




September

~Menu subject to change due to deliveries~

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

| | Mon | Tue | Wed | Thu | Fri | | |
|--|---|---|--|---|--|----|---|
| | | 1 | 2 | 3 | 4 | 5 | |
| | | OATMEAL BEAN BURRITO HASH BROWNS CORN FRUIT & SALAD BAR | BK BURRITO PASTA BAKE BROCCOLI & CHEESE ROLL FRUIT & SALAD BAR | BISCUIT & GRAVY CHICKEN NUGGETS SMILEY FRIES FRUIT & SALAD BAR | | | Replace any main dish with: ↓ ↓ ↓ |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
| | NO SCHOOL | CEREAL HOT DOG PORK-N-BEANS FRUIT & SALAD BAR | BISCUIT & GRAVY CHICKEN FRIED STEAK POTATO WEDGES ROLL FRUIT & SALAD BAR | FRENCH TOAST MINI PIZZA CARROTS FRUIT & SALAD BAR | PANCAKE ON A STICK BURGER FRIES FRUIT & SALAD BAR | | A cold deli sandwich |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | ↓ OR ↓ |
| Free seconds on all veggies and sides!!  | BAGEL HAM SUB BAKED BEANS COOKIE FRUIT & SALAD BAR | OATMEAL CHEESE QUESADILLA POSOLE FRUIT & SALAD BAR | BISCUIT & GRAVY PEPPERONI DIP STICKS FRESH VEGGIES FRUIT & SALAD BAR | WAFFLES CHICKEN SANDWICH MAC & CHEESE FRUIT & SALAD BAR | | | A crispy taco salad |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | ↓ OR ↓ |
| Milk offered with EVERY meal!  | BAGEL BBQ CHICKEN MACARONI SALAD ROLL FRUIT & SALAD BAR | CEREAL SUPER NACHOS RANCH BEANS CORN FRUIT & SALAD BAR | BISCUIT & GRAVY CORN DOG MAC & CHEESE FRUIT SLUSHIE FRUIT & SALAD BAR | MUFFIN SPAGHETTI GREEN BEANS ROLL FRUIT & SALAD BAR | | | A fresh chef salad bar |
| 27 | 28 | 29 | 30 | | | | ↓ OR ↓ |
| | BAGEL TERIYAKI DIPPERS FRIED RICE PINEAPPLE FRUIT & SALAD BAR | OATMEAL CHILI CINNAMON ROLL COLESLAW FRUIT & SALAD BAR | BISCUIT & GRAVY SALISBURY STEAK POTATO WEDGES PEAS & CARROTS FRUIT & SALAD BAR | | | | A fruit salad |

SEPTEMBER

SARGENT CAFETERIA NEWSLETTER

September food holidays you can celebrate at home!

Sept 3rd - National Baby Back Ribs Day

Sept 10th - National Hot Dog Day

Sept 22nd - National Ice Cream Cone Day

Sept 29th - National Coffee Day

Well we are a few weeks into the new year and things are going great! The kids and staff have adjusted well to the changes made and we could not be happier to be here. Please remember if you have not filled out a Free and Reduced Lunch Application to get those in as soon as possible. As always if you have any questions or concerns please contact us.

Val, Evelyn, Darlene, Lori, Shelley, and Kelli

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ALA CART

| | |
|-------------------|------|
| Pizza..... | 3.00 |
| Chips..... | 1.25 |
| Fruit..... | 0.75 |
| Cheese stick..... | 1.00 |
| Cookie..... | 1.25 |
| Fruit Slushy..... | 1.00 |

PRICES

| | |
|-----------------------|------|
| Breakfast..... | 2.00 |
| Elementary Lunch..... | 3.05 |
| Secondary Lunch..... | 3.05 |
| Adult Lunch..... | 3.80 |
| Adult Breakfast..... | 2.75 |

Start your day the healthy way, eat breakfast every day!!