

SEPTEMBER - OCTOBER 4-week cycle SISD Menu 2023

Monday	Tuesday	Wednesday	Thursday
<p>25 Breakfast Yogurt-parfait with granola and peaches, apple juice</p> <p style="text-align: center;">Lunch</p> <p>Corn dog WG, corn, strawberry spinach salad, fresh apples/grapes</p>	<p>26 Breakfast Cheese stuffed breadsticks WG, pears, orange juice</p> <p style="text-align: center;">Lunch</p> <p>Sweet and sour chicken, fried brown rice, eggroll, celery, cucumber, carrots, applesauce, grape juice</p>	<p>27 Breakfast Breakfast Birthday Cake with turkey sausage patty, waffle WG, strawberries, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Ham/cheese sandwich WG, ranch-style black beans, tomatoes, pineapples, apple juice</p>	<p>28 Breakfast Bagel WG with cream-cheese, scrambled eggs, canned mandarins, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Chicken patty with gravy and mashed potatoes, dinner roll WG, lettuce, cucumber, mixed berries cup, orange juice</p>
<p>2 Breakfast Yogurt, muffin WG, mixed fruit, apple juice</p> <p style="text-align: center;">Lunch</p> <p>Macaroni and cheese, chicken drumstick, cut green beans, carrots, strawberry cup, grape juice</p>	<p>3 Breakfast Breakfast wrap WG (egg, cheese, sausage), hashbrowns, orange juice</p> <p style="text-align: center;">Lunch</p> <p>Crispy beef taco WG, broccoli, celery with peanut butter, canned pears, cranberry juice</p>	<p>4 Breakfast Biscuits WG and gravy, applesauce, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Pizza WG, tomato and cucumber salad, baked potato wedges, fresh oranges, apple juice</p>	<p>5 Breakfast Turkey sausage, egg and cheese scramble bowl, toast WG, peaches, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Cheeseburger with beef patty, lettuce, tomatoes, baked beans, apricots, orange juice</p>
<p>9 Breakfast French toast stick WG, yogurt, canned peaches, apple juice</p> <p style="text-align: center;">Lunch</p> <p>BBQ pork sandwich WG, coleslaw, mixed fruit, orange juice, fig bar</p>	<p>10 Breakfast Dutch waffle WG, fresh apples, orange juice</p> <p style="text-align: center;">Lunch</p> <p>Teriyaki chicken, fried brown rice, eggroll, garden salad, carrots, strawberry cup, cranberry juice</p>	<p>11 Breakfast Breakfast Birthday Cake with turkey sausage patty, waffle WG, strawberries, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Grilled cheese sandwich, tomato soup, corn, canned pears, apple juice</p>	<p>12 Breakfast Cereal WG, mozzarella stick, pineapples, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Beefy Nachos Grande with tortilla chips WG, refried beans, lettuce, tomatoes, celery, applesauce, grape juice</p>
<p>16 Breakfast Oatmeal cup, muffin WG, pineapples, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Chili, corn bread, French fries, fresh orange, cranberry juice, sour cream</p>	<p>17 Breakfast Maple Baked French Toast Squares, canned pears, apple juice</p> <p style="text-align: center;">Lunch</p> <p>Chicken nuggets, garlic bread, veggie stir-fry with brown rice and beans, apples, orange juice</p>	<p>18 Breakfast Cheesy turkey sausage links, tater tot bowl, waffle WG, applesauce</p> <p style="text-align: center;">Lunch</p> <p>Bean/cheese burrito, cheesy broccoli, celery, carrots, mixed fruit, apple juice, fig bar</p>	<p>19 Breakfast English muffin WG with egg patty, cheese, strawberry cup, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Chicken with alfredo sauce, spaghetti, cut green beans, peaches, grape juice</p>

Two choices of milk are provided with every meal, at least 80% of grains are whole grain (WG) rich.