

# SEPTEMBER 2017

Gasconade C4

This institution is an equal opportunity provider

Monday

Tuesday

Wednesday

Thursday

Friday

No School

4

Honey nut chex cereal  
Bar applesauce cup or juice

5

Oatmeal with cinnamon  
Toast, fresh fruit, or raisins

6

Breakfast bagel,  
Fruit cup or mixed fruit

7

No school

1

Spaghetti, green beans, garlic  
bread, jello w fruit

Chicken tenders, creamy rice,  
broccoli, fresh veggie,  
sugared cherries

Chicken chili, cornbread &  
butter, fresh veggie, cheese,  
slush cup

Grandparents Day  
Scrambled eggs and  
sausage, muffin, applesauce  
or juice  
Cheeseburger, French fries,  
fruit salad

8

Cereal choice, pop tart  
Applesauce or juice

11

Pancake, sausage,  
Choice of fruit

12

Biscuits & gravy,  
Fresh fruit or pears

13

Breakfast pizza,  
Fruit cup or fresh fruit

14

Sausage patty,  
Muffin, applesauce cup or  
juice  
BBQ turkey on bun, fresh  
veggie, French fries, fruit  
salad

15

Chicken nuggets, potato  
smiles, fresh veggie, peaches  
cookie

Chicken taco, lettuce &  
tomato refried beans, tortilla  
chips, Vicky fruit salad

Fish sticks, mac-n-cheese,  
spinach, fresh veggie,  
Berries on a cloud

Sweet & sour chicken  
Fried rice, carrots, fresh fruit,  
fortune cookie

Fruit loops, cereal bar,  
applesauce cup or juice

18

French toast sticks,  
choice of fruit

19

Oatmeal, cinnamon  
Toast, fresh fruit or raisins

20

Ham & cheese  
Breakfast bar, fruit cup or  
peaches, graham bites

21

Sausage & biscuit  
With jelly,  
Applesauce cup or juice  
Fish sandwich, tomato slice,  
coleslaw, sweet potato fries,  
Fruit salad

22

Pizza, salad & tomato, fresh  
fruit, cookie

Hammy mac-n-cheese,  
Peas & carrots,  
Jello with fruit

Chicken fajita, rice & beans,  
corn, cherry crisp

Chili, crackers, cheese, fresh  
veggie, slush cup

Honey nut scooters,  
Cereal bar, applesauce cup  
or juice

25

Pancake, sausage,  
Choice of fruit

26

Biscuit & gravy  
Fresh fruit or mixed fruit

27

Donut, yogurt,  
Fruit cup or apricots

28

Egg & cheese omelet  
Muffin, applesauce cup or  
juice

29

Quesadilla, with salsa, fresh  
veggie, mixed fruit, cookie

Beef & noodles, green beans,  
bread & butter  
Sunshine salad

Ham & sweet potatoes,  
bread, peas, banana pudding

Mini pizza with dunking  
sauce, salad, fresh veggie,  
fresh fruit

Hot dog, French fries, 3bean  
salad, fruit salad

Choice of Fat Free or Low fat white milk with each meal

STOP