



SEPTEMBER

BREAKFAST AND LUNCH

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			31 Sandwich, jo-jo's, fruit and fresh veggies Cereal, fruit and toast	1 Nachos, tossed salad, fruit and fresh veggie's Cereal, fruit and toast	2 Chicken strips, fries, pasta salad, fruit and fresh veggies Cereal, fruit and toast	3
4	5 LABOR DAY NO SCHOOL	6 Quesadilla, fried rice, refried beans, fruit and fresh veggies Cereal, fruit, toast	7 Pizza, Caesar salad, fruit and fresh veggies Cereal, fruit, toast	8 Turkey pita, pretzels, yogurt, fruit and fresh veggies Pancakes, sausage	9 Chicken patty on a bun, tomato and lettuce, fries, fruit and fresh veggies Cereal, fruit, toast	10
11	12 Tacos, potato rounds, fruit and refried beans Cereal, fruit, toast	13 Rotini and meat sauce, corn, garlic bread, fruit and fresh veggies French toast, sausage, fruit	14 Cheesy bread w/marinara, Caesar salad, fruit and fresh veggies Cereal, fruit toast	15 Chicken nuggets, coleslaw, fries, fruit and fresh veggies Muffins and yogurt	16 Cheeseburgers, lettuce and tomato, fries, fruit and fresh veggies Cereal, fruit, toast	17
18	19 Teriyaki chicken, rice, roasted veggies, fruit Cereal, toast, fruit	20 Burritos, w/chili and cheese, corn, fruit and fresh veggies Cheese omelets	21 Tomato soup, grilled cheese sandwich, fruit and fresh veggies Cereal, fruit, toast	22 Walking tacos, refried beans, fruit and fresh veggies Breakfast burritos	23 NATIVE AMERICAN DAY NO SCHOOL	24
25	26 Pepperoni rippers, tossed salad, fruit and fresh veggies Cereal, fruit, toast	27 Chicken alfredo, bread sticks, green beans, fruit and fresh veggies Breakfast pizza	28 Pizza, Caesar salad, fruit and fresh veggies Cereal, fruit, toast	29 Baked potato bar, tossed salad, dinner roll, fruit Waffles, sausage	30 Pulled pork sandwich, coleslaw, fries, fruit and fresh veggies Cereal, fruit, toast	

Notes

THE WILBUR SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MEALS INCLUDE A ½ PINT OF MILK AND FRESH FRUIT AND OR VEGETABLE