

September

Vandalia Jr. High



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	Muffin/Cereal, Juice, Apple, Milk 4	Cereal/Toast, Juice, Banana, Milk 5	Saus.Gravy/ Biscuit,Juice,Grapes,Milk 6	Flapstix, Juice, Applesauce Cup, Milk 7
NO SCHOOL LABOR DAY	Breaded Chicken Patty on Bun Potato Rounds Sliced Tomato & Lettuce Tossed Salad Sliced Peaches Milk	Pizza Crunchers / Marinara Sauce Caesar Salad Italian Blend Vegetables Cantaloupe Cheese Puffs Milk	Manwich on Bun Seasoned Fries Fresh Baby Carrots Tossed Salad Fresh Strawberries Milk	Chicken Tenders Baby Baked Potatoes Fresh Broccoli Florets Tossed Salad Fruit Salad Bread Slice / Milk
Breakfast Break, Juice, Apple, Milk 10	Cinni Minis/Cereal,Juice,Orange,Milk 11	Cereal / Toast, Juice, Banana, Milk 12	Chs.Omelet/Toast,Juice,Bluberries,Milk 13	French Toast,Juice,Applesauce Cup,Milk 14
Hot Dog on Bun Nachos w/Cheese Baked Beans Tossed Salad Mixed Fruit Milk	Bar-B-Que Pork on Bun Oven Brown Potatoes Tossed Salad Red Pepper Strips Peach Half Milk	Pizza Hut Pepperoni Pizza Combination Salad Corn Strawberry Shortcake Milk	Cheeseburger on Bun Oven Fries Tossed Salad Sliced Tomato & Lettuce Orange Wedges Milk	Orange Chicken Stir Fry on Rice Pilaf Tossed Salad Glazed Carrots Fresh Grapes / Fortune Cookie Cheese Bites / Milk
Poptarts, Juice, Apple, Milk 17	Pancakes, Juice, Orange, Milk 18	Cereal/Toast, Juice, Banana, Milk 19	Sausage Biscuit, Juice, Grapes, Milk 20	PB&J Sand, Juice, Applesauce Cup 21
Spaghetti w/Meat Sauce Caesar Salad Seasoned Peas Applesauce Cheese Breadstick Milk	Taco Quesadilla Salsa / Black Beans Pineapple Slices Tossed Salad Fruit Juice Bar Milk	Cheese Pizza Romaine/Leaf Lettuce Salad Corn Pear Half Puff Pastry Dessert Milk	Breaded Boneless Chicken Wings Potato Wedges Tossed Salad Cherry Tomatoes Peach Slices Milk	Grilled Cheese Sandwich Combination Salad Fresh Carrots, Cauliflower Broccoli, Cucumbers & Dip Fruit Salad Milk
Muffin/Cereal, Juice, Apple, Milk 24	Waffles, Juice, Orange, Milk 25	Cereal/Toast, Juice, Banana, Milk 26	Saus.Gravy/Biscuit,Juice,Bluberries,Milk 27	Cereal/Toast,Juice,Applesauce Cup,Milk 28
Cheeseburger on Bun Oven Fries Tossed Salad Sliced Tomatoes & Lettuce Mandarin Oranges Milk	Beef & Noodles Mashed Potatoes Green Beans Peach Half Dinner Roll Milk	Hot Dog on Bun Nachos w/ Cheese Baked Beans Tossed Salad Mixed Fruit Milk	Breaded Chicken Patty on Bun Baby Baked Potatoes Catalina Style Vegetables Tossed Salad Watermelon Yogurt Cup / Milk	Swedish Meatballs Potato Salad Fresh Carrots,Broccoli,Cucumber & Dip Tossed Salad Sliced Pears Cheese Bites / Milk