

# September 2023

<p><b>11 Monday</b></p> <p>Breakfast: French toast sticks w/ syrup or assorted cereal</p> <p>Lunch: Spicy chicken patty, broccoli</p> <p>Deli: Ham and cheese sandwich, fresh carrots with ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese,&amp; roll</p>	<p><b>12 Tuesday</b></p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Ham and cheese croissant, French fries, baked beans</p> <p>Deli: Turkey and cheese sandwich, fresh broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, &amp; a roll</p>	<p><b>13 Wednesday</b></p> <p>Breakfast: :Belgium waffle, with sausage links and syrup or assorted cereal</p> <p>Lunch: Shepherds pie (hamburg, corn, hashbrown, cheese), and a roll</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese &amp; a roll</p>	<p><b>14 Thursday</b></p> <p>Breakfast: 2 pancakes w/ sausage &amp; syrup or assorted cereal</p> <p>Lunch: Rotini w/ meatsauce, garlic knot, green beans</p> <p>Deli : Turkey and cheese sandwich, fresh broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons and a roll</p>	<p><b>15 Friday</b></p> <p>Breakfast: Egg, sausage and cheese on an English muffin or assorted cereal</p> <p><b>½ day Professional Development Day</b></p>
<p><b>18 Monday</b></p> <p>Breakfast: French toast Sticks w/ syrup or assorted cereal</p> <p>Lunch: Chicken tenders w/ dipping sauce, corn, and a roll</p> <p>Deli; Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese and a roll</p>	<p><b>19 Tuesday</b></p> <p>Breakfast: Bagel w/ cream cheese or assorted cereal</p> <p>Lunch: Cheeseburger, sweet potato fries, baked beans</p> <p>Deli: Turkey and cheese sandwich, fresh broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, &amp; a roll</p>	<p><b>20 Wednesday</b></p> <p>Breakfast: Belgium waffle, with sausage links and syrup or assorted cereal</p> <p>Lunch: Chicken broccoli alfredo w/ ziti</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken Caesar w romaine mix, croutons parmesan cheese &amp; a roll</p>	<p><b>21 Thursday</b></p> <p><b>Breakfast: 2 pancakes w/ sausage &amp; syrup or assorted cereal</b></p> <p><b>Lunch: Orange chicken, lo mein, veggie egg rolls</b></p> <p><b>Deli: Turkey and cheese sandwich, fresh broccoli, w/ ranch dip</b></p> <p><b>Salad: Grilled chicken, w/ tomato, cucumbers, cheese, croutons and a roll</b></p>	<p><b>22 Friday</b></p> <p>Breakfast: egg, sausage and cheese on an English muffin or assorted cereal</p> <p>Lunch: 2 Cheese sticks w/ marinara sauce, and romaine salad</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, parmesan cheese, croutons and a roll</p>