

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!

Tuesday, September 6	Wed., September 7	Thursday, September 8	Friday, September 9
<p>Breakfast Breakfast Pizza</p> <p>Lunch -Pepperoni Pizza -Hot Dog on Bun -Caesar Salad & Bosco Stick -Deli Sandwich Seasoned Carrots Mixed Fruit Cold Milk</p>	<p>Breakfast Sausage Biscuit</p> <p>Lunch -Mozzarella Sticks & Dipping Sauce -Hamburger on Bun -Chef Salad & Bosco Stick -Deli Sandwich Seasoned Green Beans Chilled Pears Cold Milk</p>	<p>Breakfast Banana Muffins</p> <p>Lunch -Cheeseburger -Sub Sandwich -Caesar Salad & Bosco Stick -Deli Sandwich Seasoned Fries Craisins Cold Milk</p>	<p>Breakfast Pop Tarts</p> <p>Lunch -Chicken Nuggets & Roll -Sloppy Joe Sandwich -Chef Salad & Bosco Stick -Deli Sandwich Cheesy Broccoli Chilled Peaches Cold Milk</p>
Monday, September 12	Tuesday, September 13	Wednesday, September 14	Thursday, September 15
<p>Breakfast Chicken Biscuit</p> <p>Lunch -Cheese Pizza -Corn Dog -Popcorn Salad & Bosco Stick -Deli Sandwich Baby Carrots Frozen Juice Cup Cold Milk</p>	<p>Breakfast French Toast Sticks & Syrup</p> <p>Lunch -Sausage, Egg & Cheese Croissant -Cheese Quesadilla -Caesar Salad & Bosco Stick -Deli Sandwich Emoji Smiles Chilled Applesauce Cold Milk</p>	<p>Breakfast Yogurt Parfait with Peaches & Nutri Grain Bar</p> <p>Lunch -Popcorn Chicken with Pretzel Bites & Queso -Hot Ham & Cheese Sandwich -Chef Salad & Bosco Stick -Deli Sandwich Seasoned Green Beans Chilled Pears Cold Milk</p>	<p>Breakfast Scrambled Eggs with Biscuit</p> <p>Lunch -Orange Chicken & Fried Rice -Breaded Chicken Sandwich -Caesar Salad & Bosco Stick -Deli Sandwich Steamed Broccoli Pineapple Tidbits Fortune Cookie Cold Milk</p>
Friday, September 16			
<p>Breakfast Waffle & Sausage Sandwich</p> <p>Lunch -Soft Beef Tacos -Fish Sticks and Dinner Roll -Chef Salad & Bosco Stick -Deli Sandwich Fiesta Beans Chilled Peaches Elf Grahams Cold Milk</p>			

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)
-Fish Sticks and Dinner Roll
-Chef Salad & Bosco Stick
-Deli Sandwich
Ranchero Beans
Fresh Apple
Cold Milk

Whiteside
Middle
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