

Menus

School: Livingston County R-3

Academic Year: 2019-20

Meal: All

Month: September 2019

September				
M	Tu	W	Th	F
2	3 Breakfast: Breakfast burrito, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	4 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Beef & bean burrito, refried beans, whole kernel corn, fruit, milk	5 Breakfast: Whole grain waffles, reduced calorie syrup, fruit, juice, milk Lunch: Hot ham & cheese on whole wheat bun, potato wedges, carrots, fruit, milk	6 Breakfast: Whole grain biscuit, breakfast chicken patty, fruit, juice, milk Lunch: Whole grain pepperoni pizza, tossed Romaine salad w/low-fat Ranch, green beans, fruit, milk
9 Breakfast: Whole grain biscuit, sausage patty, fruit, juice, milk Lunch: Hot dog on whole wheat bun, french fries, baked beans, fruit, milk	10 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: BBQ pork ribette, au gratin potatoes, peas, whole wheat bread & butter, fruit, milk	11 Breakfast: Whole grain Breakfast Bites, reduced calorie syrup, fruit, juice, milk Lunch: Lasagna roll-up, tossed Romaine salad w/low-fat Ranch, green beans, whole wheat breadstick, fruit, milk	12 Breakfast: Scrambled eggs, whole wheat toast, fruit, juice, milk Lunch: Whole grain chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, fruit, milk	13 Breakfast: Whole grain pancakes, reduced calorie syrup, fruit, juice, milk Lunch: Turkey & cheese roll-ups, baked chips, raw baby carrots, celery sticks, fruit, milk
16 Breakfast: Whole grain waffles, reduced calorie syrup, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	17 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Mac & cheese, cole slaw, peas, whole wheat bread & butter, fruit, milk	18 Breakfast: Whole grain biscuit, sausage gravy, fruit, juice, milk Lunch: Whole grain fish wedge au gratin potatoes, green beans, whole wheat bread & butter, fruit, milk	19 Breakfast: Cheese omelet, whole wheat toast, fruit, juice, milk Lunch: Turkey slice, mashed potatoes & gravy, carrots, whole wheat bread & butter, fruit, milk	20 Breakfast: Pop Tart, Go-Gurt, fruit, juice, milk Lunch: Ham & patty on whole wheat bun, potato wedges, baked beans, fruit, milk
23 Breakfast: Whole grain French toast, reduced calorie syrup, fruit, juice, milk Lunch: Whole grain chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, fruit, milk	24 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: BBQ pork ribette, au gratin potatoes, green beans, whole wheat bread & butter, fruit, milk	25 Breakfast: Breakfast pizza, fruit, juice, milk Lunch: Whole grain spaghetti w/meat sauce, tossed Romaine salad w/low-fat Ranch, whole kernel corn, whole wheat breadstick, fruit, milk	26 Breakfast: Whole grain biscuit, breakfast chicken patty, fruit, juice, milk Lunch: Corn dog, potato wedges, carrots, fruit, milk	27 Breakfast: Whole grain Breakfast Bites, reduced calorie syrup, fruit, juice, milk Lunch: Walking tacos w/shredded cheese & lettuce, refried beans, fruit, milk
30 Breakfast: Whole grain biscuit, sausage patty, fruit, juice Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	1 Breakfast: Whole grain cereal, wheat toast, fruit, juice Lunch: Pepperoni pizza, tossed Romaine salad w/low-fat Ranch dressing, green beans, fruit, milk	2 Breakfast: Whole grain cereal bar, Go-gurt, fruit, juice Lunch: Beef & bean burrito, refried beans, whole kernel corn, fruit, milk	3 Breakfast: Whole grain pancakes, syrup, fruit, juice Lunch: Ham & cheese on whole wheat bread, baked chips, celery sticks, raw baby carrots, fruit, milk	4 Breakfast: Whole grain breakfast burrito, fruit, juice Lunch: Sloppy Joe on whole wheat bun, potato wedges, carrots, fruit, milk

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