Septmber Menu High School

			September 1, 2022	September 2, 2022	Panther Notes
Mini-Cinnis Rolls	Pancakes	Egg & Cheese Sandwich	Assorted Muffins, Cheese Stick	Breakfast Quesadilla	Lunch Prices
Important Menu Update			Ravioli	Chicken Filet Sandwich	Elementary and Primary $3.00
Last minute menu changes			Choice of Additional Main Dish	Choice of Additional Main Dish	High and Middle School $3.25
are occurring frequently and			Romaine Salad	lettuce/onion/pickles/tomatoes	Adult $4.00
are out of our control due to			Choice of Fruit	Black Beans and Corn	Milk $.50
the nationwide food supply			Texas Toast	Choice of Fruit	
chain issues.				Chocolate Chip Cookie	**Additional Main Dishes Offered**
Menus may not reflect these					Fresh Baked Pizza
changes.					Chicken Patty Sandwich
September 5, 2022	September 6, 2022	September 7, 2022	September 8, 2022	September 9, 2022	Panther Sandwiches
Assorted Breakfast Breads	Waffles	Sausage & Cheese Sandwich	Breakfast Donuts	Poptart & Yogurt	Subs and Wraps
No School	Soft Tacos	Boneless Wings/dinner roll	Macaroni & Cheese	Ham & Cheese Croissant	Specialty Salads
Labor Day	lettuce/cheese/Jalapeno/tomatoes	Butter Garlic, BBQ, Hot		lettuce, cheese	Pasta Salad
	Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	Side Salads
	Refried Beans	French Fries	Seasoned Peas	Seasoned Green Beans	Short Cut Carrots
	Mexican Rice	Choice of Fruit	Cornbread	Choice of Fruit	Fruit Salads
	Sliced Apples & Cinnamon		Choice of Fruit	Cheez its	Assortment of Fresh Fruit,
					Fruit and Fruit Cups
					Yogurt
September 12, 2022	September 13, 2022	September 14, 2022	September 15, 2022	September 16, 2022	Offered everyday.
Mini-Cinnis Rolls	Pancakes	Turkey Ham & Cheese Croissant	Assorted Muffins, Cheese Stick	Breakfast Quesadilla	
Chicken Fingers	Philly Cheese Steak Sandwich	Pepperoni Calzone	Chicken & Noodles	Grilled Cheese Sandwich	Condiments available in packets
Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	
Alfredo Pasta	Peppers, Onions, Mushrooms	Romaine Salad	Seasoned Green Beans	w/pickles spears	Breakfast is Served Everyday with
Seasoned Corn	Cheese French Fries	Choice of Fruit	Choice of Fruit	Baked Beans	Choice of Fruit
Choice of Fruit	Choice of Fruit		Pudding w/topping	Choice of Fruit	Juice
w/Dinner Roll	Cookie		Dinner Roll		Milk
					Cereal Bowl and Bug bites
September 19, 2022	September 20, 2022	September 21, 2022	September 22, 2022	September 23, 2022	Offered Daily as an alternate
Assorted Breakfast Breads	Waffles	Bacon, Egg & Cheese Sandwich	Breakfast Donuts	Poptart & Yogurt	*Cherrio's, *Honey Nut, Trix
Deluxe Beef Steak	French Toast Sticks w/syrup	Buffalo Chicken Hot Bites	Popcorn Chicken Bowl	Pineapple Teriyaki Meatballs	*Fruity Cheerios, Cinn. Toast Crunch
Double Cheeseburger				w/rice	Cocoa Puffs, *Lucky Charms,
Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	Mini Wheats Chocolate & Frosted
lettuce/onion/pickles/tomatoes	Sausage Patties	w/bread - Ranch Dressing	Mashed Potatoes - Corn	Broccoli	* Gluten Free
Baked Beans	Potatoes Starz	Seasoned Green Beans	Choice of Fruit	Choice of Fruit	
Choice of Fruit	Orange Juice	Choice of Fruit	Dinner Roll	Dinner Roll	
Baked Chips				Cookie	Fat Free Chocolate,
					1% white milk, skim milk offered every day.
September 26, 2022	September 27, 2022	September 28, 2022	September 29, 2022	September 30, 2022	
Mini-Cinnis Rolls	Pancakes	Egg & Cheese Sandwich	Assorted Muffins, Cheese Stick	Breakfast Quesadilla	
Mini Corn Dogs	Grilled Chicken	Cheese Quesadilla/salsa	Meatballs in Marinara Sauce	Italian Sub Sandwich	All lunches must include a fruit or vegetable serving.
Choice of Additional Main Dish	Cheese,Bacon Sandwich	Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	Students must have a minimum of three components
Waffle Fries w/cheese	lettuce, tomatoes, pickles, cheese	Romaine Salad	w/ Buttered Noodles	Starz Fries	on each tray.
Choice of Fruit	Choice of Additional Main Dish	Choice of Fruit	Seasoned Green Beans	Choice of Fruit	
Funnel Fries	Calico Beans		Choice of Fruit	Cookie	Substitution of items may be necessary
	Choice of Fruit		Breadstick		due to deliveries.