



SEPTEMBER 2019

CENTRAL SCHOOLS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day NO SCHOOL	3 cereal toast juice peaches chicken strip potato wedges biscuit broccoli w/ cheese rosey applesauce	4 french toast sticks juice applesauce cheeseburger pickle/ onion chips carrots baked beans apple	5 biscuit and gravy juice pears hamb pizza corn salad peaches baby carrots	6	7
8	9 cereal toast juice peach ham scallop potato green beans roll peaches hs only salad	10 pancakes sausage link pineapple tidbits juice soft taco lett/cheese refried beans corn pears w/g chips	11 apple cinn muffin juice applesauce chicken fried steak potato and gravy broccoli w/ cheese roll pineapple slices	12 biscuit and gravy juice peaches macaroni & cheese w/ lil smokies hashbrown steamed carrots biscuit applesauce	13	14
15	16 breakfast on a stick juice pears pepperoni pizza green beans salad peaches baby carrots	17 breakfast pizza juice fruit cocktail chicken alfredo w/ a twist steam broccoli breadstick salad pears	18 chocolate chip muffin juice applesauce beef sticks potato and gravy mixed veggies roll pineapple	19 biscuit and gravy juice pineapple chicken fajita lettuce/ cheese spanish rice corn mand oranges	20	21
22	23 sausage on a biscuit juice pears pig n blanket baked beans potato wedges baby carrots orange 1/2	24 breakfast burrito juice fruit cocktail tostado lett/cheese refried beans corn pears green peppers	25 cereal cinn toast juice applesauce pork tender potato and gravy steam broccoli roll peaches	26 biscuit and gravy juice mand oranges cheeseburger chips pickle/onion baked beans baby carrots apple cookie	27	28
29	30 scram. Eggs toast sausage patty juice pears Italian pasta bake green beans salad breadstick peaches	1 pancakes sausage link juice fruit cocktail beefy nachos w/ wg chips corn baby carrots cinn roll pineapple	2 chocolate muffin juice applesauce chicen and noodle mashed potato green beans roll mand oranges	3 biscuit and gravy juice pineapple breaded chicken sand chips lettuce/pickle baked beans baby carrots cookie apple	4	5
6	7	<p>THIS IS AN EQUAL OPPORTUNITY PROVIDER</p> <p>ALL MEALS ARE SERVED WITH 1% WHITE OR 1% CHOCOLATE MILK</p>				