

SEPTEMBER | 2023

SAGS BREAKFAST AND LUNCH



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| 28 Abbreviations: LF- Low Fat RF- Reduce Fat SF- Sugar Free LS- Low Sodium WG- Whole Grain | 29 Allergens: Peanuts or Tree Nuts Soy Fish Strawberries Milk and eggs | 30 | 31 | 1 B-WG Biscuit w/Toppings, Sausage Links, Craisins L-WG Pepperoni Pizza Carrots, Green Beans, Apple Slices, Caramel Dip Condiments |
| 4 NO SCHOOL LABOR DAY | 5 B-Breakfast Skillet with Sausage, Eggs, Diced Potatoes and Cheese, WG Toast, Applesauce, L-Super Nachos, Sidekick WG Churro, Salsa, Pears Condiments | 6 B-WG Cereal, WG Graham, Cutie L-LS Hot Dog, WG Bun RF Chips, Apple Slices Baby Carrots Condiments | 7 B-WG Pancakes, LS Sausage, 100% Fruit Juice L-Loaded Tater Tots w/Beef & Cheese Banana, WG Cookie, Condiments | 8 B-WG Bagel w/Toppings, Strawberries L-WG Cheese French Bread Pizza, Romaine Salad w/Broccoli Peaches, Condiments |
| 11 B-WG French Toast Sticks, LS Sausage Links, Smoothie Condiments L-Ham & Cheese Sandwich, Celery Sticks, Peanut Butter (opt), Fruit Choice Cheese Stick, Cond. | 12 B-COOK'S CHOICE L-Sloppy Joe, WG Bun Oven Fries, Sidekick Baked Beans Pickle Spear, Cond | 13 B-Cherry or Apple Turnover, 100% Fruit Juice L-WG Biscuit, Sausage Gravy, Tri Tater, Corn Applesauce, Condiments | 14 B-Ultimate Breakfast Round, Yogurt, Banana L-WG Chicken Patty on WG Bun, WG Pretzels, Assorted Fruits, Cheese Stick, Green Beans Condiments | 15 B-WG Breakfast Cereal Kit, Apple Slices L-WG Pepperoni French Bread Pizza, Romaine Salad, Fruit Choice, Condiments |
| 18 B-WG Donut Holes Peaches L-Cheeseburger on WG Bun, Tri Tater, Fruit Choice, Pickle Slices, SF Ice Cream, Condiments | 19 B-WG Muffin, 100% Fruit Juice, Condiments L-Chicken Wrap, Romaine Ribbons, Fruit Choice, WG Pretzels, Condiments | 20 B-WG Waffles, Spiced Apples, 100% Fruit Juice, Condiments L-WG Corn Dog, Baked Beans, Carrots, Fruit Choice, Condiments | 21 B-WG Apple Cinnamon Breadstick Fruit Choice L-Rotini w/Marinara, Meat Balls, Green Beans, Mixed Vegetables, Cheese Breadstick, Pears | 22 B-WG Banana or Blueberry Slice, Banana 100% Fruit Juice L-WG Sausage Pizza, Garden Salad, Broccoli Fruit Choice, Condiments |
| 25 B-Bacon, Egg & Cheese on a WG Biscuit Applesauce, 100% Juice L-Toasted Cheese, Fries, Marinara Dip, Assorted Fruits, SF Pudding Condiments | 26 B-WG Cinnamon Roll Cinnamon Applesauce, 100% Fruit Juice L-Chicken Pieces, Corn Rice Pilaf, Peaches, WG Bread, Condiments | 27 B-Cereal & WG Graham, Cutie, Peaches L-WG Burrito Taco W/Beef & Cheese, Salsa WG Churro, Refried Beans, Pineapple Condiments | 28 B- WG Pop Tart, WG Graham, 100 % Fruit Juice, Craisins L-COOK'S CHOICE | 29 B-WG Cinnamon Blueberry Twist, Fruit Choice L-WG Cheese Stuffed Breadstick Bites, Pizza Dip, Apple Slices, Brownie, Condiments |

News

The cafeteria is open
20 days this month.

Adult Lunch or Salad
is \$4.00/day.

The Choice of 1%
Flavored or
Unflavored Milk is
offered with each
meal.

Dressing is offered
with salad or fresh
vegetables.

THIS MENU IS
SUBJECT TO
CHANGE.

SEPTEMBER | 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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