

## SEPTEMBER 2019 DORCHESTER COUNTY BREAKFAST & LUNCH SPECIALS (ALL SCHOOLS)

*This institution is an equal opportunity provider. Menus are subject to change.*

<p style="text-align: center;"><b>Monday, September 2</b></p> <p style="text-align: center;"><b>SCHOOLS CLOSED LABOR DAY</b></p>	<p style="text-align: center;"><b>Tuesday, September 3</b></p> <p style="text-align: center;"><b><u>Breakfast</u></b> Fruit Juice Fruit Whole Grain Mini Chocolate Donuts</p> <p style="text-align: center;"><b><u>Lunch</u></b> Whole Grain Chicken Tenders with Whole Grain Roll or Ham &amp; Cheese Sandwich on Whole Grain Bread Potato Gems</p>	<p style="text-align: center;"><b>Wednesday, September 4</b></p> <p style="text-align: center;"><b><u>Breakfast</u></b> Banana Breakfast Breaks (Cereal, Crackers &amp; Juice)</p> <p style="text-align: center;"><b><u>Lunch</u></b> Max Sticks with Marinara Sauce or Ham &amp; Cheese Sandwich on Whole Grain Bread Green Beans</p>	<p style="text-align: center;"><b>Thursday, September 5</b></p> <p style="text-align: center;"><b><u>Breakfast</u></b> Fruit Juice Fruit Bagel Cream Cheese, Jelly or Margarine</p> <p style="text-align: center;"><b><u>Lunch</u></b> Sweet &amp; Sour Chicken Over Rice or Ham &amp; Cheese Sandwich on Whole Grain Bread Broccoli Sidekicks</p>	<p style="text-align: center;"><b>Friday, September 6</b></p> <p style="text-align: center;"><b><u>Breakfast</u></b> Fruit Juice Fruit Pop Tart</p> <p style="text-align: center;"><b><u>Lunch</u></b> Mickey's Pizza with Whole Grain Crust or Ham &amp; Cheese Sandwich on Whole Grain Bread Oven Baked Fries</p>
<p style="text-align: center;"><b>Monday, September 9</b></p> <p style="text-align: center;"><b><u>Breakfast</u></b> Fruit Juice Fruit Whole Grain Mini Powdered Donuts</p> <p style="text-align: center;"><b><u>Lunch</u></b> (E/M) Whole Grain Chicken Nuggets (E/M/H) Sriracha Chicken Wings Whole Grain Roll or Cheeseburger on Whole Grain Bun Oven Baked Fries</p>	<p style="text-align: center;"><b>Tuesday, September 10</b></p> <p style="text-align: center;"><b><u>Breakfast</u></b> Fruit Juice Fruit Breakfast Pizza with Whole Grain Crust</p> <p style="text-align: center;"><b><u>Lunch</u></b> Taco Boat with Top N Go Tortilla Chips or Cheeseburger on Whole Grain Bun Mixed Vegetables</p>	<p style="text-align: center;"><b>Wednesday, September 11</b></p> <p style="text-align: center;"><b><u>Breakfast</u></b> Banana Breakfast Breaks (Cereal, Crackers &amp; Juice)</p> <p style="text-align: center;"><b><u>Lunch</u></b> Mozzarella Sticks with Marinara Sauce or Cheeseburger on Whole Grain Bun Potato Gems</p>	<p style="text-align: center;"><b>Thursday, September 12</b></p> <p style="text-align: center;"><b><u>Breakfast</u></b> Fruit Juice Fruit Blueberry Bagel Cream Cheese, Jelly or Margarine</p> <p style="text-align: center;"><b><u>Lunch</u></b> Spaghetti with Meat Sauce Breadstick or Cheeseburger on Whole Grain Bun Peas Sidekicks</p>	<p style="text-align: center;"><b>Friday, September 13</b></p> <p style="text-align: center;"><b><u>Breakfast</u></b> Fruit Juice Fruit Sausage Pancake Sandwich</p> <p style="text-align: center;"><b><u>Lunch</u></b> Stuffed Crust Pizza with Whole Grain Crust or Cheeseburger on Whole Grain Bun Oven Baked Fries</p>

<p><b>Monday, September 16</b>  <u><b>Breakfast</b></u>  Fruit Juice  Fruit  Whole Grain Mini  Chocolate Donuts  <u><b>Lunch</b></u>  Whole Grain Chicken Tenders  with Whole Grain Roll  or  Grilled Cheese Sandwich  on Whole Grain Bread  Potato Gems</p>	<p><b>Tuesday, September 17</b>  <u><b>Breakfast</b></u>  Fruit Juice  Fruit  Pancake Wrapped Sausage  <u><b>Lunch</b></u>  Sloppy Joe on Whole  Grain Bun  or  Grilled Cheese Sandwich  on Whole Grain Bread  Green Beans</p>	<p><b>Wednesday, September 18</b>  <u><b>Breakfast</b></u>  Banana  Breakfast Breaks  (Cereal, Crackers &amp; Juice)  <u><b>Lunch</b></u>  Cheese Rippers with  Marinara Sauce  or  Grilled Cheese Sandwich  on Whole Grain Bread  Broccoli</p>	<p><b>Thursday, September 19</b>  <u><b>Breakfast</b></u>  Fruit Juice  Fruit  Bagel  Cream Cheese, Jelly or  Margarine  <u><b>Lunch</b></u>  Oven Baked Chicken  with Whole Grain Biscuit  or  Grilled Cheese Sandwich  on Whole Grain Bread  Mashed Potatoes  Sidekicks</p>	<p><b>Friday, September 20</b>  <u><b>Breakfast</b></u>  Fruit Juice  Fruit  Whole Grain Breakfast Bun  <u><b>Lunch</b></u>  Mickey's Pizza with  Whole Grain Crust  or  Grilled Cheese Sandwich  on Whole Grain Bread  Oven Baked Fries</p>
<p><b>Monday, September 23</b>  <u><b>Breakfast</b></u>  Fruit Juice  Fruit  Whole Grain Mini  Powdered Donut  <u><b>Lunch</b></u>  (E/M) Whole Grain Chicken  Nuggets  (E/M/H) Sriracha Chicken  Wings  Whole Grain Roll  or  Caesar Salad with Chicken  Oven Baked Fries</p>	<p><b>Tuesday, September 24</b>  <u><b>Breakfast</b></u>  Fruit Juice  Fruit  Breakfast Pizza with  Whole Grain Crust  <u><b>Lunch</b></u>  Sausage, Egg &amp; Cheese  on Whole Grain Bun  or  Caesar Salad with Chicken  Mixed Vegetable</p>	<p><b>Wednesday, September 25</b>  <u><b>Breakfast</b></u>  Banana  Breakfast Breaks  (Cereal, Crackers &amp; Juice)  <u><b>Lunch</b></u>  Ham &amp; Cheese Rippers  or  Caesar Salad with Chicken  Peas</p>	<p><b>Thursday, September 26</b>  <u><b>Breakfast</b></u>  Fruit Juice  Fruit  Blueberry Bagel  Cream Cheese, Jelly or  Margarine  <u><b>Lunch</b></u>  Breaded Chicken Patty on  Whole Grain Bun  or  Caesar Salad with Chicken  Potato Gems  Sidekicks</p>	<p><b>Friday, September 27</b>  <u><b>Lunch</b></u>  Fruit Juice  Fruit  Whole Grain Cinnamon Roll  <u><b>Lunch</b></u>  Stuffed Crust Pizza with  Whole Grain Crust  or  Caesar Salad with Chicken  Fresh Vegetable</p>
<p><b>Monday, September 30</b>  <u><b>Breakfast</b></u>  Fruit Juice  Fruit  Whole Grain Mini  Chocolate Donut  <u><b>Lunch</b></u>  Whole Grain Chicken  Tenders with Whole  Grain Roll  or  Ham &amp; Cheese Sandwich  on Whole Grain Bread  Potato Gems</p>	<p><b>Choice of milk  served with all  complete meals:</b></p> <p><i><b>Flavored or  unflavored  Lowfat  or  nonfat  milk</b></i></p>	<p><b>Available Daily</b>  <u><b>As Alternate Choice Breakfast Entrée for High Schools</b></u>  Pop Tart or Cereal  <u><b>As a Third Lunch Entrée Choice</b></u></p> <p><u><b>Elementary &amp; Middle Schools</b></u>  Welch's Peanut Butter &amp; Jelly with Choice of String Cheese and or Graham Crackers.  <u><b>High Schools</b></u>  Welch's Peanut Butter &amp; Jelly or Mickey's Pizza with Whole Grain Crust.</p> <p><i><b>Fresh Fruit, Vegetables &amp; Hummus Available Daily</b></i></p>		

