

Sayre Public School

September Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Donut, Cereal, Fruit, Juice, Milk ~~ Cheeseburger, Tater Tots, Fruit, Salad Bar, Milk
4 LABOR DAY - NO SCHOOL	5 Breakfast Bagel (Sausage, Egg, Cheese), Fruit, Juice, Milk ~~ Ham & Cheese Sub, Ruffles, Carrot Sticks w/ Ranch, Fruit, Salad Bar, Milk	6 Biscuit & Gravy, Cereal, Fruit, Juice, Milk ~~ Crispy Beef Taco, Refried Beans, Spanish Rice, Chips & Salsa, Fruit, Salad Bar, Milk	7 Blueberry Muffin, Scrambled Eggs, Fruit, Juice, Milk ~~ Pizza, Caesar Salad, Fruit, Salad Bar, Milk	8 Cinnamon Roll, Trix Yogurt, Cereal, Fruit, Juice, Milk ~~ Baked Potato Bar, Boneless Wings, Dinner Roll, Fruit, Salad Bar, Milk
11 Breakfast Taco, Cereal, Fruit, Juice, Milk ~~ Ravioli w/Chicken, Cream Sauce, Green Beans, Breadstick, Fruit, Salad Bar, Milk	12 French Toast Sticks, Cereal, Fruit, Juice, Milk ~~ Pineapple Glazed Ham, Ranch Roasted Potatoes, Roasted Carrots, Roll, Fruit, Salad Bar, Milk	13 Toast, Scrambled Eggs, Fruit, Juice, Milk ~~ Ranch Chicken Flatbread, Garden Salad, Fruit, Salad Bar, Milk	14 Biscuit & Gravy, Cereal, Fruit, Juice, Milk ~~ Homemade Beef Burrito, Chili Beans, Chips & Salsa, Salad Bar, Fruit, Milk	15 Donut, Cereal, Fruit, Juice, Milk ~~ Popcorn Chicken, Mashed Potatoes & Gravy, Biscuit, Fruit, Salad Bar, Milk
18 Sausage Biscuit, Cereal, Fruit, Juice, Milk ~~ Meatball Sub, Parmesan Fries, Carrot Sticks, Salad Bar, Fruit, Milk	19 Yogurt Parfait, Cereal, Fruit, Juice, Milk ~~ Chicken Taquitos, Refried Beans, Spanish Rice, Chips & Salsa, Salad Bar, Fruit, Milk	20 Waffle, Scrambled Eggs, Fruit, Juice, Milk ~~ Corn Dog, Mac & Cheese, Green Beans, Salad Bar, Fruit, Milk	21 Cinnamon Roll, Cereal, Fruit, Juice, Milk ~~ Frito Chili Pie, Chili Beans, Fruit, Salad Bar, Milk	22 Breakfast Pizza Flatbread, Cereal, Fruit, Juice, Milk ~~ Pulled Pork Sandwich, Garden Salad, Ruffles, Salad Bar, Fruit, Milk
25 Pancake on a Stick, Cereal, Fruit, Juice, Milk ~~ Spaghetti w/Meat Sauce, Green Beans, Garlic Knot, Salad Bar, Fruit, Milk	26 Cinnamon Toast, Trix Yogurt, Cereal, Fruit, Juice, Milk ~~ *Crispy Chicken Wrap, Carrot Sticks Sun Chips, Salad Bar, Fruit, Milk	27 Biscuit & Gravy, Cereal, Fruit, Juice, Milk ~~ Country Fried Steak, Mashed Potatoes & Gravy, Dinner Roll, Fruit, Salad Bar, Milk	28 Toast, Breakfast Scramble, Cereal, Fruit, Juice, Milk ~~ Hot Dog, BBQ Baked Beans, Ice Cream Sandwich, Salad Bar, Fruit, Milk	29 Donut, Cereal, Fruit, Juice, Milk ~~ Stromboli, Italian Salad, Marinara Sauce, Fruit, Salad Bar, Milk

*Indicates new menu item

This institution is an equal opportunity provider.