

SEPTEMBER | 2019



SACHS BREAKFAST & LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

News

<p>2 NO SCHOOL</p> <p>LABOR DAY</p>	<p>3 B-Sausage, Egg & Cheese McMuffin, 100% Fruit Juice, Peaches</p> <p>L-WG Chicken Wrap, Shredded Lettuce, Oven Fries, Mandarin Oranges, Cole Slaw(opt) Condiments</p>	<p>4 B-Breakfast Skillet WG Toast, Mandarin Oranges, Applesauce</p> <p>L-Cheeseburger Bar, Tossed Salad, Peaches, Apple Slices, Condiments</p>	<p>5 B- WG Pancake Wrap, Pears Apple Slices</p> <p>L-Meatball Sub, Cheese Stick Peas, Craisins, Green Beans Marinara Sauce, Sidekicks</p>	<p>6 B-WG Chocolate Chip Muffin Applesauce, Melon</p> <p>L-WG Cheese or Pepperoni French Bread Pizza, Green Beans, Italian Blend, Pineapple, Oranges, WG Cookie Condiments</p>
<p>9 B-WG Bagel, Peaches, Pineapple, Toppings</p> <p>L-Macaroni & Cheese with Ham Diced Carrots, Broccoli, Plum, Johnny Pop, Pineapple Mango Mix, WG Bread</p>	<p>10 B-Breakfast Pizza, Orange Wedges, Mixed Fruit</p> <p>L-WG Spaghetti w/Meat Sauce Green Beans, Carrot Coins, WG Cheese Breadstick, Apple Slices Pineapple, Parmesan Cheese Condiments</p>	<p>11 B-Sausage Biscuit, Applesauce, Mixed Fruit</p> <p>L-McRib Sandwich, Baked Beans, Peas, Sidekick, Cuties, Plum, Condiments</p>	<p>12 B-Dutch Waffle, Sausage Links, Strawberries, Rosy Applesauce</p> <p>L-Salisbury Steak, Gravy Mashed Potatoes, Green Beans WG Bread, Strawberries, Rosy Applesauce, Condiments</p>	<p>13 B-Breakfast Break Banana</p> <p>L-WG Pepperoni or Cheese French Bread Pizza, Garden Salad, Broccoli, Brownie Banana, Apple Slices Condiments</p>
<p>16 B-WG Cinnamon Muffin Pears, Strawberries, Salsa</p> <p>L- Brat on a Bun, Apple Strawberries, Carrot Coins Onions & Peppers Chips, Condiments</p>	<p>17 B-Waffles, Applesauce Grapefruit, Syrup</p> <p>L-Beef & Noodles, Mixed Vegetables, Green Beans, Apple Slices, Pears, WG Bread Condiments</p>	<p>18 B-Cereal & Toast Pineapple, Oranges</p> <p>L-Super Nachos Bar Spicy Refried Beans, Corn, Pineapple Mango Mix, WG Cookie</p>	<p>19 B-WG Cinnamon Roll Peaches, 100% Juice</p> <p>L- COOK'S CHOICE</p>	<p>20 B-Pancakes, Sausage Patty, Strawberries, Banana</p> <p>L- Mini Slider Trio (Hot Dog, Hamburger, Chicken), Romaine Salad, Broccoli, Banana, Sidekick, Condiments</p>
<p>23 B-WG Pop Tart Applesauce, Peaches</p> <p>L-LS Hot Dog on a Bun Carrot Coins, Bake Beans Apple Slices, Trail Mix Fudge Bar, Condiments</p>	<p>24 B-WG Tornado, Pears Strawberries</p> <p>L-Ham, Turkey & cheese Sub Green Beans, Broccoli Strawberries, Peaches Chips, Condiments</p>	<p>25 B-FF Yogurt, WG Granola Peaches, Craisins</p> <p>L-WG Chicken Tenders, Oven Fries, Peas, WG Bread, Cuties Pear, Condiments</p>	<p>26 B-WG French Toast Sticks Spiced Apples, Pineapple, Syrup</p> <p>L-WG Chicken Taco Salad Bar, Refried Beans, Plum, Sidekick WG Churros, Condiments</p>	<p>27 B-Biscuit w/Gravy, Sausage Patty, Apple Slices Craisins</p> <p>L-WG Fiestada Pizza, Romaine Salad, Broccoli, Pudding, Banana, Condiments</p>
<p>30 B-WG Breakfast Burrito Honey Mini Graham Squares Pineapple, Cuties</p> <p>L-Shredded Pork on a Bun Baked Beans, Oven Fries Peaches or Pear, Condiment</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

The cafeteria is open 20 days for breakfast & lunch this month. Breakfast is served between 7:45 and 8:15 am.
Breakfast: \$1.10 per day or \$22.00 for the month.
Reduced: \$0.30 per day or \$6.00 for the month.
Lunch: \$2.55 per day or \$51.00 for the month.
Reduced: \$0.40 per day or \$8.00 for the month.
Adult Salad/Lunch: \$2.85.

Two fruits &/or vegetables are offered with Breakfast & Lunch. One or the other must be taken. 1% unflavored or fat free flavored milk is offered with each meal. One additional milk may be purchased for \$0.30. Low fat dressing is offered with salad and fresh vegetables. Salad Bar may be taken in place of hot lunch or a sunbutter sandwich may be taken in place of the entrée.

Please keep lunch money accounts current. The breakfast/lunch program operates as a debit account, not a credit account. Payment must be made prior to the time student(s) are served.