

SCHOOLKIDS NUTRITION CONSULTING, INC.

Breakfast & Lunch - Cycle Menus

			9/1/2011	9/2/2011
			Pancakes w/Syrup or "Cocoa Puffs" Cereal Bowl Mixed Fruit, Juice, Milk Cheeseburger or Glazed Carrots, Whole Wheat Crackers, Mixed Fruit, Lettuce & Cheese, Green Slushy, Milk	Cinnamon Roll w/Sausage or "Trix" Cereal Bowl Peaches, Juice, Milk Tony's Pizza or Energy Meal w/Po-Boy Tator Tots, Pork & Beans, Fresh Grapes, Chocolate Chip Cookie, Green Slushy, Milk
9/5/2011	9/6/2011	9/7/2011	9/8/2011	9/9/2011
Student Holiday	Biscuits w/Sausage Gravy or "Lucky Charms" Cereal Bowl Peaches, Juice, Milk State Fair Corndog or Energy Meal w/Turkey & Cheese Glazed Carrots, Pork & Beans, Fresh Banana, Whole Wheat Crackers, Blue Slushy, Milk	Breakfast Taco or "Cinn. Toast Crunch" Cereal Bowl Cinn. Apple Slices, Juice, Milk Crispy Beef Tacos or Energy Meal w/Ham & Cheese Mexicali Corn, Refried Beans, Cinn. Apple Slices, Lettuce & Cheese, Blue Slushy, Milk	Golden Waffles w/Syrup or "Cocoa Puffs" Cereal Bowl Majestic Pears, Juice, Milk Chicken Strips w/Gravy & Roll or Energy Meal w/Tuna Salad Mashed Potatoes, Whole Wheat Crackers, Fresh Watermelon, Peaches, Blue Slushy, Milk	Breakfast Biscuit w/Egg or "Trix" Cereal Bowl Strawberry Applesauce, Juice, Milk Tony's Pizza or Energy Meal w/Po-Boy Tator Tots, Baked Beans Strawberry Applesauce, Chocolate Chip Cookie, Blue Slushy, Milk
9/12/2011	9/13/2011	9/14/2011	9/15/2011	9/16/2011
Biscuits w/Sausage Gravy or Berry Puffs Cereal Bowl Peaches, Juice, Milk Italian Beefy Macaroni w/Roll or Italian Antipasto Salad w/Salami or Energy Meal w/Bologna & Cheese Glazed Carrots, Sweet Corn, Fresh Kiwi Fruit, Cinn. Apple Slices, White Slushy, Milk	Cinnamon Toast or "Lucky Charms" Cereal Bowl Majestic Pears, Juice, Milk Chicken Nuggets w/Gravy & Roll or Energy Meal w/Turkey & Cheese Mashed Potatoes, Green Beans, Whole Wheat Crackers, Majestic Pears, White Slushy, Milk	Scrambled Eggs w/Sausage or "Cinn. Toast Crunch" Cereal Bowl Mixed Fruit, Juice, Milk Chicken Fajita Enchiladas or Energy Meal w/Ham & Cheese Mexicali Corn, Charro Beans, Fresh Orange, Mixed Fruit, White Slushy, Milk	Pancakes w/Syrup or "Cocoa Puffs" Cereal Bowl Sour Green Applesauce, Juice, Milk Baseball Park Hot Dog or Energy Meal w/Tuna Salad Scalloped Potatoes, Whole Wheat Crackers, Sour Green Applesauce, Peaches, White Slushy, Milk	Cinnamon Roll or "Trix" Cereal Bowl Majestic Pears, Juice, Milk Tony's Pizza or Energy Meal w/Po-Boy Tator Tots, Pork & Beans, Fresh Grapes, Chocolate Chip Cookies, White Slushy, Milk
9/19/2011	9/20/2011	9/21/2011	9/22/2011	9/23/2011
Student Holiday	Biscuits w/Sausage Gravy or "Lucky Charms" Cereal Bowl Peaches, Juice, Milk Frito Chili Pie or Energy Meal w/Turkey & Cheese Glazed Carrots, Whole Wheat Crackers, Fresh Honeydew, Lettuce & Cheese, Red Slushy, Milk	Breakfast Taco or "Cinn. Toast Crunch" Cereal Bowl Sour Green Applesauce, Juice, Milk Beef & Bean Burrito or Energy Meal w/Ham & Cheese Mexicali Corn, Refried Beans, Sour Green Applesauce, Majestic Pears, Red Slushy, Milk	Golden Waffles w/Syrup or "Cocoa Puffs" Cereal Bowl Majestic Pears, Juice, Milk Steakfingers w/Gravy & Roll or Energy Meal w/Tuna Salad Scalloped Potatoes, Green Beans, Fresh Cantaloupe, Whole Wheat Crackers, Red Slushy, Milk	Breakfast Biscuit w/Egg or "Trix" Cereal Bowl Original Applesauce, Juice, Milk Tony's Pizza or Energy Meal w/Po-Boy Tator Tots, Baked Beans, Original Applesauce, Chocolate Chip Cookie, Red Slushy, Milk
9/26/2011	9/27/2011	9/28/2011	9/29/2011	9/30/2011
Biscuits w/Sausage Gravy or "Berry Puffs" Cereal Bowl Strawberry Applesauce, Juice, Milk Classic Italian Lasagna w/Roll or Energy Meal w/Bologna & Cheese Green Peas, Sweet Corn, Fresh Apple, Strawberry Applesauce, Green Slushy, Milk	Cinnamon Toast w/Sausage or "Lucky Charms" Cereal Bowl Majestic Pears, Juice, Milk Chicken Fried Steak w/Gravy & Roll or Energy Meal w/Turkey & Cheese Scalloped Potatoes, Green Beans, Whole Wheat Crackers, Mixed Fruit, Green Slushy, Milk	Scrambled Eggs w/Sausage or "Cinn. Toast Crunch" Cereal Bowl Cinn. Apple Slices, Juice, Milk Soft Chicken Fajita Tacos or Energy Meal w/Ham & Cheese Mexicali Corn, Charro Beans, Fresh Orange, Lettuce & Cheese, Green Slushy, Milk	Pancakes w/Syrup or "Cocoa Puffs" Cereal Bowl Mixed Fruit, Juice, Milk Cheeseburger or Energy Meal w/Tuna Salad Glazed Carrots, Whole Wheat Crackers, Mixed Fruit, Lettuce & Cheese, Green Slushy, Milk	Cinnamon Roll w/Sausage or "Trix" Cereal Bowl Peaches, Juice, Milk Tony's Pizza or Energy Meal w/Po-Boy Tator Tots, Pork & Beans, Fresh Grapes, Chocolate Chip Cookie, Green Slushy, Milk
CHILD NUTRITION DEPARTMENT " MENU IS SUBJECT TO CHANGE "				
Meal Benefit Applications are available in the school cafeteria or office. For more information on the School Nutrition Department, please visit our district website.				
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