SHARON SPRINGS CSD

September, 2017 BREAKFAST & LUNCH MENU

AVAILABLE DAILY: GRILLED CHICKEN SALAD, FRUIT & YOGURT PARFAIT, PBJ, WATER ASSORTED FRUITS & LOW FAT MILKS.

	T			T		
WELCOME BACK!		6.	7.	8.		
	Milk & Snack Milk: \$.50	Chicken Patty/WW Bun	Build your own	Homemade Cheese or		
EVERYONE WHO GETS A	Ala Carte: \$1.50	Oven Baked Fries	Burger/WW Bun	Pepperoni Pizza OR		
COMPLETE MEAL	Smart Snacks:	Jolly Green Giants	Herb Enhanced Rice	Chicken Patty/WW Bun		
EATS FOR FREE ©	\$.50 and up	Green Beans	Flavored Carrots	Romaine Spinach Garden		
Choose no less than 3 of		2		Salad		
the 5 Food Components	We love company!			LF Dressings		
and REMEMBER one	Adult Breakfast \$2.15			Locally Grown Apples		
of those HAS to be a fruit	Adult Lunch \$4.00	Welcome We				
or veggie!!		Back Missed				
		Country Vesigns You				
11.	12.	13.	14.	15		
WG Buffalo Chicken Ziti	Beef or Chicken Taco	Chicken Nuggets	Grandparents Day Lunch	Homemade Cheese or		
OR	Lettuce Cheese Tomato	Baked Fries	Open Face Hot Turkey	Pepperoni Pizza OR		
WG Spaghetti &	Black Bean Salsa	Jolly Green Giants	Sandwich OR	Chicken Patty/WW Bun		
Meatballs	Mac Salad with a	Green Beans	Hotdog/Bun	Romaine Spinach Garden		
Garlic Bread	Rainbow of colored		Mashed Potatoes	Salad		
Romaine Spinach Garden	veggies		Cranberry Sauce	LF Dressings		
Salad		Ton W	Flavored Carrots	Locally Grown Apples.		
LF Dressing		秦秋等	ADULT LUNCH \$4.00			
18.	19.	20.	21.	22.		
Spartans Popcorn	Grilled Cheese Sandwich	Chicken Patty/WW Bun	Hotdog/WW Bun OR	Homemade Cheese or		
Chicken Bowl	OR	Oven Baked Fries	Sloppy Joe/WW Bun	Pepperoni Pizza OR		
Popcorn Chicken	Egg Salad Sandwich	Jolly Green Giants	Baked Beans	Chicken Patty/WW Bun		
Mashed Potatoes	Tomato Soup	Green Beans	Scalloped Potatoes	Romaine Spinach Garden		
LS Gravy	Carrot Pepper & Celery			Salad		
LF Shredded Cheese	Sticks			LF Dressings		
Golden Crisp Corn				Locally Grown Apples		
25.	26.	27.	28.	29		
WG French Toast Sticks	Beef or Chicken Taco	Chicken Nuggets	Build your own	Homemade Cheese or		
OR	Lettuce Cheese Tomato	Baked Fries	Burger/WW Bun	Pepperoni Pizza OR		
WG Flavored Pancakes	Black Bean Salsa	Jolly Green Giants	Herb Enhanced Rice	Chicken Patty/WW Bun		
Turkey Sausage	Mac Salad with a	Green Beans	Flavored Carrots	Romaine Spinach Garden		
Carrot and Celery Sticks	Rainbow of colored			Salad		
	veggies			LF Dressings		
				Locally Grown Apples		
MENU SUBJECT TO CHANGE						

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
WG Flavored Pancake or	Homemade Chocolate	WG French Toast Sticks	Homemade Chocolate	Homemade WW
Waffles OR	Chip Muffin OR	OR	Chip Muffin OR	Cinnamon Bun OR Cold
Cold Cereal Choice w/	Cold Cereal Choice w/	Cold Cereal Choice w/	Cold Cereal Choice w/	Cereal Choice w/
Graham Cracker OR	Graham Cracker OR	Graham Cracker OR	Graham Cracker OR	Graham Cracker OR
WG Bagel w/ Cream	WG Bagel w/ Cream	WG Bagel w/ Cream	WG Bagel w/ Cream	WG Bagel w/
Cheese	Cheese	Cheese	Cheese	Cream Cheese
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Milk	Milk	Milk	Milk	Milk