

September 2019

CROSSLAKE COMMUNITY SCHOOL

BREAKFAST



School Information:
BREAKFAST \$1.50 PAID K= FREE
 MENU SUBJECT TO CHANGE
 THIS INSTITUTION IS AN EQUAL
 OPPORTUNITY PROVIDER



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

LABOR DAY
NO SCHOOL

2

BANANA BREAD
JUICE/FRUIT
MILK CHOICES

3

BREAKFAST PIZZA
JUICE/FRUIT
MILK CHOICES

4

CEREAL/TOAST
JUICE/FRUIT
MILK CHOICES

5

APPLE STICK
JUICE/FRUIT
MILK CHOICES

6

MINI CINNI
JUICE/FRUIT
MILK CHOICES

9

CEREAL/TOAST
JUICE/FRUIT
MILK CHOICES

10

BACON/EGG PIZZA
JUICE/FRUIT
MILK CHOICES

11

PANCAKE ON A STICK
JUICE/FRUIT
MILK CHOICES

12

CINNAMON ROLL
JUICE/FRUIT
MILK CHOICES

13

UBR-OATMEAL ROUND
JUICE/FRUIT
MILK CHOICES

16

CEREAL/TOAST
JUICE/FRUIT
MILK CHOICES

17

SAUSAGE PIZZA
JUICE/FRUIT
MILK CHOICES

18

FRENCH TOAST STIXS
JUICE/FRUIT
MILK CHOICES

19

BLUEBERRY BREADSTICK
JUICE/FRUIT
MILK CHOICES

20

CINNAMON TOAST CRUNCH
SQUARE
JUICE/FRUIT
MILK CHOICES

23

CEREAL/TOAST
JUICE/FRUIT
MILK CHOICES

24

SAUSAGE SLIDERS
JUICE/FRUIT
MILK CHOICES

25

PANCAKES
JUICE/FRUIT
MILK CHOICES

26

DUTCH WAFFLE
JUICE/FRUIT
MILK CHOICES

27

FRUDEL
JUICE/FRUIT
MILK CHOICES

30





School Information:
 MILK FOR COLD LUNCH \$.30
 LUNCH PRICE \$3.25
 PLEASE FILL OUT THE APPLICATION FOR
 EDUCATIONAL BENEFITS ONLINE OR OFFICE



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

LABOR DAY

2

NO SCHOOL

Tuesday

STUFFED CRUST PIZZA
 GREEN BEANS
 CARROTS
 FRUIT CHOICES
 MILK CHOICES

3

Wednesday

TACOS
 LETTUCE/SALSA
 FIXINS/CORN
 FRUIT CHOICES
 MILK CHOICES

4

Thursday

POPCORN CHICKEN
 SWEET-N-SOUR SAUCE
 KEYWEST VEGGIE BLEND
 LETTUCE SALAD/RICE
 FRUIT CHOICES
 MILK CHOICES

5

Friday

CORN DOG
 BAKED BEANS
 SWEET POTATO FRIES
 FRUIT CHOICES
 MILK CHOICES

6

CHICKEN WRAP
 SEASONED RICE
 SAUTEED VEGGIES/LETTUCE
 FRUIT CHOICES
 MILK CHOICES

9

OMELET
 FRENCH TOAST STIXS
 TRI TATORS/SUNSET SIP
 FRUIT CHOICES
 MILK CHOICES

10

SPAGHETTI
 MEAT SAUCE
 GREEN BEANS
 LETTUCE SALAD
 FRUIT CHOICES
 MILK CHOICES

11

PULLED PORK ON A BUN
 COLE SLAW
 BAKED BEANS
 TORTILLA CHIPS/SALSA
 FRUIT CHOICES
 MILK CHOICES

12

CHEESE BREAD
 MARINARA SAUCE
 BROCCOLI
 CARROTS
 FRUIT CHOICES
 MILK CHOICES

13

CHICKEN PATTY ON A BUN
 BAKED FRIES
 LETTUCE/CARROTS
 FRUIT CHOICES
 MILK CHOICES

16

TURKEY GRAVY
 MASHED POTATOES/GRAVY
 CORN / BREAD
 FRUIT CHOICES
 MILK CHOICES

17

WALKING TACOS
 SPANISH RICE
 FIXINS
 FRUIT CHOICES
 MILK CHOICES

18

RIB-E-QUE ON A BUN
 BAKED FRY
 BAKED BEANS
 FRUIT CHOICES
 MILK CHOICES

19

ROUND PIZZA
 GREEN BEANS
 CARROTS
 FRUIT CHOICES
 MILK CHOICES

20

HAMBURGER ON A BUN
 LETTUCE/TOMATO
 BAKED BEANS/CHIPS
 FRUIT CHOICES
 MILK CHOICES

23

CHICKEN NUGGETS
 MASHED POTATOES/GRAVY
 CORN
 DINNER ROLL
 FRUIT CHOICES
 MILK CHOICES

24

MACARONI HOTDISH
 BREAD STICK
 BROCCOLI
 LETTUCE SALAD
 FRUIT CHOICES
 MILK CHOICES

25

MEATBALL SUB OR
 HOTDOG/BUN
 BAKED FRIES
 CARROTS
 FRUIT CHOICES
 MILK CHOICES

26

QUESADILLA
 REFRIED BEANS
 LETTUCE SALAD
 SALSA
 FRUIT CHOICES
 MILK CHOICES

27

POPCORN CHICKEN
 SWEET-N-SOUR SAUCE
 KEYWEST VEGGIE BLEND
 LETTUCE SALAD/RICE
 FRUIT CHOICES
 MILK CHOICES

30



THIS INSTITUTION IS AN
 EQUAL OPPORTUNITY
 PROVIDER

MENU SUBJECT TO CHANGE

