

# Menus

**School:** Crab Orchard Elementary

**Academic Year:** 2019-20

**Meal:** All

**Month:** September 2019

September				
M	Tu	W	Th	F
2	3 <b>Breakfast:</b> Waffle w/sausage or cereal w/muffin <b>Lunch:</b> Taco Burger Potato rounds oranges	4 <b>Breakfast:</b> Biscuits & Gravy or cereal w/orange loaf <b>Lunch:</b> Cheese sticks Marinara sauce broccoli w/dip grapes	5 <b>Breakfast:</b> Sausage biscuit or cereal w/yogurt <b>Lunch:</b> Chicken Teriyaki w/rice, steamed vegetables, pineapple	6 <b>Breakfast:</b> Donut or Muffin <b>Lunch:</b> French Bread Pizza salad, peaches, cookie
9 <b>Breakfast:</b> Blueberry cinnamon breadsticks or cereal w/poptart <b>Lunch:</b> Cheeseburger on bun, french fries, pears	10 <b>Breakfast:</b> French toast sticks or cereal w/nutrigrain bar <b>Lunch:</b> Taco nachos, corn, refried beans, pineapple	11 <b>Breakfast:</b> Cinnamon roll or cereal w/yogurt <b>Lunch:</b> Toasted cheese sandwich, celery sticks, apple, chips	12 <b>Breakfast:</b> Scrambled eggs w/bacon or cereal w/cheese stick <b>Lunch:</b> Chicken nuggets, Mac& cheese, cooked carrots, mixed fruit	13 <b>Breakfast:</b> Donut or Muffin <b>Lunch:</b> 1/2 Day - No Lunch Served
16 <b>Breakfast:</b> Breakfast pizza or cereal w/poptart <b>Lunch:</b> Hot Dog Baked Beans, chips, applesauce	17 <b>Breakfast:</b> Pancake on a stick or cereal w/toast <b>Lunch:</b> Burrito, chips & salsa, pears	18 <b>Breakfast:</b> Biscuits & Gravy or cereal w/orange loaf <b>Lunch:</b> Fish, Potato wedges, mandarin oranges, ice cream	19 <b>Breakfast:</b> Ham, egg & cheese croissant or cereal w/yogurt <b>Lunch:</b> Chicken Strips, mashed potatoes, green beans, peaches, roll	20 <b>Breakfast:</b> Donut or Muffin <b>Lunch:</b> Calzone, carrot sticks, Marinara sauce, apples
23 <b>Breakfast:</b> Breakfast burrito or cereal w/poptart <b>Lunch:</b> Corn dogs, potato smiles, oranges	24 <b>Breakfast:</b> Pancake w/sausage or cereal w/nutrigrain bar <b>Lunch:</b> Taco, Lettuce & tomato, applesauce, cookie	25 <b>Breakfast:</b> Cinnamon roll or cereal w/orange loaf <b>Lunch:</b> Baked Ziti, salad, peaches, garlic bread	26 <b>Breakfast:</b> Scrambled eggs w/bacon or cereal w/cheese stick <b>Lunch:</b> Chicken sandwich, broccoli w/dip, grapes, chips	27 <b>Breakfast:</b> Donut or Muffin <b>Lunch:</b> Pizza, corn, mandarin oranges
30 <b>Breakfast:</b> Breakfast sliders or cereal w/poptart <b>Lunch:</b> Cheese burger, french fries, pineapple	1 <b>Breakfast:</b> French toast sticks or cereal w/toast <b>Lunch:</b> Chicken Quesadilla, chips & salsa, mixed fruit, cookie	2 <b>Breakfast:</b> Biscuits & Gravy or cereal w/orange loaf <b>Lunch:</b> Turkey on pretzel bun, carrot sticks, apple, chips	3 <b>Breakfast:</b> Sausage biscuit or cereal w/yogurt <b>Lunch:</b> BBQ Chicken, Baked beans, cole slaw, peaches	4 <b>Breakfast:</b> Donut or Muffin <b>Lunch:</b> Bosco cheese sticks, marinara sauce, broccoli w/dip, oranges