

# September 2017

## Northeast Jr High Breakfast & Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know...

The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar.

**LABOR DAY**  
**NO SCHOOL**

4

- Maple Madness Mini Waffles
- Fresh Pineapple Wedge
- Nacho Bites
- Refried Beans
- Salsa
- Vegetable Choices
- Fruit Choices

5

- Frosted Fudge Pop-Tart
- Banana
- Crispito's
- Vegetable Choices
- Fruit Choices

6

- Breakfast Sandwich
- Fresh Berries
- Spicy Chicken Fingers Or
- Chicken Fries
- Dinner Roll
- Mashed Potatoes
- Vegetable Choices
- Fruit Choices

7

- Cinnamon Glazed French Toast Sticks
- Syrup
- Sliced Peaches
- Cheesy Garlic French Bread Pizza
- Marinara sauce
- Vegetable Choices
- Fruit Choices

8

11

- Scone
- Yogurt
- Fresh Pineapple Wedge
- Cheeseburger
- Deli Roasters
- Vegetable Choices
- Fruit Choices

12

- Pancakes
- Syrup
- Strawberries
- Soft Taco
- Refried Beans
- Mexican Rice
- Salsa
- Vegetable Choices
- Fruit Choices

13

- Cherry Frudel
- Banana
- Sloppy Joe
- Vegetable Choices
- Fruit Choices

14

- Cinnamon Roll
- String Cheese Stick
- Orange Slices
- Crispy Chicken Sandwich
- Vegetable Choices
- Fruit Choices

15

- Cinnamon Rush Mini French Toast
- Mixed Fruit
- Bosco Sticks
- Marinara Sauce
- Vegetable Choices
- Fruit Choices

18

- Graham Smacker
- Fresh Strawberries
- Godfathers Pizza
- Vegetable Choices
- Fruit Choices

19

- Apple Cinnamon Smoothie
- Grapes
- Meat & Cheese Nachos
- Salsa
- Vegetable Choices
- Fruit Choices

20

- Frosted Strawberry Pop-Tart
- Banana
- Philly Cheesesteak Sandwich or
- BBQ Rib Sandwich
- Baked Tater Tots
- Vegetable Choices

21

- Chocolate Muffin
- Yogurt
- Orange Slices
- Chicken Nuggets
- Dinner Roll
- Mashed Potatoes
- Vegetable Choices
- Fruit Choices

22

- Mini Cinnamon Rolls
- Sliced Peaches
- Hot Dog
- BBQ Baked Beans
- Vegetable Choices
- Fruit Choices

25

- Maple Glazed French Toast Sticks
- Syrup
- Applesauce
- Mini Corn Dogs (turkey)
- Baked Beans
- Vegetable Choices
- Fruit Choices

26

- Mini Breakfast Pizzas
- Sliced Peaches
- Walking Taco
- Salsa
- Vegetable Choices
- Fruit Choices

27

- Maple Mini Pancakes
- Banana
- BBQ Pulled Pork Sandwich or
- Meatball Sub
- Baked Waffle Fries
- Vegetable Choices
- Fruit Choices

28

- Breakfast Bites
- Syrup
- Pineapple Tidbits
- Teriyaki Chicken
- Fruit & Vegetable Choices
- Sliced Pears
- Vegetable Fried Rice
- Sugar Snap Peas
- Fortune Cookie

29

- Biscuits & Gravy
  - Mandarin Oranges
- 1/2 DAY SCHOOL**  
**NO LUNCHES**

### Breakfast

Our breakfast includes all items listed plus a choice of milk and juice.

### Alternate Breakfast Entrees Offered Daily

- Cereal, Cereal Bars, Yogurt, Cheese Sticks, and Graham Crackers

### Lunch

Our lunch includes:

- All items listed plus a choice of milk.

### Alternate Lunch Entrees Offered Daily

- Deli Sandwiches
- BIG Salads
- Parfaits
- Wraps

### Variety of Fresh Fruit & Vegetables Offered Daily

\*Veggies available with reduced calorie ranch

For a color version of this menu and nutrition information, check out the food service department on the district website:

[www.silvis34.net](http://www.silvis34.net)

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\*Menu subject to change without notice\*