

# September 2022

## Elementary Lunch Menu

All American Monday	Taco Tuesday	Worldly Wednesday	Healthy Thursday	Funday Friday
			Pizza Caesar Salad Fresh Fruit Chilled Applesauce French Fries Milk  Bananas (Pre K) Fresh Fruit (Sat)  <i>Pre K Option</i>	Baked Potato Bar Broccoli with Cheese Fresh Fruit Chilled Pears (Pre K & Sat) Southern Butter Roll Brownie Milk
5	6	7	8	9
White Beans Steamed Rice Chicken Smackers (Pre K) or Sausage Broccoli and Cheese Fresh Fruit Chilled Peaches (Pre K & Sat) Southern Butter Roll Milk	Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Fresh Fruit Chilled Strawberries (Pre K & Sat) Cinnamon Roll Milk  <i>Pre-K Option Only</i> Soft Beef Taco	<b>Asian</b> General Tso Chicken Smackers Fried Rice California Blend Vegetables Spring Salad Mix Fresh Fruit Chilled Mandarin Oranges (Pre-K & Sat) Southern Butter Roll Milk	BBQ Grilled Chicken Macaroni & Cheese Seasoned or Italian Green Beans Glazed Carrots Fresh Fruit Chilled Applesauce Southern Butter Roll Milk Bananas (Pre K) Fresh Fruit (Sat)  <b>WESTERN DAY</b>	Meatballs & Spaghetti Caesar Salad Fresh Fruit Chilled Pears (Pre K & Sat) Cake Garlic Roll Milk
12	13	14	15	16
Chicken & Sausage Jambalaya Glazed Carrots Seasoned or Italian Green Beans Fresh Fruit Chilled Peaches (Pre K & Sat) Southern Butter Roll Milk	<b>Disassembled Loaded Nacho Supreme Bowl</b> Meaty Nacho Cheese Nacho Chips Shredded Lettuce & Tomatoes Refried Beans Fresh Fruit Chilled Strawberries (Pre K & Sat) Cinnamon Stick Milk  <i>Pre-K Option Only</i> Yellow Grilled Cheese Tots/Shoestring/Crinkle/Smiles	<b>French</b> Roasted Chicken Potatoes Au Gratin Carrot Souffle Fresh Fruit Chilled Pears (Pre-K & Sat) French Bread Milk  <i>Pre-K Option Only</i> Chicken Nuggets  <b>Nutrition Day</b> Creole Tomato	Italian Bake Pasta Caesar Salad Golden Corn Fresh Fruit Chilled Applesauce Garlic Roll Milk  Bananas (Pre K) Fresh Fruit (Sat)	Boneless Wing Bar Celery Sticks with Ranch Roasted Cauliflower Fresh Fruit Chilled Pears (Pre K & Sat) Southern Butter Roll Brownie Milk
19	20	21	22	23
Chicken Stew Steamed Rice Seasoned or Italian Green Beans Carrot Souffle Fresh Fruit Chilled Peaches (Pre K & Sat) French Bread Milk	Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Fresh Fruit Chilled Strawberries (Pre K & Sat) Cinnamon Roll Milk  <i>Pre-K Option Only</i> Soft Beef Taco	<b>New Orleans, Louisiana</b> Red Beans Steamed Rice Chicken Smackers (Pre K) or Sausage Creamed Spinach Fresh Fruit Chilled Pears (Pre K & Sat) Southern Butter Roll Milk	Pepperoni Pizza Pasta Caesar Salad Golden Corn Fresh Fruit Chilled Applesauce Garlic Roll Milk  Bananas (Pre K) Fresh Fruit (Sat)	<b>Brunch for Lunch</b> Chicken and Waffles Tator Tots Grits Fresh or Steamed Baby Carrots Fresh Fruit Chilled Pears (Pre K & Sat) Cookie Milk
26	27	28	29	30
Fried Chicken Drumstick Cajun Rice Sweet Potato Fries Baked Beans Assorted Fruit Fresh Fruit Chilled Peaches (Pre K & Sat) Southern Butter Roll Milk  <i>Pre-K Option Only</i> Chicken Nuggets	<b>Disassembled Southwest Bowl</b> Fajita Chicken Southwest Rice Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Assorted Fruit Fresh Fruit Chilled Pineapples (Pre-K&Sat) Cinnamon Stick Milk	<b>Irish</b> Shepherd's Pie Glazed Carrots Assorted Fruit Fresh Fruit Chilled Strawberries (Pre K & Sat) Southern Butter Roll Milk	Meatsauce & Spaghetti Caesar Salad Assorted Fruit Fresh Fruit Chilled Applesauce Garlic Roll Milk  Bananas (Pre K) Fresh Fruit (Sat)	<b>Disassembled SFNS Popcorn Chicken Bowl</b> Chicken Smackers Mashed Potatoes with Gravy Golden Corn Shredded Cheese Assorted Fruit Fresh Fruit Chilled Pears (Pre K & Sat) French Bread Cake Milk

# September 2022

## Elementary & HS Breakfast Menu

All American Monday	Tasty Tuesday	Worldly Wednesday	Healthy Thursday	Funday Friday
			Strawberry Yogurt Parfait or Toast & Sausage or Cereal & Toast AND Grits Chilled Pears (Pre-K&Sat) Fresh Fruit Potato Rounds Milk	Cinnamon Rolls or Cereal & Toast AND Grits Chilled Peaches (Pre-K&Sat) Fresh Fruit Potato Rounds Milk
5	6	7	8	9
Bacon, Egg, & Cheese Biscuit or Cereal & Toast AND Grits Chilled Pears (Pre-K&Sat) Fresh Fruit Potato Rounds Milk	Waffle and Sausage or Cereal & Toast AND Grits Chilled Applesauce Fresh Fruit Potato Rounds Milk  Bananas (Pre K) Fresh Fruit (Sat)	French Toast Sticks or Cereal & Toast AND Grits Chilled Strawberries (Pre-K&Sat) Fresh Fruit Potato Rounds Milk	Strawberry & Banana Smoothies Graham Crackers or Toast & Sausage or Cereal & Toast AND Grits Chilled Pears (Pre-K&Sat) Fresh Fruit Potato Rounds Milk	Glazed or Chocolate Donuts or Cereal & Toast AND Grits Chilled Peaches (Pre-K&Sat) Fresh Fruit Potato Rounds Milk
12	13	14	15	16
Chicken Biscuit or Cereal & Toast AND Grits Chilled Pears (Pre-K&Sat) Fresh Fruit Potato Rounds Milk	Funnel Cakes or Cereal & Toast AND Grits Chilled Applesauce Fresh Fruit Potato Rounds Milk  Bananas (Pre K) Fresh Fruit (Sat)	Pancakes with Sausage or Cereal & Toast AND Grits Chilled Strawberries (Pre-K&Sat) Fresh Fruit Potato Rounds Milk	Banana Split Parfaits Graham Crackers or Toast & Sausage or Cereal & Toast AND Grits Chilled Pears (Pre-K&Sat) Fresh Fruit Potato Rounds Milk	Beignets or Cereal & Toast AND Grits Chilled Peaches (Pre-K&Sat) Fresh Fruit Potato Rounds Milk
19	20	21	22	23
Sausage Biscuit or Cereal & Toast AND Grits Chilled Pears (Pre-K&Sat) Fresh Fruit Potato Rounds Milk	Chicken and Waffles or Cereal & Toast AND Grits Chilled Applesauce Fresh Fruit Potato Rounds Milk  Bananas (Pre K) Fresh Fruit (Sat)	Build Your Own Breakfast Burrito or Cereal & Toast AND Grits Chilled Pineapple (Pre-K&Sat) Fresh Fruit Potato Rounds Milk	Strawberry Yogurt Parfait or Toast & Sausage or Cereal & Toast AND Grits Chilled Pears (Pre-K&Sat) Fresh Fruit Potato Rounds Milk	Cinnamon Rolls or Cereal & Toast AND Grits Chilled Peaches (Pre-K&Sat) Fresh Fruit Potato Rounds Milk
26	27	28	29	30
Bacon, Egg, & Cheese Biscuit or Cereal & Toast AND Grits Chilled Pears (Pre-K & Sat) Fresh Fruit Potato Rounds Milk	Waffle and Sausage or Cereal & Toast AND Grits Chilled Applesauce Fresh Fruit Potato Rounds Milk  Bananas (Pre K) Fresh Fruit (Sat)  National Chocolate Milk Day	French Toast Sticks or Cereal & Toast AND Grits Chilled Strawberries (Pre-K&Sat) Fresh Fruit Potato Rounds Milk	Strawberry & Banana Smoothies Graham Crackers or Toast & Sausage or Cereal & Toast AND Grits Chilled Pears (Pre-K&Sat) Fresh Fruit Potato Rounds Milk	Glazed or Chocolate Donuts or Cereal & Toast AND Grits Chilled Peaches (Pre-K&Sat) Fresh Fruit Potato Rounds Milk