

# EAST SAC COUNTY CSD SEPTEMBER 2017 MS & HS MENU

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<b>MENU IS SUBJECT TO CHANGE</b>				<p>1 WG Long john OR cereal</p> <p>Deli sandwich on WG bun, chips, fresh fruit, fruit slushies (salad bar)</p>
<p>4</p> <p>NO SCHOOL</p>	<p>5 WG Biscuits &amp; gravy OR cereal</p> <p>Chicken patty on WG bun, hash brown, mandarin oranges (salad bar)</p>	<p>6 WG Breakfast bars OR cereal</p> <p>WG soft shell taco w/fixings, corn, cottage cheese, applesauce (salad bar)</p>	<p>7 WG Waffle sticks OR cereal</p> <p>Bologna sandwich on WG bread, nachos w/salsa, yogurt (salad bar)</p>	<p>8 WG Long john OR cereal</p> <p>Touchdown nuggets, mashed potato, pineapple, WG dr (salad bar)</p>
<p>11 Scramble egg/bacon OR cereal</p> <p>Spaghetti, green beans, cottage cheese, pears, WG bread stick (salad bar)</p>	<p>12 WG Biscuit &amp; gravy OR cereal</p> <p>WG Popcorn chicken, hash brown, mandarin oranges (salad bar)</p>	<p>13 WG Breakfast pizza OR cereal</p> <p>Hot dogs on WG bun, chips, baked beans, mixed fruit, (salad bar)</p>	<p>14 Pancakes/sausage OR cereal</p> <p>WG Pizza, corn, cottage cheese, peaches, cookie (salad bar)</p>	<p>15 WG Long john OR cereal</p> <p>Meatloaf, mashed potato, peas, pineapple, WG dr (salad bar-cROUTONS)</p>
<p>18</p> <p>NO SCHOOL</p>	<p>19 WG Biscuits &amp; gravy OR cereal</p> <p>Hot ham/cheese, fries, strawberries (salad bar)</p>	<p>20 Muffin toppers OR cereal</p> <p>WG Crispito w/fixings, corn, cottage cheese, applesauce (salad bar)</p>	<p>21 WG Breakfast bites OR cereal</p> <p>Maid rite on WG bun, broccoli, pears (salad bar)</p>	<p>22 WG Long john OR cereal</p> <p>WG Chicken nuggets, mashed potato, pineapple, WG dr (salad bar-cROUTONS)</p>
<p>25 Egg omelet OR cereal</p> <p>Tator tot casserole, green beans, cottage cheese, peaches, WG dr (salad bar)</p>	<p>26 WG biscuit &amp; gravy OR cereal</p> <p>Hamburgers on WG bun, fries, strawberries, (salad bar)</p>	<p>27 WG breakfast pizza OR cereal</p> <p>WG Chicken strips, hash brown, mandarin oranges (salad bar)</p>	<p>28 WG pancakes OR cereal</p> <p>Hot dog on WG bun, chips, baked beans, pasta salad, mixed fruit (salad bar)</p>	<p>29 WG mini cinnamon roll OR cereal</p> <p>Country fried steak, mashed potato, peas, pineapple, WG dr (salad bar)</p>
<p><b>Equal Opportunity Employment</b></p>	<p>Breakfast includes: Toast, milk, juice, assorted fruits and yogurt.</p> <p>WG - Whole Grain</p>	<p>Dinner includes: Milk, salad bar (fresh fruit, veggies, carrots, broccoli)</p> <p>DR- Dinner Roll</p>	<p>Milk is offered as part of every meal. However – the student must take a MINIMUM of 3 items AND you have to have a fruit or vegetable. **Reduced fat dressings are served with all salad and fresh fruit. Numerous fresh fruit &amp; vegetables are on salad bar daily</p>	



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