

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

SIGOURNEY COMMUNITY SCHOOLS

Breakfast and Lunch Menu - SEPTEMBER 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.	Note: WG Indicates a healthy whole grain food.			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
Salad is offered as an alternative for grades 5-12. Alternative Lunch: Hamburger on WG Bun	September 5 NO SCHOOL	September 6 Long John ----- French Toast Stix, Little Smokies, Hash Browns, Mixed Fruit	September 7 Egg & Ham Wraps ----- Pork Fritter, WG Bun, Whipped Potatoes, Corn, Fresh Oranges	September 8 Breakfast on a Stick ----- Chicken Fajita on WG Tortilla, Tossed Salad, Chilled Peaches, WW Cookie, PB or Butter Sand.	September 9 Yogurt Parfait, Donut Holes ----- Beef Burger on WG Bun, Green Beans, Baked Apples, Rice Krispie Bar
Alternative Lunch: Toasted Cheese Sandwich	September 12 Breakfast Pizza ----- Corn Dog, Baby Carrots & Dip, Fresh Melon, Animal Crackers	September 13 Egg Biscuit ----- Ravioli, Romaine Tossed Salad, Chilled Pears, French Bread	September 14 Breakfast Bar, WW Toast ----- Cheeseburger, WG Bun, Oven French Fries, Fruit, Pudding	September 15 Fr. Toast Stix, Lil Smokies ----- Pizza (Cheese or Pepperoni), Corn, Applesauce, WG Oatmeal Cookie	September 16 Ass't Cereal, Banana ----- Steak Nuggets, Whipped Potatoes, Gravy, Fruit Salad, WW Roll
Alternative Lunch: Hot Ham on WG Bun	September 19 Long John ----- Pigs in a Blanket, Corn, Baked Beans, Fresh Fruit	September 20 Yogurt Parfait, Donut Holes ----- Chicken Patty, WG Bun, Rice Pilaf, Broccoli & Cheese Sauce, Mandarin Oranges	September 21 Breakfast Pizza ----- Tacos, (lettuce, cheese, tomatoes) Refried Beans, Chilled Peaches, Cinnamon WG Bread Stix	September 22 NO SCHOOL	September 23 Eggs & Potatoes ----- Cooks Choice, Tossed Salad, Cottage Cheese, Pineapple
Alternative Lunch: Lunch Meat Sandwich	September 26 Sausage Biscuit ----- Popcorn Chicken, Mac & Cheese, Peas, Applesauce, Blueberry Muffin	September 27 Breakfast on a Stix ----- Cooks Choice	September 28 Cooks Choice ----- Chicken Strips, Whipped Potatoes, Blushing Pears, Cinnamon Rolls	September 29 Yogurt & Cinnamon Roll ----- Chburg Macaroni, Tossed Salad, Fruited Jell-O, WG Bread Stix	September 30 Ass't Cereal or Oatmeal, WW Toast ----- Toasted Cheese Sandwich, Carrot & Celery Stix w/dip, Banana, Yogurt