



September 2020– Breakfast

Sun	Mon	Tue	Wed	Thu	Fri	Sat
USDA is an Equal Opportunity Provider and Employer		1 Sausage or Ham Sandwich Strudel	2 Eggs/Toast Ham	3 Sausage or Ham Sandwich Donuts	4 Tornado Bagel	5
6	7 No School	8 No School	9 French Toast Ham	10 Sausage or Ham Sandwich Donuts	11 Breakfast Pizza Muffin	12
13	14 Pancake Sausage Link Donuts	15 Sausage or Ham Sandwich Strudel	16 Omelet/Ham Potato	17 Sausage or Ham Sandwich Donuts	18 Tornado Bagel	19
20	21 French toast Ham Donuts	22 Sausage or Ham Sandwich Strudel	23 No Breakfast	24 Sausage or Ham Sandwich Donuts	25 Breakfast Pizza Muffin	26
27 All Menu's are subject to change!	28 Pancake on a stick Donut	29 Sausage or Ham Sandwich Strudel	30 Cook's Choice			

September 2020—Lunch



Sun Mon Tue Wed Thu Fri Sat

		<p>1 Corn Dog Fries Baked Beans</p>	<p>2 Homemade Pizza Corn Jello</p>	<p>3 Mac –n Cheese Smokies Peas Corn Bread</p>	<p>4 Burrito Green Beans Churro</p>	<p>5</p>
<p>6</p>	<p>7 No School</p>	<p>8 No School</p>	<p>9 Pizza Crunchers Corn Bosco Stick</p>	<p>10 Nacho's Fries Carrots</p>	<p>11 Chicken Fried Steak Mash potato/gravy Monkey Bread</p>	<p>12</p>
<p>13</p>	<p>14 Taco Corn Chocolate cake</p>	<p>15 Meatball Sandwich Scalloped Potato Peas</p>	<p>16 Chicken Sandwich Winter Blend French Fries</p>	<p>17 TC Square Mashed potato/gravy Green Beans</p>	<p>18 Hot Dog Baked Beans Potato Salad/Chips</p>	<p>19</p>
<p>20</p>	<p>21 Rib Sandwich Carrots Rice Krispy Bar</p>	<p>22 Chicken Fajita Spanish Rice Corn</p>	<p>23 Hamburger French Fries Baked Beans</p>	<p>24 French Toast Sausage Links Scrambled eggs Potato Patty</p>	<p>25 Pork Cutlet Mashed Potato/ Gravy Biscuit</p>	<p>26</p>
<p>27</p>	<p>28 Pizza Green Beans Cookie</p>	<p>29 Orange Chicken Rice Mixed Vegetables sherbet</p>	<p>30 Pulled Pork Baked Beans Fries</p>	<p>MY HEALTHY CHECKLIST</p> <p>exercise water</p> <p>BASED ON 1200 CALORIES PER DAY</p>		