

Menus for SEPTEMBER 2023

Waverly Middle School - School District 145

This institution is an equal opportunity provider. Menus are subject to change.



Every complete meal
we serve comes with
your choice of milk!

Friday, September 1

Breakfast

Chef's Choice

Lunch

BBQ Shredded
Pork Sandwich 9g on
Hoagie Bun 26g
WG Corn Chip



RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

HAPPY LABOR DAY!



Try not to be **BLUE**
about Summer's end -
enjoy the last sweet
days of the season
BERRY much!

Tues, September 5

Breakfast

Pancake Bites 37g &
Cereal Bowl, Fruit,
100% Juice Milk

Lunch

Softshell
Chicken Taco 54g
Spanish Rice 38g
& Dorito Chips
Sour Cream/Salsa

Wed., September 6

Breakfast

Breakfast Cookie 44g
And/or Cereal Bowl
Fruit, 100% Juice,
Milk

Lunch

Breaded Chicken
Sandwich 33g
Fries 34g

Thurs, September 7

Breakfast

Cinnamon Toast
Crunch Pastry 41g
And/or Cereal Bowl
Fruit, 100% Juice,
Milk

Lunch
"NEW"

Ham & Cheese
Quiche 11g
Mini Donuts - 41g

Friday, September 8

Breakfast

Mini Waffles - 35g &
Cereal Bowl Fruit, 100%
Juice, Milk

Lunch

Beef Fiestada 43g
Cinnamon Churro
31g
Fresh Fruit, Fresh
Vegetable
Milk

Mon, September 11

Breakfast

Cocoa Puff Pastry 45g &
Cereal Bowl, Fruit, 100%
Juice Milk

Lunch

Corndog 30g
&
Frings - 54g

Tues, September 12

Breakfast

French Toast Sticks 38g
& Cereal Bowl Fruit,
100% Juice, Milk

Lunch

"NEW"
Chicken Ramen
29g
(Earthy and aromatic
Asian-flavors featuring
nutrient-dense
vegetables)
Egg Roll 21g

Wed., September 13

Breakfast

Maple Sausage Breakfast
Sandwich 26.3g and/or
Cereal Bowl Fruit, 100%
Juice, Milk

Lunch
"NEW"

General Tso's
Grilled Chicken
Sandwich 28.5g
Coleslaw 9g
Sour Cream &
Chive Wedges 25g

Thurs, September 14

Breakfast

Breakfast Pizza - 23g
And/or Cereal Bowl
Fruit, 100% Juice,
Milk

Lunch

Rotini & Meat
Sauce 82g
Cheese
Breadstick 25g

Friday, September 15

Breakfast

WG Cinni Minnis - 35g
And/or Cereal Bowl
Fruit, 100% Juice, Milk

Lunch

Home-style
"Viking" Cheese
Pizza 33g
WG Cookie
Fresh Fruit, Fresh
Vegetable
Milk

Word of the Month

gra·cious

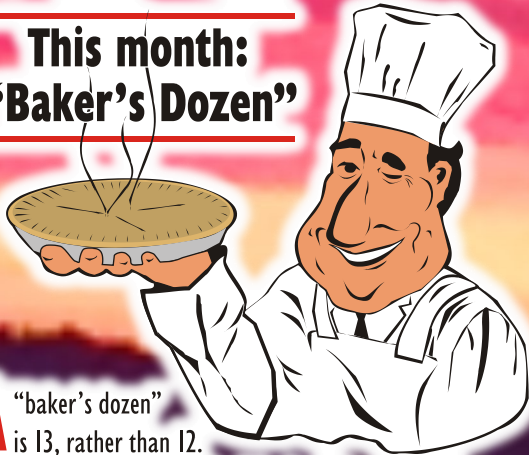
- adj. 1. characterized by kindness and warm courtesy
- 2. merciful, compassionate
- 3. elegant, charming

Where do all of our crazy names for food come from?



WORDS OF MOUTH

This month: "Baker's Dozen"



A "baker's dozen" is 13, rather than 12.

The term comes from way back in the 13th century, when bakers in England could be punished severely for not giving their customers as much bread, by weight, as they had paid for. To avoid the punishment, bakers would include an extra piece in each dozen, just to be sure!

Mon, September 18

Breakfast

Pancake Bites 37g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Popcorn Chicken 19g
Dipping Sauce
Grain Chip

Tues, September 19

Breakfast

Breakfast Cookie 44g
And/or Cereal Bowl
Fruit, 100% Juice, Milk

Lunch

"NEW"
Nashville Hot
Corn Mac &
Cheese 51g
Cornbread 35.5g

Wed., September 20

Breakfast

Cinnamon Toast
Crunch Pastry 41g
And/or Cereal Bowl
Fruit, 100% Juice, Milk

Lunch

Waffles 31.1g &
Sausage Patties
0g
Granola Bar 19g

Thur, September 21

Breakfast

Breakfast Pizza - 23g
And/or Cereal Bowl
Fruit, 100% Juice, Milk

Lunch

Turkey 12g
Mashed Potatoes
Gravy 34g
2-Dinner Roll (20g each)

Friday, September 22

Breakfast

No School

Mon, September 25

Breakfast

Cocoa Puff Pastry 45g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Orange Chicken 19g
Seasoned Rice 38g
Egg Roll 21g
Soy sauce
Milk

Tues, September 26

Breakfast

French Toast Sticks 38g & Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Hot Dog 29g
Sour Cream &
Chive Potato
Wedges 25g

Wed., September 27

Breakfast

Maple Sausage Breakfast Sandwich 26.3g and/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Chef's Choice

Thurs, September 28

Breakfast

WG Cinni Minnis - 35g
And/or Cereal Bowl
Fruit, 100% Juice, Milk

Lunch

Chef's Choice

Friday, September 29

Breakfast

Mini Waffles - 35g & Cereal Bowl Fruit, 100% Juice, Milk

Lunch

"Beef in Schools" "NEW"
Hash brown Stacker 31g
(Fun take on traditional hamburger)
2-Dinner Roll (20g each)

MAY CONTAIN PORCUPINE.

The fisher is a cat-sized weasel that lives in wooded areas in New England and elsewhere in the U.S. Along with the mighty mountain lion, the little fisher is the only predator that regularly preys on porcupines. When the porcupine shows the fisher the deadly quills on its rear, the fisher jumps completely over it to get face-to-face again, and repeats this tactic until the porcupine grows confused and tired and weakens.

ANIMAL APPETITES



NUTRITION TO GO

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

A QUICK BITE FOR PARENTS