

Breakfast Served:
8:00 a.m. at **BOTH**
Elementary and
Jr-Sr High School

SIGOURNEY COMMUNITY SCHOOLS

Breakfast and Lunch Menu ** AUGUST 2011

SCSD is an equal opportunity
provider and employer.
*Menu is subject to change
without notice.*

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereal is a breakfast alternative. Milk choices are offered with breakfast and lunch. 100% juice or fruit is offered with breakfast.			August 24 Ass't Cereal Cinn. Toast ----- Hamburgers on WG Bun, Tossed Salad, Green Beans, Chilled Pears	August 25 Long John ----- Hot Ham, WG Bun, Cottage Cheese, Peas, Pineapple	August 26 Cheese Omelet, Wh. Toast ----- Chicken Nuggets, Whipped Potatoes, Corn, Watermelon, Butter San.
Salad is offered as an alternative for grades 5-12.	August 29 Mini Pancakes, Applesauce ----- Rib Patty, WG Bun, Vegetable Mix, Applesauce, Sherbet	August 30 Scrambled Eggs & Ham, Wheat Toast ----- Hot Dog on Bun, Mac & Cheese, Green Beans, Apple Half	August 31 French Toast, Little Smokies ----- Walking (Tray) Taco, (lettuce & cheese) Corn, Chilled Peaches, Cinnamon WG Bread Stix	September 1 Yogurt, Donut Holes ----- Meatball Sub, WG Rice Pilaf, Tossed Salad, Grapes	September 2 Cooks Choice ----- Deli Ham & Cheese Sub, Pickle, WG Fritos, Carrots & Dip, Banana
					Note: WG indicates a healthy whole grain food.