



# September



## TWO RIVERS BREAKFAST & LUNCH MENUS GRADES K-12

Monday	Tuesday	Wednesday	Thursday	Friday
				1 B: pancake sandwich L: Hot dogs baked beans chips/ pickle spears sherbet cups
NO SCHOOL 4 	5 B: mini cinnis  L: Popcorn chicken cheesy mashed potatoes green peas pears	6 B : sausage & biscuits  L: taco soup cheese tortilla chips broccoli applesauce	7 B : k-4 = oatmeal bars 5-12= eggs and toast L: hamburgers baked beans lettuce/tomato/pickles French fries bananas/ pudding cups	8 NO SCHOOL 
11 B: k-4= yogurt & grahams 5-12 = dutch waffles  L: Chicken bacon wraps corn salad spiced apples	12 B: ham & cheese croissants  L: walking taco refried beans lettuce/tomato sour cream/salsa mandarin oranges	13 B: mini cinnis  L: chicken alfredo green peas salad breadstick (9-12) fruit cups	14 B : sausage & biscuits  L: turkey roast sweet potatoes green beans rolls pineapples	15 B: K-4 = poptarts 5-12= biscuits & gravy L: toasted ham & cheese baked beans chips pickle spears orange wedges
18 B: pancake on a stick  L: burrito corn salad salsa pears	19 B: chocolate croissants  L: chicken fajitas Spanish rice lettuce/tomato pinto beans/salsa pineapples	20 B: strawberry bagels  L: mac n cheese with diced ham green beans salad rolls (9-12) / fruit cups	21 B: breakfast pizza  L: vegetable beef soup grilled cheese celery & carrot strips mandarin oranges	22 B: K-4 =oatmeal bars & sting cheese 5-12= eggs & toast L: Sloppy Joe tater tots pickle spears apple slices
25 NO STUDENTS 	26 B: muffins  L: pizza crunchers corn cucumbers w/ranch salad sherbet cups	27 B: mini waffles  L: tater tot casserole green beans salad breadsticks applesauce cups	28 B: French toast sticks  L: chicken fried steak fingers or meatloaf mash potatoes/gravy black eyed peas roll (9-12) / pears	29 B: pancake sandwich  L: ham & cheese wraps steamed carrots baked chips bananas gelatin

### BREAKFAST:

Daily Grab n Go meals available

- Cereal- flavor variety
- Poptarts - flavor variety
- Oatmeal bars- flavor variety

all breakfast meals come with fruit and/or fruit juice and choice of 1% white or fat free chocolate milk

### LUNCH:

Daily Grab n Go meals available :

- Chef salad
- Pb&j meal
- Pizza lunchable meal
- Wraps or sandwiches

(Daily breakfast and lunch grab n go options only offered to grades 5-12. K – 4 grades, offered main line menu only)

\* All 5-12 grade meals come with daily fresh veggie bar option.

Veggie bar offerings may include: salad, cucumber slices, celery sticks, baby carrots, cherry tomatoes, fresh broccoli florets, green pepper strips, fresh seasonal veggies. (options may vary depending on availability)

\*All 5-12 grade meals come with daily fresh fruit options. Fresh fruit options may include : apple variety, oranges, bananas, pears, raisins, seasonal fresh fruits ( options may vary depending on availability)

\*All meals come with choice of chocolate Fat Free milk or 1% white milk



MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. THANK YOU FOR YOUR UNDERSTANDING

This institution is an Equal Opportunity Provider