




SHARON SPRINGS CSD

September, 2017 BREAKFAST & LUNCH MENU

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

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

MENU SUBJECT TO CHANGE

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