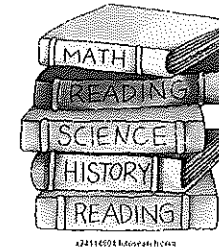


August 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20 <i>Staff Lunch</i> Sandwiches Salads/ cookies fruit Lemonade/ water	21 Breakfast sandwich Chicken strips Fries / fruit Pizza Wraps	22 Eggs/ potatoes Muffins Chinese chicken salad Egg rolls / fruit Deli sandwiches Burgers / fries	23 Biscuits & Gravy Sausage Corn dogs/ fries Tuna or egg salad Assorted subs PB&J BBQ rib Sandwich	24
25	26 Breakfast burrito Nacho's Beans Corn Bean Burritos Sub sandwiches	27 Parfait bar Chili dogs fries / fruit Chicken sandwich/ fries Sub sandwiches	28 Breakfast sandwich Chicken alfredo/ broccoli Bread sticks Pizza Wraps	29 French toast sticks BBQ pork Sandwich Coleslaw / fruit / chips Deli sandwiches Burgers / fries	30 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J/BBQ rib Sandwich	31

September 2019



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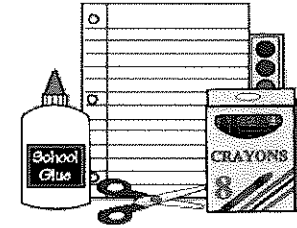
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No school Labor Day	3 Bear paws/ Cereal Ravioli/Mixed Veg Garlic bread Sub sandwiches Chicken sandwich/ fries Sub sandwiches	4 Breakfast sandwich French dips/ fries Salad Pizza Wraps	5 Eggs/ potatoes/bread Muffins Build a burger/bake beans fruit Deli sandwiches Burgers / fries	6 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	7
8	9 Breakfast burrito Chicken Enchilada Spanish rice Corn Bean and cheese burrito Sub sandwiches	10 Pancakes/ Bacon/ fruit Sweat n sour meat balls/ Rice /mixed vegetable Chicken sandwich/ fries Sub sandwiches	11 Breakfast sandwich lasagna Garlic bread Caesar salad Pizza Wraps	12 French toast sticks Bake Potato Bar Broccoli/ roll Deli sandwiches Burgers / fries	13 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	14
15	16 Breakfast burrito Chicken Taco's Rice/ Beans Corn Bean Burrito Sub sandwiches	17 Parfait bar Chicken Strips/ mash potato/Gravy peas and carrots Chicken sandwich/ fries Sub sandwiches	18 Breakfast sandwich Mac n cheese/ fruit Bread sticks Green beans Pizza Wraps	19 Eggs/ Potatoes/ muffins Hamburger stroganoff Green beans/ rolls Deli sandwiches Burgers / fries	20 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	21
22	23 Breakfast burrito Chicken Fajitas Spanish Rice Corn Bean Burrito Sub sandwiches	24 Waffle Sticks/ sausage Hot cereal Sloppy Joe/ Tots Green beans Chicken sandwich/ fries Sub sandwiches	25 Breakfast sandwich Meat loaf /mash potato Gravy/ carrots/ rolls Pizza Wraps	26 French toast sticks Chili Cornbread/fruit Deli sandwiches Burgers / fries	27 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	28
29	30 Breakfast burrito Taco's Beans Corn Bean Burrito Sub sandwiches					

October 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Eggs/potatoes/English muffin/ hot cereal Fish n Chips/ Cole slaw Roll/ Chicken sandwich/ fries Sub sandwiches	2 Breakfast sandwich Chicken / wild rice Mixed vegetable Pizza Wraps	3 French toast sticks Chicken Pot Pie Salad / Blackberry Cobbler Deli sandwiches Burgers / fries	4 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	5
6	7 Breakfast burrito Taco Salad Beans/ Rice Corn Bean Burritos Sub Sandwiches	8 Pancakes/Bacon/fruit Hot ham & Cheese Tomato soup Sub Sandwiches Chicken Sandwiches/ fries Sub sandwiches	9 Breakfast sandwich Creamy Pesto Chicken Bread sticks Salad Pizza Wraps	10 Eggs/ Potatoes/ muffins Turkey/ mash potato Gravy/ green bean/ roll Deli sandwiches Burgers / fries	11 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	12
13	14 Breakfast burrito Nacho's Beans Corn Bean Burritos Sub Sandwiches	15 Parfait bar Orange Chicken fried rice/ Broccoli Chicken sandwich fries Sub sandwiches	16 Breakfast sandwich Chef salad Bread sticks Pizza Wraps	17 French toast sticks Spaghetti/ garlic bread Caesar salad Deli sandwiches Burgers / fries	18 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	19
20	21 Breakfast burrito Beef Enchiladas Rice Corn Bean burritos Sub sandwiches	22 Pancakes/Bacon BBQ pork Sandwich Coleslaw / fruit / chips Sub Sandwiches Chicken Sandwiches/ fries Sub sandwiches	23 Breakfast sandwich Chicken lasagna Garlic bread Caesar salad Pizza Wraps	24 Eggs/ potatoes/bread Salisbury steak/ mash Potato/ roll/ carrots Deli sandwiches Burgers / fries	25 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	26
27	28 Breakfast burrito Burrito's Rice Corn Bean burritos Sub sandwiches	29 Eggs/potatoes/English muffin/ hot cereal Potato wedge Bar Breadsticks/fruit Chicken sandwich/ fries Sub sandwiches	30 Breakfast sandwich Ravioli/Mixed Veg Garlic bread Pizza Wraps	31 French Toast sticks Halloween party		

November 2019



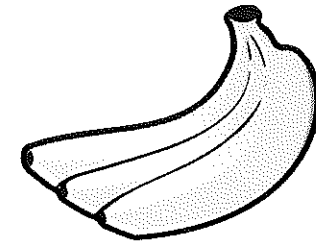
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	2
3	4 Breakfast burrito Chicken Fajitas Spanish Rice Corn Bean Burrito Sub sandwiches	5 Pancakes/ fruit topping Bacon/ hot cereal Pot roast/ mash potato Gravy/ Carrots/ roll Chicken sandwiches/ fries Sub Sandwiches	6 Breakfast sandwich Rigatoni/ breadsticks Salad Pizza Wraps	7 Eggs/ Potatoes/ muffins Fish n chips/ Cole slaw Deli sandwiches Burgers / fries	8 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	9
10	11 No school Veteran's Day	12 Bear paws/ Cereal Ravioli/Mixed Veg Garlic bread Chicken sandwich/ fries Sub sandwiches	13 Breakfast sandwich French Dip sandwiches Wedges Salad Pizza Wraps	14 French toast sticks Hot dogs/chips/ Salad Deli sandwiches Burgers / fries	15 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	16
17	18 Breakfast burrito Taco's Beans Corn Bean Burrito Sub sandwiches	19 Parfait bar Chicken Strips/ mash potato/ peas and carrots Chicken sandwich/ fries Sub sandwiches	20 Breakfast sandwich Corn dogs/fries Green beans Pizza Wraps	21 <i>Muffins/Cereal Thanksgiving Feast</i>	22 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	23
24	25 No school	26 No school	27 No school	28 No school Thanksgiving Day	29 No school	30

December 2019



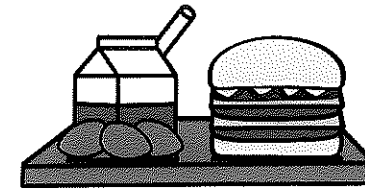
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Breakfast burrito Nacho's Beans Corn Bean Burritos Sub sandwiches	3 Pancakes/sausage hot cereal Sweet n sour meat balls Rice/ broccoli Chicken sandwich/ fries Sub sandwiches	4 Breakfast Sandwiches Hamburger stroganoff Noodles/ Zucchini/ roll Pizza Wraps	5 Eggs/ Potatoes/ muffins Beef stew/ rolls/fruit Deli sandwiches Burgers / fries	6 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	7
8	9 Breakfast burrito Chicken Enchilada Spanish rice Corn Bean and cheese burrito Sub sandwiches	10 Parfait bar Hot cereal Chili / corn bread Salad Chicken sandwich/ fries Sub sandwiches	11 Breakfast Sandwiches Chicken Parm/ noodles Bread sticks /salad Pizza Wraps	12 French toast sticks Salisbury steak/ mash Potato/ roll/ carrots Deli sandwiches Burgers / fries	13 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	14
15	16 Breakfast burrito Burrito's Rice Corn Bean burritos Sub sandwiches	17 Waffle Sticks/ sausage Hot cereal Sloppy Joe/ Tots Green beans Chicken sandwich/ fries Sub sandwiches	18 Breakfast sandwiches Build a burger/bake beans Fruit Pizza Wraps	19 <i>Bear Paws/Cereal</i> Christmas Lunch <i>Cookies & Eggnog</i>	20 Minimum Day Brunch	21
22	23 No school Winter break	24 No school Winter break	25 No school Winter break	26 No school Winter break	27 No school Winter break	28 No school Winter break
29	30 No school Winter break	31 No school Winter break				

January 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 No school Winter break	2 No school Winter break	3 No school Winter break	4
5	6 Bear paws/ Cereal Tortellini Garlic bread Mixed vegetable Bean Burrito Sub sandwiches	7 Pancakes/ sausage hot cereal Chicken Pot Pie Salad / Peach cobbler Chicken sandwich/ fries Sub sandwiches	8 Breakfast sandwiches Spaghetti and meatballs Garlic bread Peas and carrots Pizza Wraps	9 Eggs/ Potatoes/ bread Turkey/ mash potato Gravy/ green bean/ roll Deli sandwiches Burgers / fries	10 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	11
12	13 Breakfast burrito Nacho's Beans Corn Bean Burritos Sub Sandwiches	14 Waffle Sticks Hot cereal Grilled chicken/ gravy Wild rice/ zucchini Chicken sandwich/ fries Sub sandwiches	15 Breakfast sandwich French Dip sandwiches Wedges Salad Pizza Wraps	16 French toast sticks Orange Chicken/fried rice Broccoli Deli sandwiches Burgers / fries	17 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	18
19	20 No school Martin Luther King Day	21 Pancakes/Bacon hot cereal Meat balls/ egg noodles Salad / roll Chicken sandwich/ fries Sub sandwiches	22 Breakfast sandwich Creamy Pesto Chicken Bread sticks Salad Pizza Wraps	23 Eggs/ Potatoes/ muffins Pot roast /mash potato Gravy/ carrots/ roll Deli sandwiches Burgers / fries	24 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	25
26	27 Breakfast burrito Chicken Enchiladas Rice Corn Bean Burrito Sub sandwiches	28 Parfait bar Hot ham & Cheese Tomato soup Sub Sandwiches Chicken Sandwiches/ fries Sub sandwiches	29 Breakfast sandwich Rigatoni/ breadsticks Salad Pizza Wraps	30 French toast sticks Bake potato Bar Broccoli Fruit salad Deli sandwiches Burgers / fries	31 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	

February 2020



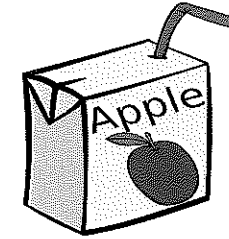
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Breakfast burrito Taco's Beans Corn Bean Burrito Sub sandwiches	4 Eggs/potatoes/English muffin/ hot cereal Potato wedge Bar Breadsticks/fruit Chicken sandwich/ fries Sub sandwiches	5 Breakfast Sandwiches BBQ Chicken/ Scallop Potatoes /green beans Bread sticks Pizza Wraps	6 Eggs/potatoes/muffin Sheppard's Pie Salad Deli sandwiches Burgers / fries	7 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	8
9	10 No school Lincoln's Birthday	11 Bears Paws/ cereal Chicken Strips/ fries Corn Chicken sandwich/ fries Sub sandwiches	12 Breakfast Sandwiches Hamburger stroganoff Noodles/ Zucchini/ roll Pizza Wraps	13 French toast sticks Chili Cornbread/fruit Deli sandwiches Burgers / fries	14 Cinnamon rolls Valentines Day lunch	15
16	17 No school President's Day	18 Muffins/ cereal Corn dogs/ tots Green beans Chicken sandwich/ fries Sub sandwiches	19 Breakfast sandwich Chicken lasagna Garlic bread Caesar salad Pizza Wraps	20 Eggs/ Potatoes/ bread Beef stew/ rolls fruit Deli sandwiches Burgers / fries	21 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	22
23	24 Breakfast burrito Chicken Fajitas Spanish Rice Corn Bean Burrito Sub sandwiches	25 Pancakes /bacon hot cereal Pulled pork sandwiches Chips/ coleslaw Chicken sandwich/ fries Sub sandwiches	26 Breakfast sandwich Mac n cheese/ fruit Bread sticks Green beans Pizza Wraps	27 French toast sticks Fish and chips Cole slaw Deli sandwiches Burgers / fries	28 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	29

March 2020



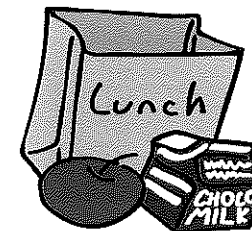
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Breakfast burrito Beef Enchiladas Rice Corn Bean burritos Sub sandwiches	3 Waffle Sticks/ sausage Hot cereal Sloppy Joe/ Tots Green beans Chicken sandwich/ fries Sub sandwiches	4 Breakfast sandwich lasagna Garlic bread Caesar salad Pizza Wraps	5 French toast sticks Bake Potato Bar Broccoli/ roll Deli sandwiches Burgers / fries	6	7
8	9 Breakfast burrito Taco Salad Beans/ Rice Corn Bean Burritos Sub Sandwiches	10 Pancakes/sausage hot cereal Sweet n sour meat balls Rice/ broccoli Chicken sandwich/ fries Sub sandwiches	11 Breakfast sandwich Meat loaf /mash potato Gravy/ carrots/ rolls Pizza Wraps	12 Eggs /potatoes/bread Chicken Pot Pie Salad / Blackberry Cobbler Deli sandwiches Burgers / fries	13	14
15	16 Breakfast burrito Burrito's Rice Corn Bean burritos Sub sandwiches	17 St Patrick's Day Bear paws Corned beef & cabbage Potatoes carrots rye bread Chicken sandwich/ fries Sub sandwiches	18 Breakfast sandwich Chef salad Bread sticks Pizza Wraps	19 French toast sticks Hot dogs/chips/ Salad Deli sandwiches Burgers / fries	20	21
22	23 No School Spring break	24 No School Spring break	25 No School Spring break	26 No School Spring break	27 No School Spring break	28
29	30 Bear paws/ Cereal Ravioli/Mixed Veg Garlic bread Bean Burrito Sub sandwiches	31 Parfait bar Chicken Strips/ mash pota- to/ peas and carrots Chicken sandwich/ fries Sub sandwiches				

April 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 French toast sticks Salisbury steak/ mash Potato/ roll/ carrots Deli sandwiches Burgers / fries	3 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	4
5	6 Breakfast burrito Chicken Taco's Beans Corn Bean Burrito Sub sandwiches	7 Waffle Sticks/ sausage Hot cereal Sausage and pepper sandwiches/ fries/ fruit Chicken sandwich/ fries Sub sandwiches	8 Breakfast sandwich Pizza Wraps Chicken alfredo/ broccoli Bread sticks	9 Parfait Bar Hamburger Day Fries / salads /fruit Cookies Deli sandwiches Burgers / fries	10 Cinnamon rolls Ham/scalloped Potatoes/green bean Casserole Rolls cupcakes Sub sandwiches	11
12 Easter	13 No school	14 Bear Paws/ Cereal Ravioli Garlic bread Mixed vegetable Chicken sandwich/fries Sub sandwiches	15 Breakfast sandwich French Dip sandwiches Wedges Salad Pizza Wraps	16 French toast sticks BBQ pork Sandwich Coleslaw / fruit / tots Deli sandwiches Burgers / fries	17 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	18
19	20 Breakfast burrito Nacho's Beans Corn Bean Burritos Sub Sandwiches	21 French toast Sticks Chinese Chicken salad Egg rolls / fortune cookie Chicken sandwich/ fries Sub sandwiches	22 Breakfast sandwich Rigatoni/ breadsticks Salad Pizza Wraps	23 Eggs/ Potatoes/ muffins Fish n chips/ Cole slaw Deli sandwiches Burgers / fries	24 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	25
26	27 Breakfast burrito Burrito's Rice Corn Bean burritos Sub sandwiches	28 Waffle Sticks/ sausage Hot cereal Philly cheese steak sand Wedges/ salad Chicken sandwich/ fries Sub sandwiches	29 Breakfast Sandwiches BBQ Chicken/ baked Beans /green beans Bread sticks Pizza Wraps	30 Parfait Bar Corn Dogs Mac n cheese Green beans Deli sandwiches Burgers / fries		

May 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Breakfast burrito Ravioli/Mixed Veg Garlic bread Sub sandwiches	5 Bear paws Cinco de Mayo Fiesta	6 Breakfast sandwiches Spaghetti Garlic bread Caesar salad Pizza Wraps	7 Eggs/potatoes/muffin Sheppard's Pie Salad Deli sandwiches Burgers / fries	8 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	9
10	11 Breakfast burrito Tostada Beans/ rice Corn Bean burrito	12 Waffle Sticks/ sausage Hot cereal Teriyaki chicken Rice Broccoli	13 Breakfast sandwiches Mac n cheese Bread stick Green beans Pizza	14 French toast sticks Chili Cornbread/fruit Deli sandwiches Burgers / fries	15 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs	16
17	18 Breakfast burrito Taco salad Beans/ rice Corn Bean burrito Sub sandwiches	19 Senior boards Minimum day Brunch	20 Senior boards Minimum day Brunch	21 Eggs/ potatoes Muffins Build a burger/bake beans fruit Deli sandwiches Burgers / fries	22 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	23
24	25 No school Memorial Day	26 Bear Paws/ cereal Hot dogs Baked beans Corn/ fruit Chicken sandwich/ fries	27 Breakfast sandwich lasagna Garlic bread Caesar salad Pizza Wraps	28 Parfait Bar Hamburger Day Fries / salads /fruit Deli sandwiches Burgers / fries	29 Biscuits & Gravy Sausage Chefs choice Tuna or egg salad Assorted subs PB&J /BBQ rib Sandwich	30
31						

June 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Breakfast burrito Nacho's Beans Corn Bean Burritos Sub Sandwiches	2 Muffins/ cereal Corn dogs/ tots Green beans Chicken sandwich/ fries Sub sandwiches	3 Alt Ed Graduation Breakfast sandwich Pizza Chicken strips/ fries Fruit / ice cream cup Salad Bar	4 Last day of school 8th grade grad Cereal /Bagels/fruit Cold Sandwiches Salads/ fruit/ chips Bagels Cookies	5 Senior breakfast	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				