

# September 2023 Breakfast & Lunch Menu

## Hoover Elementary

Friday, September 1

- Breakfast- Scrambled Eggs & Hashbrown or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Pizza, Corn, Celery, Fruit Choice

Monday, September 4

- Breakfast- No School
- Lunch- No School

Tuesday, September 5

- Breakfast- Uncrustable Breakfast Pocket or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Macaroni and Cheese or Hotdog on WG Bun, Carrots, Cucumber Slices, Fruit Choice

Wednesday, September 6

- Breakfast- Mini French Toast or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Chicken Strips or Deli Sandwich, Green Beans, Broccoli, Fruit Choice

Thursday, September 7

- Breakfast- Breakfast Sandwich or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Nachos or Chicken Strips, Refried Beans, Shredded Lettuce, Diced Tomato, Fruit Choice

Friday, September 8

- Breakfast- Cinnamon Soft Cereal Bar or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Pepperoni Pizza or Chicken Patty on WG Bun, Romaine Salad, Cauliflower, Fruit Choice

Monday, September 11

- Breakfast- WG Donut or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Hamburger or Hotdog on WG Bun, Baked Beans, Cucumber Slices, Fruit Choice

Tuesday, September 12

- Breakfast- Blueberry Muffin Tops or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Spaghetti with Meat Sauce or Chicken Nuggets, Garlic Breadstick, Romaine Salad, Broccoli, Fruit Choice

Wednesday, September 13

- Breakfast- Breakfast Sandwich or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Corndog or Deli Sandwich, Carrots, Cauliflower, Fruit Choice

Thursday, September 14

- Breakfast- Apple Frudel or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Chicken Tacos or Grilled Cheese, Shredded Lettuce, Diced Tomato, Fruit Choice

Friday, September 15

- Breakfast- Little Smokies and Hashbrowns or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Cheese Pizza or Pork Chop on WG Bun, Corn, Celery, Fruit Choice

Monday, September 18

- Breakfast- Mini Cinnis or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Chicken Nuggets or Fish Shapes, Potato Smiles, Carrots, Fruit Choice

Tuesday, September 19

- Breakfast- Omelet and Roll or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Grilled Chicken on WG Bun or Grilled Cheese, Cauliflower, Celery, Fruit Choice

Wednesday, September 20

- Breakfast- French Toast Sticks or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Hamburger on WG Bun or Corndog, Peas, Broccoli, Fruit Choice

Thursday, September 21

- Breakfast- Snack'n Blueberry Waffles or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Taco or Popcorn Chicken, Shredded Lettuce, Diced Tomato, Refried Beans, Fruit Choice

Friday, September 22

- Breakfast- Breakfast Sandwich or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Bosco Cheese/Sauce or Chicken Patty on WG Bun, Romaine Salad, Sliced Peppers, Fruit Choice

Monday, September 25

- Breakfast- Mini Pancakes or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Hot Dog or Deli Meat on WG Bun, Baked Beans, Celery, Fruit Choice

Tuesday, September 26

- Breakfast- Breakfast Bagel Pizza or Assorted Cereal, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Chicken Strips or Steak Strips, Garlic Breadstick, Broccoli, Carrots, Fruit Choice

Wednesday, September 27

- Breakfast- Breakfast Cookie or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Rib Patty or Hamburger on WG Bun, Corn, Cauliflower, Fruit Choice

Thursday, September 28

- Breakfast- Strawberry Cream Cheese Bagel or Assorted Cereal, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Nachos or Chicken Nuggets, Shredded Lettuce, Diced Tomato, Fruit Choice

Friday, September 29

- Breakfast- Yogurt and Granola or Assorted Cereals, Fruit, Fruit Juice, 1% or Skim White Milk
- Lunch- Cheese Pizza or Pork Chop on WG Bun, Grape Tomatoes, Cucumber Slices, Fruit Choice

## **West Branch Middle/High School**

Friday, September 1

- Breakfast Uncrustable Breakfast Pocket or Assorted Cereals/Bars, Fruit, Fruit Juice, 1% or Skim White Milk or Skim Chocolate
- Lunch- Pizza, Corn, Celery, Fruit Choice

Monday, September 4

- Breakfast- No School
- Lunch- No School

Tuesday, September 5

- Breakfast- Mini French Toast or Assorted Cereal/Bars, Fruit, Orange Juice, Milk Choice
- Lunch- Macaroni and Cheese or Hotdog on WG Bun, Carrots, Cucumber Slices, Fruit Choice

Wednesday, September 6

- Breakfast- Mini French Toast or Assorted Cereals/Bars, Fruit, Orange Juice, Milk Choice
- Lunch- Chicken Drumsticks/Roll or Hamburger on WG Bun, Corn, Cauliflower, Fruit Choice

Thursday, September 7

- Breakfast- Breakfast Sandwich or Assorted Cereal/Bars, Fruit, Orange Juice, Milk Choice
- Lunch- Nachos or Chicken Strips, Refried Beans, Shredded Lettuce, Diced Tomato, Fruit Choice

Friday, September 8

- Breakfast- Cinnamon Soft Cereal Bar or Assorted Cereals/Bars, Fruit, Orange Juice, Milk Choice
- Lunch- Pepperoni Pizza or Chicken Patty on WG Bun, Romaine Salad, Cauliflower, Fruit Choice

Monday, September 11

- Breakfast- WG Donut or Assorted Cereals/Bars, Fruit, Orange Juice, Milk Choice
- Lunch- Hamburger or Hotdog on WG Bun, Baked Beans, Cucumber Slices, Fruit Choice

Tuesday, September 12

- Breakfast- Blueberry Muffin Tops or Assorted Cereals/Bars, Fruit, Orange Juice, Milk Choice
- Lunch- Spaghetti with Meat Sauce or Chicken Nuggets, Garlic Breadstick, Romaine Salad, Broccoli, Fruit Choice

Wednesday, September 13

- Breakfast- Breakfast Sandwich or Assorted Cereals/Bars, Fruit, Orange Juice, Milk Choice
- Lunch- Corndog or Deli Sandwich, Carrots, Cauliflower, Fruit Choice

Thursday, September 14

- Breakfast- Apple Frudel or Assorted Cereals/Bars, Fruit, Orange Juice, Milk Choice
- Lunch- Crisпитos or Grilled Cheese, Shredded Lettuce, Diced Tomato, Fruit Choice

Friday, September 15

- Breakfast- Breakfast Pizza or Assorted Cereals/Bars, Fruit, Orange Juice, Milk Choice
- Lunch- Cheese Pizza or Pork Chop on WG Bun, Green Beans, Cucumber Slices, Fruit Choice

Monday, September 18

- Breakfast- Mini Cinnis or Assorted Cereals/Bars, Fruit, Orange Juice, Milk Choice
- Lunch- Chicken Nuggets or Fish Shapes, Potato Smiles, Carrots, Fruit Choice

Tuesday, September 19

- Breakfast- Breakfast Sandwich or Assorted Cereals, Fruit, Orange Juice, Milk Choice
- Lunch- Pulled Pork or Grilled Chicken on WG Bun, Coleslaw, Carrots, Fruit Choice

Wednesday, September 20

- Breakfast- French Toast Sticks or Assorted Cereals/Bars, Fruit, Orange Juice, Milk Choice
- Lunch- Hamburger on WG Bun or Corndog, Peas, Broccoli, Fruit Choice

Thursday, September 21

- Breakfast- Snack'n Blueberry Waffles or Assorted Cereals/Bars, Fruit, Orange Juice, Milk Choice
- Lunch- Taco or Popcorn Chicken, Shredded Lettuce, Diced Tomato, Refried Beans, Fruit Choice

Friday, September 22

- Breakfast- Omelet and Hashbrown or Assorted Cereals/Bars, Fruit, Orange Juice, Milk
- Lunch- Pepperoni Pizza or Chicken Patty on WG Bun, Romaine Salad, Sliced Peppers, Fruit Choice

Monday, September 25

- Breakfast- Mini Pancakes or Assorted Cereals/Bars, Fruit, Orange Juice, 1% or Skim White Milk
- Lunch- Meatball Sub or Hot Dog on WG Bun, Baked Beans, Celery, Fruit Choice

Tuesday, September 26

- Breakfast- Breakfast Bagel Pizza or Assorted Cereal/Bars, Fruit, Orange Juice, Milk Choice,
- Lunch- Chicken Strips or Steak Strips, Garlic Breadstick, Broccoli, Carrots, Fruit Choice

Wednesday, September 27

- Breakfast- Breakfast Sandwich or Assorted Cereals/Bars, Fruit, Orange Juice, Milk
- Lunch- Rib Patty or Hamburger on WG Bun, Corn, Cauliflower, Fruit Choice

Thursday, September 28

- Breakfast- Pancake Sausage Sticks or Assorted Cereal/Bars, Fruit, Orange Juice, Milk
- Lunch- Nachos or Chicken Nuggets, Shredded Lettuce, Diced Tomato, Fruit Choice

Friday, September 29

- Breakfast- Breakfast Burrito or Assorted Cereals/Bars, Fruit, Orange Juice, Milk
- Lunch- Cheese Pizza or Pork Chop on WG Bun, Grape Tomatoes, Cucumber Slices, Fruit Choice

All breakfast served with juice and milk.

All lunch served with milk. Milk choices 1% white, skim white and skim chocolate.

We reserve the option to change any menu at anytime without notice.

This institution is an equal opportunity provider.