

# Menus for September 2022

This institution is an equal opportunity provider. Menus are subject to change.

**HAPPY  
LABOR DAY!**



Try not to be **BLUE** about Summer's end - enjoy the last sweet days of the season **BERRY** much!

## Whiteside Elementary School

For Breakfast, we offer  
General Mills Cereals  
as an additional entree choice.  
Breakfast includes Fruit, Juice  
and Milk.

### **NUTRITION TO GO**

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

**A QUICK BITE FOR PARENTS**

**Thursday, September 1**

**Breakfast**  
Cinnamon Roll

**Lunch**  
-Bacon Cheeseburger  
-Hot & Spicy Chicken  
Sandwich  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Cheesy Broccoli  
Chilled Peaches  
Cold Milk

**Friday, September 2**

**Breakfast**  
Mini Waffles & Syrup

**Lunch**  
-Straw Hat  
(Fritos, Taco Meat and  
Shredded Cheese)  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Ranchero Beans  
Fresh Apple  
Cold Milk

**Tuesday, September 6**

**Breakfast**  
Breakfast Pizza

**Lunch**  
-Pepperoni Pizza  
-Hot Dog on Bun  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Seasoned Carrots  
Mixed Fruit  
Cold Milk

**Wed., September 7**

**Breakfast**  
Sausage Biscuit

**Lunch**  
-Mozzarella Sticks  
& Dipping Sauce  
-Hamburger on Bun  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Seasoned Green Beans  
Chilled Pears  
Cold Milk

**Thursday, September 8**

**Breakfast**  
Banana Muffins

**Lunch**  
-Cheeseburger  
-Sub Sandwich  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Seasoned Fries  
Craisins  
Cold Milk

**Friday, September 9**

**Breakfast**  
Pop Tarts

**Lunch**  
-Chicken Nuggets & Roll  
-Sloppy Joe Sandwich  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Cheesy Broccoli  
Chilled Peaches  
Cold Milk

**Monday, September 12**

**Breakfast**  
Chicken Biscuit

**Lunch**  
-Cheese Pizza  
-Corn Dog  
-Popcorn Salad & Bosco Stick  
-Deli Sandwich  
Baby Carrots  
Frozen Juice Cup  
Cold Milk

**Tuesday, September 13**

**Breakfast**  
French Toast Sticks & Syrup

**Lunch**  
-Sausage, Egg & Cheese  
Croissant  
-Cheese Quesadilla  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Emoji Smiles  
Chilled Applesauce  
Cold Milk

**Wed., September 14**

**Breakfast**  
Yogurt Parfait with Peaches  
& Nutri Grain Bar

**Lunch**  
-Popcorn Chicken with  
Pretzel Bites & Queso  
-Hot Ham & Cheese Sandwich  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Seasoned Green Beans  
Chilled Pears  
Cold Milk

**Thursday, September 15**

**Breakfast**  
Scrambled Eggs with Biscuit

**Lunch**  
-Orange Chicken & Fried Rice  
-Breaded Chicken Sandwich  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Steamed Broccoli  
Pineapple Tidbits  
Fortune Cookie  
Cold Milk

**Friday, September 16**

**Breakfast**  
Waffle & Sausage Sandwich

**Lunch**  
-Soft Beef Tacos  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Fiesta Beans  
Chilled Peaches  
Elf Grahams  
Cold Milk