

# Sunburst School Menus-September 2023

Mon	Tue	Wed	Thu	Fri
<b>All breakfasts are served with fruit, juice &amp; milk.</b>  <b>All lunches offer two kinds of milk</b>	<b>The Salad Bar is offered daily for lunch and includes a variety of fresh fruits, vegetables, and specialty salads</b>	<b>Due to product shortages, please give us grace if the menu has to change last minute.</b>		1 <b>B-Maple Bars</b>  <b>L-Chili Dogs w/Chips</b>
4  <b>NO SCHOOL</b> Labor Day	5 <b>B-Banana Bread</b>  <b>L-Chicken Quesadillas &amp; Spanish Rice</b>	6 <b>B-Sausage, Egg, Hash Brown Hot Dish</b>  <b>L-Pizza Hot Dish</b>	7 <b>B-Waffles</b>  <b>L-Sausage Patties w/ Biscuits &amp; Gravy</b>	8 <b>B-ELEM: Cream of Wheat</b> <b>HS: Hash Brown Sticks &amp; Hard Boiled Eggs</b>  <b>L-Ham &amp; Cheese Sandwiches w/ Chips</b>
11 <b>B-Apple Strudel</b>  <b>L-Chicken Strips, Sweet &amp; Sour Sauce &amp; Fries</b>	12 <b>B-French Toast Hot Dish</b>  <b>L-Lasagna &amp; French Bread</b>	13 <b>B-Jumbo Muffins</b>  <b>L-Hamburgers on a Bun &amp; Potato Wedges</b>	14 <b>B-Sausage/Egg/Cheese Calzone</b>  <b>L-Chicken Pot Pie</b>	15 <b>B-Cinnamon Rolls</b>  <b>L-BBQ Pulled Pork on a Bun &amp; French Fries</b>
18 <b>B-Breakfast Bars</b>  <b>L-Chicken Nachos</b>	19 <b>B-Scrambled Eggs w/ Cheese, toast</b>  <b>L-Tator Tot Hot Dish</b>	20 <b>B-Bagels (Reg/BB) &amp; Cream Cheese</b>  <b>L-Italian Dunkers</b>	21 <b>B-Pancake on a Stick</b>  <b>L-Hot Dogs &amp; Baked Beans</b>	22 <b>B-Oatmeal</b>  <b>L-Chicken Oriental Stir-fry</b>
25 <b>B-Cereal &amp; Toast</b>  <b>L-Ham &amp; Potato Hot Dish</b>	26 <b>B-Breakfast Sandwich</b>  <b>L-Chicken &amp; Noodles</b>	27 <b>B-Blueberry Scones</b>  <b>L-Salisbury Steak Dinner</b>	28 <b>B-Pancakes</b> <b>L-Spaghetti w/ Meat Sauce and Breadsticks</b>	29 <b>B-Maple Bars</b>  <b>L-Turkey Sandwiches w/ Chips</b>



WELCOME BACK TO SCHOOL!

## Pico de Gallo (6 servings)

- 1 cup diced red onion
- 2 1/2 cups Roma tomatoes, chopped
- 1 jalapeno pepper, seeded and minced
- 1/2 cup chopped fresh cilantro
- 2 limes, juiced
- 1 tsp salt

Combine all ingredients. Serve with whole grain chips.

Source: AllRecipes.com

