Scrambled Eggs Pork Riblet on Bun Sweet Potato Fries Dill Pickle Slices Carrots & Dip Peaches	10 Ham & Cheese Biscuit Burrito Lettuce, Cheese, Salsa Refried Beans Pineapple	11 Breakfast Burrito Pizza Breadstick Broccoli & Dip Corn Pears	12 Pancakes & Sausage Turkey & Noodles Mashed Potatoes Green Beans Roll Applesauce	13 NO SCHOOL	14
15	16 Scrambled Eggs Cheeseburger on Bun Potato Wedges Dill Pickle Slices Carrots & Dip Peaches	17 Ham & Cheese Biscuit Softshell Taco Lettuce, Cheese, Salsa Refried Beans Pineapple	18 Breakfast Burrito Lasagna Breadstick Broccoli Pears	19 Pancakes & Sausage Chicken & Noodles Mashed Potatoes Green Beans Roll Cinnamon Apples	20 Biscuit & Gravy Chicken Patty on Bun Pasta Salad Cooked Carrots Mandarin Oranges	21
22	23 Scrambled Eggs Ham, Turkey & Cheese on Bun Sweet Potato Fries Carrots & Dip Peaches	24 Ham & Cheese Biscuit Chicken & Cheese Enchilada Lettuce, Salsa Refried Beans Pineapple	25 Breakfast Burrito Pizza Breadstick Broccoli & Dip Corn Pears	26 Pancakes & Sausage Beef & Noodles Mashed Potatoes Green Beans Roll Applesauce	27 Biscuit & Gravy Chicken Nuggets Macaroni & Cheese Broccoli & Dip Mixed Fruit	28
29	30 Scrambled Eggs Cheeseburger on Bun Potato Wedges Dill Pickle Slices Carrots & Dip Peaches	1 Sausage Biscuit Chicken Wrap Lettuce, Cheese, Salsa Refried Beans Pineapple	2 Breakfast Burrito Spaghetti w/ Meat Sauce Breadstick Spinach Pears	3 Pancakes & Sausage Turkey & Noodles Mashed Potatoes Green Beans Roll Applesauce	4 Biscuit & Gravy Chicken Patty on Bun Pasta Salad Cooked Carrots Mandarin Oranges	

\*This institution is an equal opportunity provider\* On June 2, 2015 the Office of the Assistant Secretary for Civil Rights' Policy staff, released Departmental Regulation (DR) 4300-003, Equal Opportunity Public Notification Policy. The DR updates the nondiscrimination Statement and the "And Justice for All" poster. Provided is a link to the DR - <http://dese.mo.gov/sites/default/files/OR-EquallOpportunity.pdf>. Please note, the USDA Nondiscrimination Statement provided above is appropriate for all Child Nutrition Programs