

SEPTEMBER 2019

Marengo County Schools

Monday

2

No school today

Tuesday

3

BREAKFAST

Pancake/sausage bites, syrup, peaches, juice, yogurt, cereal, milk

LUNCH

Hot dog, sweet potato fries, pineapple chunks, baked beans, ket, mayo, mustard, milk

Wednesday

4

BREAKFAST

Bologna biscuit, fruit cup, juice, yogurt, jelly, cereal, milk

LUNCH

Spaghetti, tossed salad, salad dressing, breadstick, grapes, California vegetables, milk

Thursday

5

BREAKFAST

Pop Tart, cereal, juice, banana, yogurt, milk

LUNCH

Chicken nuggets, mashed potatoes, gravy, black-eyed-peas, fruit cup, roll, ket, milk,

Friday

6

BREAKFAST

Breakfast pizza, fresh orange, juice, cereal yogurt, milk

LUNCH

Fish sandwich, potato wedges, coleslaw, fresh fruit, ket, mayo, mustard, tarter sauce, milk

BREAKFAST

Sausage biscuit, oranges, jelly, juice, cereal, yogurt, milk

LUNCH

Pizza, salad, w/k corn, fruit cocktail, salad dressing, milk

BREAKFAST

French Toast Stix, syrup, fruit cocktail, juice, cereal, yogurt, milk

LUNCH

Hot wings, California vegetables, baked potato, pears, roll, ranch, sour cream, margarine, milk

BREAKFAST

Breakfast burrito, salsa, banana, juice, cereal, yogurt, milk

LUNCH

Taco, tortilla chips, lettuce, tomato, salsa, fresh apple, sour cream, w/k corn, milk

BREAKFAST

Sausage pancake on a stick, peaches, juice, cereal, yogurt, milk

LUNCH

Pork chop, sweet potatoes, turnip greens, cornbread, pears, milk

BREAKFAST

Chicken biscuit, oranges, juice, jelly, cereal, yogurt, milk

LUNCH

Grilled chicken sandwich, corn on the cob, baked beans, fruit cocktail, ket, mayo, mustard, milk

BREAKFAST

Breakfast pizza, pineapple, juice, cereal, yogurt, milk

LUNCH

Steak sandwich, broccoli/cheese, sweet potato fries, pineapple chunks, ket, mayo, mustard, milk

BREEAKFAST

Waffle Stix, syrup, juice, peach cup, cereal, yogurt, milk

LUNCH

Red beans & rice, sausage link, corn on the cob, mandarin oranges, cornbread, milk

BREAKFAST

Grits, sausage patty, cheese toast, jelly, juice, Juice bar, cereal yogurt, milk

LUNCH

Chicken quesadilla, Mexican rice, refried beans, sour cream, salsa, salad, salad dressing, w/k corn, peaches, milk

BREAKFAST

Breakfast bagel, juice, pears, cereal, yogurt, milk

LUNCH

Beef Stroganoff, sweet peas, mashed potatoes, roll, fresh fruit, milk

BREAKFAST

Pancakes, sausage, syrup, fruit cup, cereal, yogurt, milk

LUNCH

Chicken tenders, potato wedges, lima-beans, fruit cup, roll, ket, milk

BREAKFAST

Banana muffin, fruit medley, juice, cereal, yogurt, milk

LUNCH

Corn dog, French fries, fresh orange, ket, mustard, milk

BREAKFAST

Pancake/sausage bites, syrup, peaches, juice, cereal, yogurt, milk

LUNCH

Ham, macaroni & cheese, sweet potato, strawberries & kiwi, roll, milk

BREAKFAST

Breakfast pizza, oranges, juice, cereal, yogurt, milk

LUNCH

Salisbury steak, mashed potatoes, gravy, collard greens, mandarin oranges, torti bread, milk

BREAKFAST

Pop Tart, mixed fruit, cereal, yogurt, juice, milk

LUNCH

Chicken Alfredo w/broccoli, tossed salad, salad dressing, sweet peas, applesauce, roll, milk

BREAKFAST

Sausage biscuit, pineapple chunks, jelly, juice, cereal, yogurt, milk

LUNCH

Barbeque sandwich, baked beans, coleslaw, peaches, milk

BREAKFAST

French Toast Stix, fruit cocktail, juice, syrup, cereal, yogurt, milk

LUNCH

Hamburger, lettuce, tomato, black-eyed peas, pears, French fries, ket, mayo, mustard, milk

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100%

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