





# September 2020 Breakfast and Lunch-B Day

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY<br>Hot Meals  | FRIDAY<br>Hot meals   |
|---|---|--|--|---|
| <p><b>Cereal And 100% fruit juice Served daily for breakfast</b></p>  | <p>B-Maple pancake, peaches</p> <p>L-Peanut butter &amp; jelly sandwich-45<br/>Carrot sticks-8<br/>Pears-20</p> <p>1</p>              | <p>B-Fruit grain bars, pears</p> <p>L-Ham sandwich-27.4<br/>Cheese slices-0<br/>Fresh broccoli florets-5 ranch cup-11<br/>Mixed fruit-15</p> <p>2 <b>K,M</b></p>           | <p>B-Ham &amp; biscuit, mixed fruit</p> <p>L-Pepperoni cheese stick-14<br/>Oven fries-15<br/>Mandarin oranges-20</p> <p>3</p>  | <p>B-Yogurt, applesauce</p> <p>L-Cheese quesadilla-40<br/>Refried beans-20<br/>Sweet corn-15<br/>Pineapples-17</p> <p>4</p>   |
| <p><br/><b>NO SCHOOL</b></p> <p>7</p>                        | <p>B-Cinnamon, glaze, peaches</p> <p>L- Peanut butter &amp; jelly sandwich-45<br/>Carrot sticks-8<br/>Pears-20</p> <p>8</p>           | <p>B-Fruit grain bar, pears</p> <p>L-Ham sandwich-27.4<br/>Cheese slices-0<br/>Fresh broccoli florets-5 ranch cup-11<br/>Mixed fruit-15</p> <p>9 <b>K, M</b></p>           | <p>B-Ham &amp; biscuits, mixed fruit</p> <p>L-Hot dog-1 bun-26.49<br/>Baked beans-15 sweet peas-15<br/>Mandarin oranges-20<br/>No baked cookies-32</p> <p>10 <b>K,M,PR</b></p> | <p>B-Yogurt, applesauce</p> <p>L-Biscuits-28 sausage gravy-6<br/>Sweet corn-17<br/>Fresh grapes-23</p> <p>11</p>  |
| <p>B-Fruit muffin, pineapples</p> <p>L-Pretzel pizza stick-26<br/>Celery stick-2 peanut butter cup-7<br/>Peaches-14</p> <p>14</p>             | <p>B-Maple waffles, peaches</p> <p>L-Peanut butter &amp; jelly sandwich-45<br/>Carrot sticks-8<br/>Pears-20</p> <p>15</p>             | <p>B-Fruit grain bar, pears</p> <p>L-Ham sandwich-27.4<br/>Cheese slices-0<br/>Fresh broccoli florets-5 ranch cup-11<br/>Mixed fruit-15</p> <p>16 <b>K, M</b></p>          | <p>B-Ham &amp; biscuits, mixed fruit</p> <p>L-Cheese pizza-32<br/>Potato rounds-21<br/>Sweet peas-15<br/>Mandarin oranges-20</p> <p>17 <b>K</b></p>                            | <p>B-Yogurt, applesauce</p> <p>L-Chicken fajita meat-2 wrap-15<br/>Lettuce-1, cheese-1 salsa-2<br/>Green beans-7<br/>Watermelon wedges-25</p> <p>18</p>  |
| <p>B-Fruit muffin, pineapples</p> <p>L-Bosco pepperoni stick-34<br/>Celery sticks-2 peanut butter cup-7<br/>Peaches-15</p> <p>21 <b>K</b></p> | <p>B-, Maple sausage stick, peaches</p> <p>L-Peanut butter &amp; jelly sandwich-45<br/>Carrot sticks-8<br/>Pears-20</p> <p>22</p>     | <p>B-Fruit grain bar, pears</p> <p>L-Ham sandwich-27.4<br/>Cheese slices-0<br/>Fresh broccoli florets-5 ranch cup-11<br/>Mixed fruit-15</p> <p>23 <b>K, M</b></p>          | <p>B-Ham &amp; biscuit, mixed fruit</p> <p>L-BBq diced chicken-10 bun-26.47<br/>Sweet peas-20<br/>Mandarin oranges-20<br/>Jello cake-40 whip cream-2</p> <p>24</p>             | <p>B-Yogurt, applesauce</p> <p>L-Salisbury steak-0 gravy-3<br/>Mashed potatoes-13<br/>Sweet corn-13<br/>Pineapples-17</p> <p>25</p>   |
| <p>B-Fruit muffin, pineapple</p> <p>L-Maple sausage stick-23<br/>Celery sticks-2 peanut butter cup-7<br/>Peaches-15</p> <p>28</p>             | <p>B-Maple French toast sticks, peaches</p> <p>L-Peanut butter &amp; jelly sandwich-45<br/>Carrot sticks-8<br/>Pears-20</p> <p>29</p> | <p>B-Fruit grain bar, pears</p> <p>L-Grilled cheese sandwich-25<br/>Tortilla chips-21 hummus-21<br/>Fresh broccoli florets-5 ranch cup-11<br/>Mixed fruit-15</p> <p>30</p> | <p>Adult B-fast\$1.80 Lunch-\$2.70</p> <p>White sacks – breakfast<br/>Brown sacks - lunch</p>  | <p><b>CONDIMETS + carbs</b><br/><b>K</b>-ketchup 2pkts – 2<br/><b>T</b>-tarter sauce 2pkts - 2<br/><b>PR</b>-pickle relish 2pts – 2<br/><b>P</b>-pickles, 6 slices - 0<br/><b>M</b>-mustard 2pkts - 0<br/><b>BBQ</b>-sauce cup - 10</p>     |

–= 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](mailto:mdavis@cc76.k12.il.us) if you have any questions.