

			September 1, 2022	September 2, 2022	Panther Notes
Mini-Cinnis Rolls	Pancakes	Egg & Cheese Sandwich	Assorted Muffins, Cheese	Breakfast Quesadilla	<u>Lunch Prices</u>
Alternate Main Dish			Ravioli	Stuffed Crust Pepperoni Pizza	Elementary and Primary \$3.00
Only Elementary			Romaine Salad w/dressing	Green Beans	High and Middle School \$3.25
Hot Dog w/bun			Choice of Fruit	Choice of Fruit	Adult \$4.00
Wow P&J Sandwich			Texas Toast		Milk \$.50
Elementary Chef Salad w/rolls					
September 5, 2022	September 6, 2022	September 7, 2022	September 8, 2022	September 9, 2022	<u>Breakfast Served Daily</u>
Assorted Breakfast Breads	Waffles	Sausage & Cheese Sandwich	Breakfast Donuts	Poptart & Yogurt	<u>in all buildings</u>
No School	Soft Chicken Taco	Hot Dog	Macaroni & Cheese	Cheese Breadstick	Breakfast is Served Everyday with
Labor Day	w/ lettuce/cheese	Seasoned Green Beans	Seasoned Peas	w/marinara sauce	Choice of Fruit
	Refried Beans	Choice of Fruit	Dinner Roll	Seasoned Corn	Juice
	Mexican Rice	Cheez its	Choice of Fruit	Choice of Fruit	Milk
	Sliced Apples & Cinnamon				
September 12, 2022	September 13, 2022	September 14, 2022	September 15, 2022	September 16, 2022	Cereal Bowl and Bug bites
Mini-Cinnis Rolls	Pancakes	Turkey Ham & Cheese	Assorted Muffins, Cheese	Breakfast Quesadilla	Offered Daily as an alternate
"Panther Happy Meal"	Philly Cheese Steak Sandwich	Grilled Cheese Sandwich	Chicken & Noodles	Stuffed Crust Cheese Pizza	*Cherio's, *Honey Nut, Trix
Hamburger	Baked Beans	Curly Fries	Green Beans	Romaine Salad w/dressing	*Fruity Cheerios, Cinn. Toast Crunch
French Fries	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Cocoa Puffs, *Lucky Charms,
Go Gurt Yogurt	Cookie		Cornbread		Mini Wheats Chocolate & Frosted
Apple Slices					* Gluten Free
September 19, 2022	September 20, 2022	September 21, 2022	September 22, 2022	September 23, 2022	
Assorted Breakfast Breads	Waffles	Bacon, Egg & Cheese	Breakfast Donuts	Poptart & Yogurt	Fat Free Chocolate,
Chicken Fingers w/Dinner	French Toast Sticks w/syrup	BBQ Boneless Wings	Popcorn Chicken Bowl	Pepperoni Calzone	1% white milk, skim milk offered every day.
Baked Beans	Sausage Patties	Dinner roll	Mashed Potatoes - Corn	Romaine Salad w/dressing	
Choice of Fruit	Potatoes Starz	Seasoned Green Beans	Choice of Fruit	Choice of Fruit	<u>Featuring Daily Choices of:</u>
	Orange Juice	Fruit	Dinner Roll		Assortment of Fresh Fruit,
					Fruit and Fruit Cups and
September 26, 2022	September 27, 2022	September 28, 2022	September 29, 2022	September 30, 2022	Short Cut Carrots offered every day.
Mini-Cinnis Rolls	Pancakes	Egg & Cheese Sandwich	Assorted Muffins, Cheese	Breakfast Quesadilla	
Mini Corn Dogs	Quesadilla/salsa	Italian Sub Sandwich	Meatballs in Marinara Sauce	Stuffed Crust Pepperoni Pizza	All lunches must include a fruit or vegetable serving.
Waffle Fries w/cheese	Fiesta Beans	Starz Fries	w/ Buttered Noodles	Romaine Salad w/dressing	Students must have a minimum of three components
Choice of Fruit	Choice of Fruit	Choice of Fruit	Seasoned Green Beans	Choice of Fruit	on each tray.
Funnel Fries		Cookie	Choice of Fruit		Substitution of items may be necessary
			Dinner Roll		due to deliveries.
		This Institution is an Equal Opportunity Provider			