

Sayre Public School

SEPTEMBER BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
LABOR DAY NO SCHOOL	Yogurt Parfait, Cereal, Fruit, Juice, Milk ~~ Pineapple Glazed Ham, Loaded Mashed Potatoes, Corn, Roll, Fruit, Milk, Salad Bar	Chicken Biscuit, Cereal, Fruit, Milk Juice ~~ Chicken Taquitos, Refried Beans, Chips & Salsa, Fruit, Milk, Salad Bar	Breakfast Pizza, Cereal, Fruit, Milk Juice ~~ Pizza Bar, Caesar Salad, Fruit, Milk, Salad Bar	Cinnamon Roll, Cereal, Fruit, Milk Juice ~~ Baked Potato Bar, BBQ Chicken, Baby Carrot, Roll, Fruit, Milk, Salad Bar
9	10	11	12	13
French Toast Sticks, Cereal, Fruit, Milk, Juice ~~ Meatball Sub, Italian Sub, Fruit, Milk Salad Bar	Pancake on a Stick, Cereal, Fruit, Milk, Juice ~~ Biscuit & Gravy, Eggs, Sausage, Breakfast Potatoes, Fruit, Milk, Salad Bar	Biscuit & Gravy, Cereal, Fruit, Milk, Juice ~~ Seasoned Chicken Breast, BBQ Baked Beans, Coleslaw, Roll, Fruit, Milk, Salad Bar	Breakfast Scramble, Toast, Cereal, Fruit, Milk, Juice ~~ Pizza Pasta, Green Beans,, Breadstick, Fruit, Milk, Salad Bar	Muffin, Yogurt, Ceread, Fruit, Milk, Juice ~~ Cheeseburger, Sweet Potato Fries, Iced Sugar Cookie, Fruit, Milk, Salad Bar
16	17	18	19	20
Pancakes, Sausage Patty, Cereal, Fruit, Milk, Juice ~~ Spaghetti w/Meat Sauce, Breadstick, Garden Salad, Fruit, Milk, Salad Bar	Scrambled Eggs, Cinnamon Toast, Cereal, Fruit, Milk, Juice ~~ Nacho Bar (Chicken, Queso, Beans) Chips & Salsa, Fruit, Milk, Salad Bar	Biscuit Stick & Gravy, Cereal, Fruit, Milk, Juice ~~ Country Fried Steak, Mashed Potatoes, Roll, Fruit, Milk, Salad Bar	Breakfast Taco, Cereal, Fruit, Milk, Juice ~~ Calzone, Baby Carrots, Fruit, Milk, Salad Bar	Donut, Cereal, Fruit, Milk, Fruit, Milk, Juice ~~ Popcorn Chicken, Gravy, Roll, Green Beans, Fruit, Milk, Salad Bar
23	24	25	26	27
Waffle & Toppings, Cereal, Fruit, Milk, Juice ~~ Corn Dog, Mac & Cheese, Baby Carrots, Fruit, Milk, Salad Bar	Yogurt Parfait, Cereal, Fruit, Milk, Juice ~~ Beef Enchilada, Refried Beans, Chips & Salsa, Fruit, Milk, Salad Bar	Cinnamon Roll, Cereal, Fruit, Milk, Juice ~~ Waffle, Scrambled Eggs, Sausage, Breakfast Potatoes, Fruit, Milk, Salad Bar	Breakfast Burrito, Cereal, Fruit, Milk, Juice ~~ Lasagna, Breadstick, Green Beans, Fruit, Milk, Salad Bar	Sausage Biscuit, Cereal, Fruit, Milk, Juice ~~ Chicken Sandwich, Caesar Salad, Fruit, Milk, Salad Bar
30	1	2	3	4
French Toast Sticks, Cereal, Fruit, Milk, Juice ~~ Chicken Spaghetti, Breadstick, Green Beans, Fruit, Milk, Salad Bar	Pancake on a Stick, Cereal, Fruit, Milk, Juice ~~ Hamburger Steak, Mashed Potatoes & Gravy, Roll, Fruit, Milk, Salad Bar	Biscuit & Gravy, Cereal, Fruit, Milk, Juice ~~ Homemade Chicken Burrito, Refried Beans, Chips & Salsa, Fruit, Milk, Salad Bar	Breakfast Pizza, Cereal, Fruit, Milk, Juice ~~ Pizza Round, Garden Salad, Baby Carrots, Fruit, Milk, Salad Bar	Chocolate Muffin, Yogurt, Cereal, Fruit, Milk, Juice ~~ BBQ Beef Sandwich, TaterTots, Fruit, Milk, Salad Bar

This institution is an equal opportunity provider.

EAGLE CAFE

Grab-n-Go Menu

SEPTEMBER
(Offered to MS & HS Only)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>Fruit, Juice & Milk offered daily w/ breakfast</p> <p>~~</p> <p>Fruit & Milk/Water offered daily w/lunch</p>	<p>Yogurt Parfait or Ubr Bar</p> <p>~~</p> <p>Popcorn Chicken, Tater Tots, Roll</p>	<p>Chicken Biscuit or Pop Tart</p> <p>~~</p> <p>Chicken & Cheese Quesadilla, Refried Beans, Chips & Salsa</p>	<p>Breakfast Pizza or Ubr Bar</p> <p>~~</p> <p>Calzone, Caesar Salad, Baby Carrots</p>	<p>Cinnamon Roll or Pop Tart</p> <p>~~</p> <p>Country Fried Steak Sandwich, Doritos, Broccoli Salad</p>
9	10	11	12	13
<p>French Toast Sticks or Pop Tart</p> <p>~~</p> <p>Baked Ham & Cheese Sub, Chip & Salsa, Garden Salad</p>	<p>Pancake on a Stick or Ubr Bar</p> <p>~~</p> <p>2 Waffles, 2 Sausage Patties, Breakfast Potatoes</p>	<p>Biscuit & Gravy or Pop Tart</p> <p>~~</p> <p>Popcorn Chicken, Baked Beans, Dinner Roll</p>	<p>Breakfast Scramble or Ubr Bar</p> <p>~~</p> <p>Pizza, Baby Carrots, Caesar Salad</p>	<p>Muffin or Pop Tart</p> <p>~~</p> <p>Cheeseburger, Tater Tots, Sugar Cookie, Cucumber Salad</p>
16	17	18	19	20
<p>Pancakes or Pop Tart</p> <p>~~</p> <p>Calzone, Caesar Salad, Baby Carrots</p>	<p>Scrambled Eggs or Ubr Bar</p> <p>~~</p> <p>Chicken & Cheese Quesadilla, Refried Beans, Chips & Salsa</p>	<p>Biscuit Stick & Gravy or Pop Tart</p> <p>~~</p> <p>Country Fried Steak Sandwich, Doritos, Cucumber Salad</p>	<p>Breakfast Taco or Ubr Bar</p> <p>~~</p> <p>Hot Italian Sub Sandwich, Chips & Salsa, Italian Salad</p>	<p>Donut or Pop Tart</p> <p>~~</p> <p>Popcorn Chicken, Tater Tots, Dinner Roll, Baby Carrots</p>
23	24	25	26	27
<p>Waffle & Toppings or Pop Tart</p> <p>~~</p> <p>Pigs N Blanket, Doritos, Garden Salad</p>	<p>Yogurt Parfait or Ubr Bar</p> <p>~~</p> <p>Beef & Cheese Quesadilla, Refried Beans, Chips & Salsa</p>	<p>Cinnamon Roll or Pop Tart</p> <p>~~</p> <p>Hot Ham & Cheese Sub, Baby Carrots, Ruffles</p>	<p>Breakfast Burrito or Ubr Bar</p> <p>~~</p> <p>Calzone, Caesar Salad, Chips & Salsa</p>	<p>Sausage Biscuit or Pop Tart</p> <p>~~</p> <p>Chicken Sandwich, Doritos, Cucumber Salad</p>
30				
<p>French Toast Sticks or Pop Tart</p> <p>~~</p> <p>Pizza Round, Garden Salad, Baby Carrots</p>				

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