

WEST CENTRAL BREAKFAST & LUNCH MENU

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily: Cereal, Juice, Fruit, Yogurt, and White and Chocolate Milk				1 Poptarts
4 NO SCHOOL	5 French Toast Sticks / Syrup	6 Bagels	7 Waffles / Syrup	8 Blueberry Bread
11 Pancakes	12 Nutri- Grain Bar	13 Muffins	14 Pancake Sausage Sticks / Syrup	15 Poptarts
18 Egg & Cheese Biscuit	19 French Toast Sticks / Syrup	20 Bagels	21 Waffles Syrup	22 Banana Bread
25 Tornadoes	26 Nutri - Grain Bar	27 Muffins	28 Pancake Sausage Sticks / Syrup	29 Donuts

Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily: Salad Bar, Ham & Cheese Sandwich, Turkey & Cheese Cup, Rolls, Fruit, White and Chocolate Milk				1 Pizza Crunchers Marinara Sauce Green Beans Fruit Cups, Sugar Cookie
4 NO SCHOOL	5 Frito-Lay Bowl Shredded Lettuce & Cheese Diced Tomatoes Ranch or French Peaches, Teddy Grahams	6 Pulled Pork / Bun Broccoli & Cauliflower Mandarin Oranges	7 Chicken Nuggets Mashed Potatoes, Butter or Gravy Corn, Roll Pears	8 Sub Sandwich/ Bun Carrot Sticks, Chips Apple Slices
11 Chicken Alfredo Breadsticks, Green Beans Mixed Fruit	12 Maidrite / Bun Baked Beans Pickles, Onions Apple Slices	13 Cheesy Breadsticks Marinara Sauce Corn Peaches	14 Spaghetti Garlic Bread Lettuce w/ Spinach, Ranch or French Dressing Pineapple	15 Cheeseburger / Bun French Fries, Pickles Cooked Carrots Applesauce
18 Taco-In-A-Bag Shredded Lettuce & Cheese Diced Tomatoes, Salsa Refried Beans, Sour Cream Pears, Cookie	19 Grilled Chicken / Bun Green Beans Apricots	20 Corn Dog Broccoli & Cauliflower Rice Krispie Treat Mixed Fruit	21 Chicken Strips Macaroni & Cheese Corn, Teddy Grahams Mandarin Oranges	22 BBQ Rib Patty / Bun Hash Browns Cooked Carrots Pineapple
25 Chicken & Noodles Mashed Potatoes Butter or Gravy, Peas Applesauce, Roll	26 Tenderloin / Bun Pickles, Baked Beans Cooked Carrots Apricots	27 Crispitos Cheese Sauce, Salsa Lettuce & Spinach Ranch or French	28 Pizza Corn Apple Slices Cookie	29 EARLY DISMISSAL NO LUNCH SERVED