

# SEPTEMBER 2017

## STAPLES-MOTLEY HIGH SCHOOL & ALC

KEY: B- Breakfast L- Lunch

Milk served with all meals

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5B-Fresh baked cinnamon rolls, 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-Chicken Nuggets, bake beans, fresh carrots, assorted fresh and canned fruit, Sun chips, milk	6B-Cream cheese stuffed Bagel, 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-Lasagna Rollups, Dinner Roll, lettuce salad, Assorted fruit, Milk	7B-Biscuit with jam, scrambled eggs, 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-Sweet and sour Chicken, Rice, Fresh broccoli and carrots, assorted fruit, milk	8B-Pancakes 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk Cheese burger Meatloaf, Dinner roll, mashed potatoes, assorted fruit, milk, 1 WG Cookie
11B-Breakfast round, 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-Sloppy Joe on a Bun, fresh carrots, assorted fresh and canned fruit, goldfish, juice crackers, milk	12B-Breakfast Sandwich, 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-Orange Chicken with rice, fresh broccoli, assorted fruit choices, milk	13B-Donut long johns, 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-Ravioli Bake, Dinner roll, lettuce salad, assorted fruit, milk 1 WG cookie	14B- Breakfast pizza, 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-Turkey & Gravy, Dinner roll, Mashed potatoes, carrots, assorted fruit, milk assorted popped crisps	15B- Strudel Frudel, 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-French Toast Sticks, Turkey Sausage, Spinach salad greens, assorted fruit and milk
18B-Cereal bars, 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-Hamburger on a bun, baked beans, assorted fruit, whole grain cheez-its, milk	19B- Fresh baked cinnamon rolls, 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-Spaghetti, Dinner roll, lettuce salad, assorted fruit and milk	20B- Cream cheese stuffed Bagel, 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-Crunchy Chicken tender wrap, shredded cheese, shredded cabbage with ranch a Boom sauce, fruit, milk, sun chips	21B- Biscuit with jam, scrambled eggs, 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-Meatballs and gravy, Dinner roll, mash potatoes, assorted fruit and milk	22B- Pancakes 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-Wild mikes pizza, lettuce salad, green beans, assorted fruit, milk
25 NO SCHOOL	26B- Breakfast Sandwich, 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-Beef taco in a bag with fixings, baked beans, tortilla with salsa, assorted fresh fruit, milk	27B- Donut long johns 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L- Chicken Nuggets, corn bread muffin, fresh carrots & broccoli, corn, fruit and milk	28B- Breakfast pizza 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L-Corn Dog, cole slaw, baked fries, assorted fruit and milk	29B- Strudel Frudel 1/2 cup fresh or canned fruit, 1/2 fruit juice, milk L- General Tso's chicken with rice, romaine lettuce, red peppers, assorted fruit, milk

Milk Choices offered daily