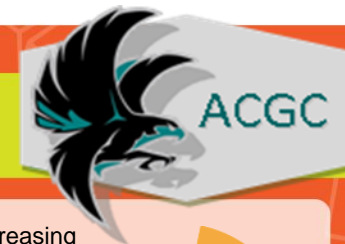


September 2019

ACGC Elementary & 5-12 Building



BREAKFAST

Served with Milk, Juice, and Fruit

ALL MENU ITEMS SUBJECT TO CHANGE
This Institution is an Equal Opportunity Provider

LUNCH

Served with Milk, Fruit and Salad Bar



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

Reading the Menu
Breakfast is in *Italic*
Lunch is in **BOLD**

2

Tuesday

Cereal, Chewy Granola Bar, String Cheese, Applesauce

3

Corn Dog, Texas Beans, Peaches

Wednesday

French Toast Sticks, Pineapple

4

Hot Ham/Cheese on Bun, Broccoli, Mandarin Oranges

Thursday

Blueberry/ Cinnamon Twist, Pears

5

Breaded Pork Patty, Mashed Potatoes, Corn, Pears

Friday

Cereal, Oatmeal Bar, Peaches

6

Sub Sandwich, Sweet Potato Fries, Pineapple

NO SCHOOL

9

Cereal, Toast, Peaches

10

BBQ Riblet Sandwich, Carrots, Applesauce

Poptart, Marble Cheese, Pineapple

11

Barbeques on Bun, Baked Beans, Pineapple

Benefit Bar, String Cheese, Apple

12

Salisbury Steak, Mashed Potatoes, Pears, Corn, Bread

Strawberry Bagel, Pear

13

Chicken Alfredo, Garlic Bread Sticks, Broccoli, Peaches, Birthday Treat

NO SCHOOL

16

Cereal, Poptart, Peaches

17

Tator tot Hotdish, Bread, Carrots, Peaches

Mini Loaf, Marble Cheese, Mandarin Oranges

18

Chicken Nuggets, Mashed Potatoes, Corn, Pineapple

Cereal, Oatmeal Bar, Pineapple

19

Philly Sandwich, Calico Beans, Pears

Scrambled Eggs, Toast, Hashbrown, Orange Wedges

20

Pizza, California Blend, Applesauce

NO SCHOOL

23

Yogurt, Teddy Grahams, Orange Wedges

24

Quesadilla, Texas Beans, Applesauce

Cereal, Oatmeal Bar, Applesauce

25

Orange Chicken with Rice, Broccoli, Dinner Roll, Fortune Cookies, Mandarin Oranges

Long John Donut, String Cheese, Peaches

26

Bag Lunch Turkey Sandwich, Chips, Fruit Cup, Baby Carrots, Treat

Cereal, Poptart, Pears

27

Hamburgers, Spiral Fries, Peaches

NO SCHOOL

30

