





September 2020 Breakfast and Lunch-A Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot meal	Hot Meal			
Cereal And 100% fruit juice Served daily for breakfast	B-Maple pancake, peaches L- Taco Salad , consist of taco meat-3, lettuce-1 cheese-0 diced tomatoes-0 crushed tortilla chips-21 salsa-2 Refried beans-20 sweet corn-15 Fresh orange wedges-41 1	B-Fruit grain bars, pears L-Ham sandwich-27.4 Cheese slices-0 Fresh broccoli florets-5 ranch cup-11 Mixed fruit 2 K,M	B-Ham & biscuit, mixed fruit L-Peanut butter & jelly sandwich-45 Carrot sticks-8 Mandarin oranges-20 3	B-Yogurt, applesauce L-Maple sausage stick-23 Celery sticks-2 peanut butter cup-7 Pineapples-17 4
 NO SCHOOL	B-Cinnamon, glaze, peaches L-Chicken & cheese burrito-35 salsa-2 red beans & rice-52 Green beans-7 pears-20 8	B-Fruit grain bar, pears L-Ham sandwich-27.4 Cheese slices-0 Fresh broccoli florets-5 ranch cup-11 Mixed fruit-15 9 K, M	B-Ham & biscuits, mixed fruit L-Peanut butter & jelly sandwich-45 Carrot sticks-8 Mandarin oranges-20 10	B-Yogurt, applesauce L-Pretzel pizza stick-26 Celery sticks-2 peanut butter cup-7 Pineapples-17 11
B-Fruit muffin, pineapples L-Hot dog-1 bun-26.49 Baked beans-15 Sweet peas-15 peaches-15 No baked cookies-32 14 K, M, PR	B-Maple waffles, peaches L-Taco meat-3 tortilla bowl-13 Lettuce-1 cheese-0 salsa-2 Sweet corn-17 Fresh grapes-23 15	B-Fruit grain bar, pears L-Ham sandwich-27.4 Cheese slices-0 Fresh broccoli florets-5 ranch cup-11 Mixed fruit-15 16 K, M	B-Ham & biscuits, mixed fruit L-Peanut butter & jelly sandwich-45 Carrot sticks-8 Mandarin oranges-20 17	B-Yogurt, applesauce L-Cheese stick-15 Marinara sauce-6.5 Celery sticks-2 peanut butter cup-7 Pineapples-17 18
B-Fruit muffin, pineapples L-Cheese pizza-32 Potato Rounds-21 Sweet peas-15 Peaches-15 21 K	B-, Maple sausage stick, peaches L-Chicken fajita meat-2 wrap-15, lettuce-1, cheese-0, salsa-2 Green beans-7 Watermelon wedges-25 22 	B-Fruit grain bar, pears L-Ham sandwich-27.4 Cheese slices-0 Fresh broccoli florets-5 ranch cup-11 Mixed fruit-15 23 K, M	B-Ham & biscuit, mixed fruit L-Peanut butter & jelly sandwich-45 Carrot sticks-8 Mandarin oranges-20 24	B-Yogurt, applesauce L-Bosco pepperoni stick-34 Celery sticks-2 peanut butter cup-7 Pineapples-17 25
B-Fruit muffin, pineapple L-BBq diced chicken-10 bun-26.47 Sweet peas-15 Peaches-15 Jello cake-40 whip cream-2 28	B-Maple French toast sticks, peaches L- Walking tacos consist of taco meat-2 lettuce-2 cheese-0 diced tomatoes-0 corn chips-16 salsa-2 Sweet corn-17 pears-20 29	B-Fruit grain bar, pears L-Grilled cheese sandwich-25 Tortilla chips-21 hummus-21 Fresh broccoli florets-5 ranch cup-11 Mixed fruit 30	Adult B-fast\$1.80 Lunch-\$2.70 White sacks – breakfast Brown sacks - lunch	CONDIMETS + carbs K -ketchup 2pkts – 2 T -tarter sauce 2pkts - 2 PR -pickle relish 2pts – 2 P -pickles, 6 slices - 0 M -mustard 2pkts - 0 BBQ -sauce cup - 10

-= Carbohydrates *1% Milk-White-11*, F. F. Milk-Chocolate-24* Is included with all meals made at the school Ms. Davis 309-698-3604 or mdavis@cc76.k12.il.us if you have any questions.