

# September 2017

## George O Barr Elementary 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

Fruit & Vegetable Choices

- Honeydew Wedge
- Refried Beans
- Salsa
- Kiwi

5

- Frosted Fudge Pop-Tart
- Banana

Italian Deli Sandwich  
Sun Chips  
Fruit & Vegetable Choices

- Apple Slices
- Broccoli Florets
- Baby Carrots

6

- Breakfast Sandwich
- Fresh Berries

Chicken Strips  
Dinner Roll  
Fruit & Vegetable Choices

- Mixed Fruit
- Mashed Potatoes
- Chopped Romaine

7

- Strawberry Parfait
- Applesauce
- Scooby Doo Graham Crackers

Calzone  
Fruit & Vegetable Choices

- Fruit Choice
- Vegetable Choices
- Green Beans

1

- Cinnamon Glazed French Toast Sticks
- Syrup
- Sliced Peaches

Galaxy Cheese Pizza  
Fruit & Vegetable Choices

- Fruit Choice
- Vegetable Choices
- Green Beans

8

- Assorted Cereal
- Yogurt
- Fresh Pineapple Wedge

Hamburger  
Fruit & Vegetable Choices

- Apple Slices
- Deli Roasters
- Celery Sticks

11

- Cinnamon Roll
- String Cheese Stick
- Applesauce

Soft Taco  
Fruit & Vegetable Choices

- Orange Slices
- Refried Beans
- Shredded Lettuce
- Diced Tomatoes

12

- Cherry Frudel
- Banana

Sloppy Joe  
Fruit & Vegetable Choices

- Fresh Strawberries
- Carroteenies
- Cucumber Slices

13

- Strawberry Mini Pancakes
- Sliced Pears

Crispy Chicken Sandwich  
Fruit & Vegetable Choices

- Sliced Peaches
- Broccoli Florets
- Corn

14

- Cinnamon Rush Mini French Toast
- Mixed Fruit

Max Sticks  
Marinara Sauce  
Fruit & Vegetable Choices

- Fruit Choice
- Vegetable Choices
- Green Beans

15

- Assorted Cereal
- Colby Jack Cheese Stick
- Fresh Strawberries

BBQ Rib Sandwich  
Fruit & Vegetable Choices

- Fresh Pineapple Wedge
- Chopped Romaine
- Grape Tomatoes
- Mandarin Oranges

18

- Apple Cinnamon Smoothie
- Chocolate Elf Grahams
- Grapes

Meat & Cheese Nachos  
Fruit & Vegetable Choices

- Apple Slices
- Refried Beans
- Salsa

19

- Frosted Strawberry Pop-Tart
- Banana

Philly Cheesesteak Sandwich  
Fruit & Vegetable Choices

- Honeydew Wedge
- Baked Tater Tots
- Pepper Strips

20

- Chocolate Muffin
- Yogurt
- Orange Slices

Chicken Nuggets  
Dinner Roll  
Fruit & Vegetable Choices

- Watermelon Wedge
- Mashed Potatoes

21

- Mini Cinnamon Rolls
- Sliced Peaches

Cheese Pizza  
Fruit & Vegetable Choices

- Fruit Choice
- Vegetable Choices
- Green Beans

22

- Maple Glazed French Toast Sticks
- Syrup
- Applesauce

Mini Corn Dogs (turkey)  
Fruit & Vegetable Choices

- Cantaloupe Wedge
- Baked Beans
- Celery Sticks

25

- Mini Breakfast Pizzas
- Sliced Peaches

Walking Taco  
Fruit & Vegetable Choices

- Apple Slices
- Carroteenies
- Diced Tomatoes

26

- Assorted Cereal
- Bug Bite Graham Crackers
- Banana

Turkey & Cheese Sandwich  
Reduced Fat Doritos  
Fruit & Vegetable Choices

- Fruit Cocktail
- Broccoli Florets
- Corn

27

- Breakfast Bites
- Syrup
- Pineapple Tidbits

Teriyaki Chicken  
Fruit & Vegetable Choices

- Sliced Pears
- Vegetable Fried Rice
- Sugar Snap Peas

28

- Assorted Cereal Bars
- Yogurt
- Mandarin Oranges

½ Day School  
No Lunches

29

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

**Lunch**  
Our lunch includes all items listed plus a choice of milk.

**Fruit & Veggie Choices**  
Students get to choose from a variety of fruits & Veggies!

Fat free ranch offered daily for fresh vegetables.

Did you know that all of our canned fruit is served in 100% fruit juice or in extra light syrup?

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\*