



September is National Biscuit Month. Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!



BREAKFAST

MONDAY

Labor Day

No school

01

TUESDAY

Cereal-variety
Apple juice
Milk

02

WEDNESDAY

donuts
Apple juice
Milk

03

THURSDAY

Pop-tart variety
Apple juice
Milk

04

FRIDAY

Breakfast pizza
Apple juice
Milk

05

Mini pancakes
Apple juice
milk

08

Cereal variety
Apple juice
milk

09

Breakfast pizza
Apple juice
Milk

10

Bagels cinnamon and raisin
Peanut butter
Apple juice
Milk

11

Scrambled eggs with biscuit
Apple juice
Milk

12

Cereal variety
Apple juice
Milk

15

Cinnamon rolls
Apple juice
Milk

16

Cherry frudel
Apple juice
Milk

17

Pop-tart variety
Apple juice
Milk

18

Donuts
Apple juice
Milk

19

Cereal variety
Apple juice
Milk

22

Donuts
Apple juice
Milk

23

Pop-tart
Apple juice
Milk

24

Mini pancakes
Apple juice
Milk

25

Egg, sausage, cheese on a
bun
Apple juice
Milk

26

Bagels cinnamon raisin
Peanut butter
Apple juice
Milk

29

scrambled eggs with biscuit
Apple juice
Milk

30



School Information:
Type your school information here.

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September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



LUNCH

MONDAY

Labor Day
NO SCHOOL

01

TUESDAY

Popcorn Chicken
French fries
Applesauce
Milk

02

WEDNESDAY

Chef Salad
Strawberries
Breadstick
milk

03

THURSDAY

Goulash
Applesauce
Corn
Corn muffin
Milk

04

FRIDAY

Sausage pancake on a stick
Hash brown
Apple juice
Chocolate chip cookie
Milk

05

BBQ chicken teriyaki
Rice
Strawberries
Pumpkin cake
Milk

08

Mini pancakes
Sausage links
Tater tots
Apple juice
Milk

09

Turkey and cheese subs
Chips
Applesauce
Carrots
Milk

10

Chicken tenders
Mashed potatoes with gravy
Corn
Apple
Milk

11

Grilled chicken breast on bun
Baked beans
Chips
Peaches
Milk

12

Bosco sticks
Green beans
Salad
Mixed fruit
Milk

15

Walking tacos w/ meat, chips,
salsa, salad, and cheese
Apple
Milk

16

Ham and cheese sub
Chips
Salad
Grapes
Milk

17

Chicken alfredo
Breadstick
Green beans
Pears
Milk

18

French bread pizza
Hashbrown
Apple juice
Carrots
Milk

19

Chicken nuggets
French fries
Applesauce
Milk

22

Hamburger on a bun
Baked beans
Mixed fruit
Brownies
Milk

23

Corn dog
Chips
Applesauce
Celery sticks
Milk

24

Spaghetti
Breadstick
Broccoli
Pineapple
Milk

25

Pizza
Salad
Raisins
Cookie
Milk

26

Chicken on a biscuit
French fries
Apple juice
Celery sticks
Milk

29

Macaroni and cheese meatballs
Green beans
Strawberries
Dinner roll
Milk

30



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