

PHS/JMS: Breakfast No Charge

PHS/JMS Extra Entree \$1.50

Additional or Milk Only \$0 .50

Adult \$2.50 Extra Entree \$1.50

PHS/JMS: Lunch No Charge

PHS/JMS Extra Entree \$1.50

Additional or Milk Only \$0 .50

Adult Lunch \$5.00 Extra Entree \$1.50

PHS/JMS

September 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
Labor Day No School	Breakfast Cereal Bar w/Cheese Stick Mini Cinnis or Breakfast Pizza Fresh Fruit or Juice Main Line Cheeseburger/WG Bun Sweet Potato Fries Italian Blend Vegetables Fruit & Veggie Bar Rails Express Line General Tso's Chicken	Breakfast Cereal Bar/Bowl w/Cheese Stick Dunkin Sticks or Pancake Wrap Fresh Fruit or Juice Main Line Corn Dog Spud Bites Baked Beans Fruit & Veggie Bar Rails Express Line Philly Cheesesteak	Breakfast Cereal Bar w/Cheese Stick Fruit Frudel or Muffin Top Fresh Fruit or Juice Main Line WG Chicken Drumstick Mashed Potatoes & Gravy Peas & Carrots WG Cinn Roll Fruit & Veggie Bar Rails Express Line Turkey Sub	Breakfast Cereal Bar/Bowl w/Yogurt Snack Bread or Strawberry Boli Fresh Fruit or Juice Main Line Garlic Cheese Bread w/ Marinara Sauce Golden Corn Fruit & Veggie Bar Rails Express Line Spicy Chicken Patty
11	12	13	14	15
Breakfast Cereal Bar/Bowl w/Yogurt Snack'N Waffle or Hot Oatmeal Fresh Fruit or Juice Main Line Homemade Italian Dunkers w/ Cheesy Bread Stick Steamed Green Beans Fruit & Veggie Bar Rails Express Line Super Nachos	Breakfast Cereal Bar w/Cheese Stick Mini Cinnis or Breakfast Burrito Fresh Fruit or Juice Main Line Chicken Patty/WG Bun French Fries Baked Beans Fruit & Veggie Bar Rails Express Line Beef & Broccoli Bowl	Breakfast Cereal Bar/Bowl w/Cheese Stick Mini Bagel or Pancake Wrap Fresh Fruit or Juice Main Line Stuffed Crust Cheese Pizza California Blend Vegetables Fruit & Veggie Bar Rails Express Line Grilled Chicken	Breakfast Cereal Bar w/Cheese Stick Fruit Frudel or Muffin Top Fresh Fruit or Juice Main Line Mandarin Orange Chicken Steamed Brown Rice & WG Roll Golden Corn Fruit & Veggie Bar Rails Express Line Turkey Sub	Breakfast Cereal Bar/Bowl w/Yogurt Snack Bread or The Brekkie Fresh Fruit or Juice Main Line Sloppy Joe/WG Bun Sun Chips 4 Blend Vegetables Fruit & Veggie Bar Rails Express Line Spicy Chicken Tenders
18	19	20	21	22
Breakfast Cereal Bar/Bowl w/Yogurt Snack'N Waffle or Hot Oatmeal Fresh Fruit or Juice Main Line Chicken Nuggets Au Gratin Potatoes Peas & Carrots Fruit & Veggie Bar Rails Express Line Super Nachos	Breakfast Cereal Bar w/Cheese Stick Mini Cinnis or Breakfast Pizza Fresh Fruit or Juice Main Line California Burger/WG Bun Tater Tots Green Beans Fruit & Veggie Bar Rails Express Line General Tso's Chicken	Breakfast Cereal Bar/Bowl w/Cheese Stick Dunkin Sticks or Pancake Wrap Fresh Fruit or Juice Main Line Mac & Cheese w/Mini Corn Dogs Steamed Broccoli Fruit & Veggie Bar Rails Express Line Philly Cheesesteak	Breakfast Cereal Bar w/Cheese Stick Fruit Frudel or Muffin Top Fresh Fruit or Juice Main Line Pasta w/Chicken Alfredo Sauce Garlic Bread Stick 4 Blend Vegetables Fruit & Veggie Bar Rails Express Line Turkey Sub	Breakfast Cereal Bar/Bowl w/Yogurt Snack Bread or Strawberry Boli Fresh Fruit or Juice Main Line Taco In a Bag Golden Corn Refried Beans Fruit & Veggie Bar Rails Express Line Spicy Chicken Patty
25	26	27	28	29
Breakfast Cereal Bar/Bowl w/Yogurt Snack'N Waffle or Hot Oatmeal Fresh Fruit or Juice Main Line Pizza Quesadilla California Blend Vegetables Fruit & Veggie Bar Rails Express Line Super Nachos	Breakfast Cereal Bar w/Cheese Stick Mini Cinnis or Breakfast Burrito Fresh Fruit or Juice Main Line Hot Ham & Cheese Crinkle Fries Steamed Green Beans Fruit & Veggie Bar Rails Express Line Beef & Broccoli Bowl	Breakfast Cereal Bar/Bowl w/Cheese Stick Mini Bagel or Pancake Wrap Fresh Fruit or Juice Main Line Hot Dog/WG Bun Baked Beans Potato Salad Cheez - It Crackers Fruit & Veggie Bar Rails Express Line Grilled Chicken	Breakfast Cereal Bar w/Cheese Stick Fruit Frudel or Muffin Top Fresh Fruit or Juice Main Line Breaded Pork Steak Mashed Potatoes & Gravy 4 Blend Veg WG Dinner Roll Fruit & Veggie Bar Rails Express Line Turkey Sub	Breakfast Cereal Bar/Bowl w/Yogurt Snack Bread or The Brekkie Fresh Fruit or Juice Main Line Homemade Chicken Noodle Soup w/ Grilled Cheese Sandwich Fruit & Veggie Bar Rails Express Line Spicy Chicken Tenders
2	3	4	5	6
Breakfast Cereal Bar/Bowl w/Yogurt Snack'N Waffle or Hot Oatmeal Fresh Fruit or Juice Main Line French Toast Sticks Sausage Patty Hashbrown Fruit Juice Cup Fruit & Veggie Bar Rails Express Line Super Nachos	Breakfast Cereal Bar w/Cheese Stick Mini Cinnis or Breakfast Pizza Fresh Fruit or Juice Main Line Cheeseburger/WG Bun Sweet Potato Fries Italian Blend Vegetables Fruit & Veggie Bar Rails Express Line General Tso's Chicken	Breakfast Cereal Bar/Bowl w/Cheese Stick Dunkin Sticks or Pancake Wrap Fresh Fruit or Juice Main Line Corn Dog Spud Bites Baked Beans Fruit & Veggie Bar Rails Express Line Philly Cheesesteak	Breakfast Cereal Bar w/Cheese Stick Fruit Frudel or Muffin Top Fresh Fruit or Juice Main Line WG Chicken Drumstick Mashed Potatoes & Gravy Peas & Carrots WG Cinn Roll Fruit & Veggie Bar Rails Express Line Turkey Sub	Breakfast Cereal Bar/Bowl w/Yogurt Snack Bread or Strawberry Boli Fresh Fruit or Juice Main Line Garlic Cheese Bread w/ Marinara Sauce Golden Corn Fruit & Veggie Bar Rails Express Line Spicy Chicken Patty

All meals include a choice of skim or 1% and chocolate skim milk.

Menu Subject to Change

Lactose reduced milk will be made available upon request from any parent of a child who is lactose intolerant signed by a licensed physician.

Fruit & Veggie Bar options may include: Fresh Apples, Bananas, Cantaloupe, Kiwi, Nectarines, Oranges, Pears, Plums or Watermelon.

Applesauce, Mixed Fruit, Diced Peaches & Pears, Pineapple, Strawberry Cups. Fresh Romaine, Spinach, Spring Mix, Iceberg Lettuce, Broccoli,

Carrots, Cauliflower, Celery, Cucumbers, Sweet Peas, Legumes, Onions, Green, Orange & Red Peppers, Yam Sticks or Tomatoes.

Grains: All Breads, Rolls, Pasta & Pizza are Whole Grain Rich

If you have any questions please contact School Nutrition Coordinator

Debra Hanson 218-520-1701 dhanson2@proctor.k12.mn.us

This institution is an equal opportunity provider.