


# September 2023

- Chef Salad, Fruit, & Veggie Bar Daily
- Milk served with ALL meals
- Menu subject to change.
- Late starts = No Breakfast or K-3 salad

www.winsidewildcats.org

This institution is an equal opportunity provider.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1 B. Muffin 30</b> <b>L. Sloppy Joe 6</b> <b>w/Bun 30</b> <b>Sweet Potato Fries 25</b> <b>Fruit 17</b>	2
<i>*numbers in RED indicate carb count*</i>						
3	<b>4</b> <b>No School</b>	<b>5 B. Cereal 24</b> <b>L. Ham &amp; Cheese Sub 40</b> <b>Baby Carrots 1</b> <b>Fruit 17</b>	<b>6 B. Breakfast Bar 30</b> <b>L. Chicken Nuggets 10</b> <b>Corn 13</b> <b>Fruit 17</b> <b>Breadstick 23</b>	<b>7 B. Chocolate Waffle 16</b> <b>L. Salisbury Steak 4</b> <b>Mashed Potatoes 14</b> <b>Fruit 17</b> <b>Roll 28</b>	<b>8 B. French Toast 25</b> <b>L. Nachos 23</b> <b>Spanish Rice 43</b> <b>Lettuce 1</b> <b>Fruit 17 Churro 28</b>	9
10	<b>11 B. Omelet 1</b> <b>L. Quesadilla 39</b> <b>Cauliflower 4</b> <b>Fruit 17</b>	<b>12 B. Poptart 36</b> <b>L. BBQ Pork 8</b> <b>w/Bun 30</b> <b>Corn 13</b> <b>Fruit 17</b>	<b>13 B. Coffee Cake 15</b> <b>L. Beef Burritos 44</b> <b>Seasoned Black Beans 24</b> <b>Fruit 17</b> <b>Churro 28</b>	<b>14 B. Egg Casserole 2</b> <b>L. Teriyaki Chicken 6</b> <b>Rice 17 Broccoli 5</b> <b>Fruit 17</b> <b>Breadstick 23</b>	<b>15 B. Chocolate Waffle 16</b> <b>L. Tatertot Casserole 22</b> <b>Green Beans 17</b> <b>Fruit 17</b> <b>Roll 28</b>	16
17	<b>18 B. Scrambled Eggs 1</b> <b>L. Fiestada 34</b> <b>Peas &amp; Carrots 13</b> <b>Fruit 17</b>	<b>19 B. Cereal 24</b> <b>L. Chicken Fried Steak 15</b> <b>Mashed Potatoes 14</b> <b>Fruit 17</b> <b>Roll 28</b>	<b>20 B. Pancake 13</b> <b>L. Hoagie 40</b> <b>Fresh Veggies 4</b> <b>Fruit 17</b>	<b>21 B. Poptart 36</b> <b>L. Hamburger 1</b> <b>w/Bun 30</b> <b>Corn 13</b> <b>Fruit 17</b>	<b>22</b> <b>No School</b>	23
24	<b>25 B. Sausage 1</b> <b>L. Mini Corndogs 27</b> <b>Green Beans 17</b> <b>Fruit 17</b> <b>Breadstick 23</b>	<b>26 B. Dutch Waffle 38</b> <b>L. Chicken Noodle Soup 37</b> <b>Baby Carrots 1</b> <b>Fruit 17</b> <b>Biscuit 22</b>	<b>27 B. Omelet 1</b> <b>L. Hotdog 3</b> <b>w/Bun 31</b> <b>Smiley Fries 20</b> <b>Fruit 17</b>	<b>28 B. Muffin 30</b> <b>L. Pork Steak 15</b> <b>Mashed Potatoes 14</b> <b>Fruit 17</b> <b>Roll 28</b>	<b>29 B. French Toast 25</b> <b>L. Taco 32</b> <b>Corn 13</b> <b>Fruit 17</b> <b>Churro 28</b>	30