

# WEST CENTRAL BREAKFAST & LUNCH MENU

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily: Cereal, Juice, Fruit, Yogurt, and Milk			1 Nutri- Grain Bar Pre- K - Cereal	2 Breakfast Pizza
5 NO SCHOOL - Labor Day	6 Pancake / Syrup	7 Banana Bread	8 Pancake Sausage Sticks/Syrup	9 French Toast Sticks / Syrup
12 Waffles / Syrup	13 Cereal Bar Pre-K -Muffin	14 Poptart Pre-K -Cereal	15 Bagel / Cream Cheese	16 Biscuit & Gravy
19 Muffin	20 Pancake / Syrup	21 Banana Bread	22 Pancake Sausage Stick	23 French Toast Sticks / Syrup
26 Waffles / Syrup	27 Cereal Bar Pre-K- Muffin	28 Poptart Pre-K- Cereal	29 Nutri-Grain Bar	30 Breakfast Pizza

Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily: Salad Bar, Ham & Cheese Sandwich, Turkey & Cheese Cup, Rolls, Fruit, White and Chocolate Milk			1 BBQ Rib Patty / Bun Corn Pears	2 Cheesy Breadsticks Marinara Sauce Mixed Vegetables Applesauce
5 NO SCHOOL Labor Day	6 Frito Lay Bowl Shredded Lettuce & Cheese, Diced Tomatoes Ranch/ French Dressing, Mandarin Oranges	7 Pancake Sausage Wraps Hash Browns, Syrup Fresh Broccoli Oatmeal Raisin Cookie Apple Slices	8 Salisbury Steak Mashed Potatoes & Gravy or Butter Cooked Carrots Roll Mixed Fruit	9 Pizza Peas Bug Bites Apricots
12 Chicken & Noodles Mashed Potatoes & Gravy Butter, Green Beans Roll, Frozen Fruit	13 Tenderloin / Bun Tater Tots Baked Beans, Onions Pickles, Peaches	14 Goulash Broccoli & Cauliflower Bread & Butter Apple Slices	15 Fish Cooked Carrots Tartar Sauce Roll, Peaches	16 Chicken Fettuccine Peas Pineapple
19 Scalloped Potatoes & Ham Corn Bread & Butter Applesauce	20 Taco-In-A-Bag Shredded Lettuce & Cheese, Diced Tomatoes Refried Beans Salsa, Sour Cream Onions, Frozen Fruit	21 Grilled Chicken / Bun Sweet Potatoes Mixed Fruit	22 Spaghetti Garlic Bread Mixed Vegetables Apricots	23 11:30 Dismissal No Lunch Served
26 Chicken Nuggets Mashed Potatoes, Gravy, Butter, Green Beans Peaches, Roll	27 Cheeseburger / Bun French Fries, Corn Apricots	28 Pizza Burger / Bun Cheese Sticks Carrot Sticks Mandarin Oranges	29 Corn Dogs Mixed Vegetables Fresh Broccoli Apple Slices	30 Mexican Pizza Shredded Lettuce & Cheese Diced Tomatoes Ranch/French Dressing Applesauce