

Menus

School: Livingston County R-3

Academic Year: 2020-21

Meal: All

Month: September 2020

September				
M	Tu	W	Th	F
31 Breakfast: Breakfast burrito, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, whole grain bread & butter, fruit, milk	1 Breakfast: Whole grain biscuit, sausage patty, fruit, juice, milk Lunch: Turkey & cheese on whole wheat bread, baked chips, raw baby carrots, celery sticks, fruit, milk	2 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: BBQ pork ribette, au gratin potatoes, green beans, whole grain bread & butter, fruit, milk	3 Breakfast: Bacon & egg scramble, whole wheat toast, fruit, juice, milk Lunch: Corn dog, mashed potatoes, carrots, fruit, milk	4 Breakfast: Whole grain waffles, reduced calorie syrup, fruit, juice, milk Lunch: Walking tacos w/shredded cheese & lettuce, refried beans, fruit, milk
7	8 Breakfast: Whole grain pancakes, reduced calorie syrup, fruit, juice, milk Lunch: Roasted chicken patty, mashed potatoes & gravy, carrots, whole wheat bread & butter, fruit, milk	9 Breakfast: Biscuit, sausage gravy, fruit, juice, milk Lunch: Spaghetti w/meat sauce, tossed Romaine salad w/low-fat Ranch, whole wheat bread & butter, fruit, milk	10 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Turkey & cheese roll-ups, celery sticks, raw baby carrots, baked chips, fruit, milk	11 Breakfast: Whole grain French toast, syrup, fruit, juice, milk Lunch: Hot dog on whole wheat bun, pork & beans, french fries, fruit, milk
14 Breakfast: Whole grain breakfast bites, syrup, fruit, juice, milk Lunch: Whole wheat chicken patty, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	15 Breakfast: Biscuit, sausage patty, fruit, juice, milk Lunch: Whole grain fish wedge, french fries, peas, whole wheat bread & butter, fruit, milk	16 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Lasagna, tossed Romaine salad, w/low-fat Ranch, green beans, whole wheat bread & butter, fruit, milk	17 Breakfast: Bacon & egg scramble, whole wheat toast, fruit, juice, milk Lunch: Beef & bean burrito, refried beans, whole kernel corn, fruit, milk	18 Breakfast: Whole grain pancakes, syrup, fruit, juice, milk Lunch: BBQ pork ribette, au gratin potatoes, carrots, whole wheat bread & butter, fruit, milk
21 Breakfast: Whole grain waffle, syrup, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, fruit, milk	22 Breakfast: Biscuit, breakfast chicken patty, fruit, juice, milk Lunch: Turkey 7 cheese on whole wheat bread, baked chips, raw baby carrots, celery sticks, fruit, milk	23 Breakfast: Whole grain berry colossal, whole wheat toast, fruit, juice, milk Lunch: Pepperoni pizza, tossed Romaine salad w/low-fat whole kernel corn Ranch, fruit, milk	24 Breakfast: Cheese omelet, whole wheat toast, fruit, juice, milk Lunch: Hot ham 7 cheese on whole wheat bun, french fries, peas, fruit, milk	25 Breakfast: Strawberry Pop-Tart, Go-gurt, fruit, juice, milk Lunch: Walking tacos, shredded cheese & lettuce, refried beans, fruit, milk
28 Breakfast: Whole grain French toast, syrup, fruit, juice, milk Lunch: Roasted chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, fruit, milk	29 Breakfast: Biscuit, sausage patty, fruit, juice, milk Lunch: BBQ pork ribette, au gratin potatoes, whole kernel corn, whole wheat bread & butter, fruit, milk	30 Breakfast: Breakfast burrito, fruit, juice, milk Lunch: Corn dog, mashed potatoes, green beans, fruit, milk	1 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Turkey & ham sub, baked chips, raw baby carrots, fruit, milk	2 Breakfast: Whole grain pancakes, syrup, fruit, juice, milk Lunch: Hamburger patty on whole wheat bun, french fries, baked beans, fruit, milk

This institution is an equal opportunity provider