



Student Nutrition

BPS & EMS MENU

September 22-23

Offered every day: Low-fat white milk, fat-free chocolate milk & 100% fruit juice

Every day Breakfast Choices:

Menued Item or Poptarts

Every day lunch choices:

Menued Item or Sunbutter Sandwich

Salad Bar is Back!
Fill your tray with a seasonal rainbow of dark green, red and orange, beans and peas, starchy, and other vegetables as well as an array of fresh and canned fruits offered daily!

Free meals for all!
One breakfast and one lunch per student per school day

Meal Prices For **Second** Meal
Breakfast: TK-12th grade - \$1.75 (Adults: \$3.75)
Lunch: TK-12th Grade - \$2.85 (Adults: \$4.75)

NOTE: Due to food supply shortages, the menu is subject to change without notice. This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<i>Pizza Bagel</i>	<i>French Toast Sticks & Bacon Strips</i>
			Pulled Pork Sandwich with BBQ Sauce	Red Hawk Bowl (mashed potato, popcorn chicken, gravy) dinner roll
5	6	7	8	9
No School	<i>Buttermilk Bar</i>	<i>Eggstravaganza and biscuit</i>	<i>Breakfast Burrito</i>	<i>Eggoji waffle and Hashbrown</i>
<i>Labor Day</i>	Cheeseburger and Fries	Sub Sandwich (deli meat and cheese) with chips	Bean and Cheese burrito with spanish rice	Tony's Pizza Square and Cookie
12	13	14	15	16
<i>Cereal</i>	<i>Chocolate chocolate chip muffin top</i>	<i>Biscuit and Sausage with hashbrown</i>	<i>Breakfast Scramble Pizza</i>	<i>Fresh baked scone and a cheesestick</i>
Macaroni and Cheese	Hot Dog and Potatoes	Fajita Chicken, Tortilla with rice	Mozzarella Stuffed Bread Sticks & marinara sauce	Red Hawk Bowl (mashed potato, popcorn chicken, gravy) roll
19	20	21	22	23
<i>Pancake Sausage Stick</i>	<i>Donuts</i>	<i>Cheese Omelet and honey wheat biscuit</i>	<i>Biscuit and sausage gravy</i>	<i>Mini Strawberry Bagel with hashbrown</i>
Bacon burger and chips	Chicken drumstick and potato salad	Fiesta Wrap (diced chicken, cheese, black beans, corn & ranch)	Turkey meat and cheese nachos	Pepperoni French Bread Pizza
26	27	28	29	30
<i>Cereal</i>	<i>Bagel with cream cheese</i>	<i>Strawberry yogurt and granola</i>	<i>Sausage & Cheese Breakfast Pizza</i>	<i>Cooks Choice (selection of different items)</i>
Chicken Nuggets, cracker	Sloppy Joe and fries	Mandarin Orange Chicken and 'Fried' Rice	Pork and pinto beans tostada	Cooks Choice (selection of different items)