

SEPTEMBER MENU



		<p>1 Breakfast: Cereal OR French Toast, Yogurt, Fruit</p> <p>Lunch: Sub Sandwich (Lettuce, Tomato, Onion), Peaches, Chips</p>	<p>2 Breakfast: Cereal OR Pancake on a Stick, Fruit</p> <p>Lunch: Sloppy Joe/Bun, Broccoli, Pineapple</p>	<p>3 Breakfast: Cereal OR Biscuits/Gravy, Fruit</p> <p>Lunch: Pizza, Green Beans, Mandarin Oranges</p>
<p>6 NO SCHOOL LABOR DAY</p>	<p>7 Breakfast: Cereal OR English Muffin, Sausage Patty, Fruit</p> <p>Lunch: Popcorn Chicken, Mashed Potatoes, Corn, Peaches, Bread/Butter</p>	<p>8 Breakfast: Cereal OR Muffin, Pop Tart, Fruit</p> <p>Lunch: BBQ Pork/Bun, Baked Beans, Applesauce, Chips</p>	<p>9 Breakfast: Cereal OR Cinnamon Roll, Fruit</p> <p>Lunch: Cheese Quesadilla, Peas, Pears</p>	<p>10 Breakfast: Cereal OR Breakfast Pizza, Fruit</p> <p>Lunch: Shrimp, Carrots, Mandarin Oranges</p>
<p>13 Breakfast: Cereal OR Mini Pancake, Fruit</p> <p>Lunch: BBQ Rib Shape/Bun, Baked Beans, Mandarin Oranges</p>	<p>14 Breakfast: Cereal OR Omelet, Toast, Fruit</p> <p>Lunch: Chicken Fajitas w/Fixings, Broccoli, Applesauce</p>	<p>15 Breakfast: Cereal OR French Toast, Yogurt, Fruit</p> <p>Lunch: Spaghetti/Meat Sauce, Garlic Toast, Peas, Pears</p>	<p>16 Breakfast: Cereal OR Pancake on a Stick, Fruit</p> <p>Lunch: Crispito, Mexican Rice, Carrots, Pineapple</p>	<p>17 Breakfast: Cereal OR Biscuits/Gravy, Fruit</p> <p>Lunch: Chicken Patty/Bun, Green Beans, Peaches</p>
<p>20 Breakfast: Cereal OR Donut, Granola Bar, Fruit</p> <p>Lunch: Hamburger/Bun, Carrots, Applesauce</p>	<p>21 Breakfast: Cereal OR English Muffin, Sausage Patty, Fruit</p> <p>Lunch: Ham & Cheese/Bun, Green Beans, Pears</p>	<p>22 Breakfast: Cereal OR Muffin, PopTart, Fruit</p> <p>Lunch: Walking Taco w/Fixings, Refried Beans, Peaches</p>	<p>23 Breakfast: Cereal OR Cinnamon Roll, Fruit</p> <p>Lunch: Chicken Gravy over Mashed Potatoes, Corn, Mandarin Oranges, Bread/Butter</p>	<p>24 Breakfast: Cereal OR Breakfast Pizza, Fruit</p> <p>Lunch: Grilled Cheese Sandwich, Broccoli, Pineapple</p>
<p>27 Breakfast: Cereal OR Mini Pancakes, Fruit</p> <p>Lunch: Chicken Nuggets, Mashed Potatoes, Carrots, Pears</p>	<p>28 Breakfast: Cereal OR Omelet, Toast, Fruit</p> <p>Lunch: Cheesy Chicken Burrito, Mexican Rice, Pineapple</p>	<p>29 Breakfast: Cereal OR French Toast, Yogurt, Fruit</p> <p>Lunch: Corndog, Broccoli, Mandarin Oranges</p>	<p>30 Breakfast: Cereal OR Pancake on a Stick, Fruit</p> <p>Lunch: Pork Tenderloin/Bun, Baked Beans, Applesauce</p>	<p>Menu Subject to Change *Milk or Juice Served with Breakfast *Milk served with lunch **Salads offered daily to 6th - 12th grade</p>

IOWA NONDISCRIMINATION STATEMENT: It is the policy of West Fork CSD that Educational institutions (which include all preschools, elementary and secondary schools, community colleges, AEAs, and colleges and universities) in Iowa shall not discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, religion, or disability in any program, activity, or employment.