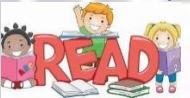
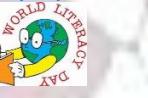


# September 2022 Breakfast & Lunch 6<sup>th</sup>-8<sup>th</sup> Grade

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<p>29 Aug National Lemon Juice Day</p>  <p><b>Breakfast</b> Apple Frudel or Waffles w/Syrup or Assorted Cereal</p> <p><b>LUNCH</b> Pepperoni Pizza or Cheese Pizza or Chef Choice Meal Sides Fresh Garden Salad, Ranch Dressing PC, Celery Sticks, Fruit</p>	<p>30 Aug National Toasted Marshmallow Day</p>  <p><b>Breakfast</b> Chocolate, Chocolate Chip Muffin or Homemade Chorizo Egg &amp; Cheese Burrito or <b>LUNCH</b> Smothered Green Beef Burrito or Beef Burrito or Chef Choice Meal Sides Pinto Beans, Spanish Rice, Fruit</p>	<p>31 Aug Eat Outside Day</p>  <p><b>Breakfast</b> Croissant w/Egg Patty &amp; Cheese or Cheese Quesadilla w/Ham Slice or <b>LUNCH</b> Salisbury Steak or Chicken Fried Steak or Chef Choice Meal Sides Mashed Potatoes, Brown Gravy, California Blend Vegetables, Dinner Roll, Fruit</p>	<p>1 Ginger Cat Appreciation Day</p>  <p><b>Breakfast</b> Chef Choice, Fruit or Breakfast Sausage Skillet w/Tortilla or <b>LUNCH</b> Frito Pie w/Corn Chips or Chili Con Carne w/Beans or Chef Choice Meal Sides Cucumber Slices, Ranch Dressing PC, Corn on the Cob, Fruit</p>	<p>2 Spalding Baseball Day</p>   <p><b>Breakfast</b> Assorted Cereal Raspberry Yogurt or French Toast Sticks/Syrup PC or <b>LUNCH</b> Banana Bread</p> <p><b>LUNCH</b> Chicken Patty w/Cheese or Chicken Patty on a Bun or Chef Choice Meal Sides Shredded Lettuce, Mayonnaise PC, Sweet Potato Waffle Fries, Ketchup PC, Broccoli Florets Ranch Dressing PC, Fruit</p>	<p>Served Monday-Friday for <b>Breakfast</b>-Fruit Juice, Fruit &amp; Milk</p> <p>Served Monday-Friday for <b>Lunch</b>-Milk, See Menu for Fruit Component Contains Pork or Meatless Menu</p> <p><i>Did you Know? September is National Guide Dog month? It is a month-long celebration set apart to honor the work of guide dogs and raise awareness, appreciation, and support for guide dog schools across the U.S. Guide dogs go through rigorous training from an early age. They help those with sensory issues such as blindness and provide added mobility and independence for those who might not have otherwise had such freedoms. Dogs have been domesticated for around 150,000 years and have been coexisting with humans since back then. Ancient artifacts and scrolls show instances where dogs were guiding their human companions. The first attempt to train guide dogs was in Paris at the 'Les Quinze-Vingts' hospital for the blind. The founder of the Institute for the Education of the Blind 'Blinden-Erziehungs-Institut' in Vienna, Johann Wilhelm Klein, wrote about guide dogs in his book published in 1819. This provides evidence that dogs have been helping humans for a long period. After the First World War, when many soldiers came back blind, the use of guide dogs peaked. The demand for this service prompted the opening of the first school for guide dogs in Oldenburg, Germany. Dog trainer Dorothy Harrison Eustis is attributed with bringing the first guide dog to America, and Eustis later established the 'Seeing Eye School' in Morristown, New Jersey.</i></p>
<p>5 Labor Day</p>  <p><b>NO SCHOOL</b></p>	<p>6 National Read a Book Day</p>  <p><b>NO SCHOOL TEACHER IN-SERVICE DAY</b></p>	<p>7 Buy a Book Day</p>  <p><b>Breakfast</b> Strawberry Cream Cheese Mini Bagel or Hormel Breakfast Bar &amp; Dick &amp; Jane Crackers or Assorted Cereal</p> <p><b>LUNCH</b> Red Cheese Enchiladas or Green Chicken Enchiladas or Chef Choice Meal Sides Refried Beans, Cucumber Slices Ranch Dressing PC, Blueberry Yogurt Parfait</p>	<p>8 World Literacy Day</p>  <p><b>Breakfast</b> Mini Cinni Roll or Biscuits &amp; Gravy w/Sausage Patty or Assorted Cereal</p> <p><b>LUNCH</b> Spaghetti w/Meat Sauce or Chicken Alfredo w/Twist or Chef Choice Meal Sides Fresh Garden Salad, Ranch Dressing PC, Bread Stick, Fruit</p>	<p>9 Teddy Bear Day</p>  <p><b>Breakfast</b> Fruit Loops Cereal Go-Gurt or Cheese Omelet w/Tortilla or Cinnamon Breakfast Round</p> <p><b>LUNCH</b> Chef Choice or Chef Choice or Chef Choice Meal Sides Chef Choice Fruit</p>	

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# September 2022 Breakfast & Lunch 6<sup>th</sup>-8<sup>th</sup> Grade

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<b>12 National Police Woman Day</b>  <b>Breakfast</b> Mini French Toast or Cheese Quesadilla or Assorted Cereal or  <b>LUNCH</b> Corn Dog, Mustard PC or Chili Dog or Chef Choice Meal Sides Ranch Beans, Sweet Potato Waffle Fries, Ketchup PC, Fruit	<b>13 Positive Thinking Day</b>  <b>Breakfast</b> Peanut Butter & Jelly Sandwich or Homemade Bean Burrito or Assorted Cereal or  <b>LUNCH</b> Lasagna w/Cheese or Chicken Alfredo with a Twist or Chef Choice Meal Sides Italian Blend Vegetables, Fresh Garden Salad, Ranch Dressing PC, Garlic Bread Slice, Fruit	<b>14 National Coloring Day</b>  <b>Breakfast</b> Breakfast Turkey Sausage Pizza or English Muffin w/Egg Patty & Cheese or Assorted Cereal or  <b>LUNCH</b> Mandarin Orange Chicken or BBQ Teriyaki Chicken or Chef Choice Meal Sides Steamed Rice, Stir Fry Vegetables, Cucumber Slices, Ranch Dressing PC, Dinner Roll, Fortune Cookie, Fruit	<b>15 Make a Hat Day</b>  <b>Breakfast</b> Banana Bread or Chicken & Waffles w/Syrup PC or Assorted Cereal or  <b>LUNCH</b> Red Chili Smothered Bean Burrito or Bean Burrito or Chef Choice Meal Sides Fresh Garden Salad, Ranch Dressing PC, Spanish Rice, Fruit	<b>16 National Play-Doh Day</b>  <b>Breakfast</b> Apple Zings Cereal, Blueberry Yogurt or Scrambled Eggs, Bacon & Biscuit or Cherry Frudel or  <b>LUNCH</b> Sloppy Joe on a Roll or Hot n' Spicy Chicken Patty w/Cheese on a Bun or Chef Choice Meal Sides Celery Sticks, Ranch Dressing PC, Potato Smiles, Ketchup PC, Fruit	
<b>19 Recycle Awareness Week</b>  <b>Breakfast</b> Strawberry Cream Cheese Mini Bagel or Zucchini Bread or Assorted Cereal or  <b>LUNCH</b> Pulled Pork on a Bun, BBQ Sauce or Italian Meatball Sub or Chef Choice Meal Sides Baked Beans, Baby Carrots, Ranch Dressing PC, Fruit	<b>20 National Punch Day</b>  <b>Breakfast</b> Piggle Stick or Homemade Beef, Potato, Green Chili & Cheese Burrito or Assorted Cereal or  <b>LUNCH</b> Beef Tacos or Chicken Tacos or Chef Choice Meal Sides Taco Sauce PC, Refried Beans, Yellow Corn, Fruit	<b>21 Miniature Golf Day</b>  <b>Breakfast</b> Mini Blueberry Waffle or Omelet /w Croissant or Assorted Cereal or  <b>LUNCH</b> Chicken Nuggets or Chicken Drumstick or Chef Choice Meal Sides Mashed Potatoes, Brown Gravy, Green Beans, Dinner Roll, Fruit	<b>22 World Rhino Day</b>  <b>Breakfast</b> Biscuit w/ Turkey Sausage & Cheese or Red Chilaquilles or Assorted Cereal or  <b>LUNCH</b> Hot Dog on a Bun or Mini Corn Dogs or Chef Choice Meal Sides Tater Tots, Ketchup PC, Mustard PC, Ranch Beans, Mozzarella Cheese Stick, Fruit	<b>23 Redhead Appreciation Day</b>  <b>Breakfast</b> Lucky Charms Cereal, Go-Gurt or Homemade Egg & Cheese Burrito or Pancake Sausage Sandwich or  <b>LUNCH</b> Toasted Ham & Cheese Sandwich or Grilled Cheese Sandwich or Chef Choice Meal Sides Sun Chips, Broccoli Florets, Baby Carrots, Ranch Dressing PC, Fruit	

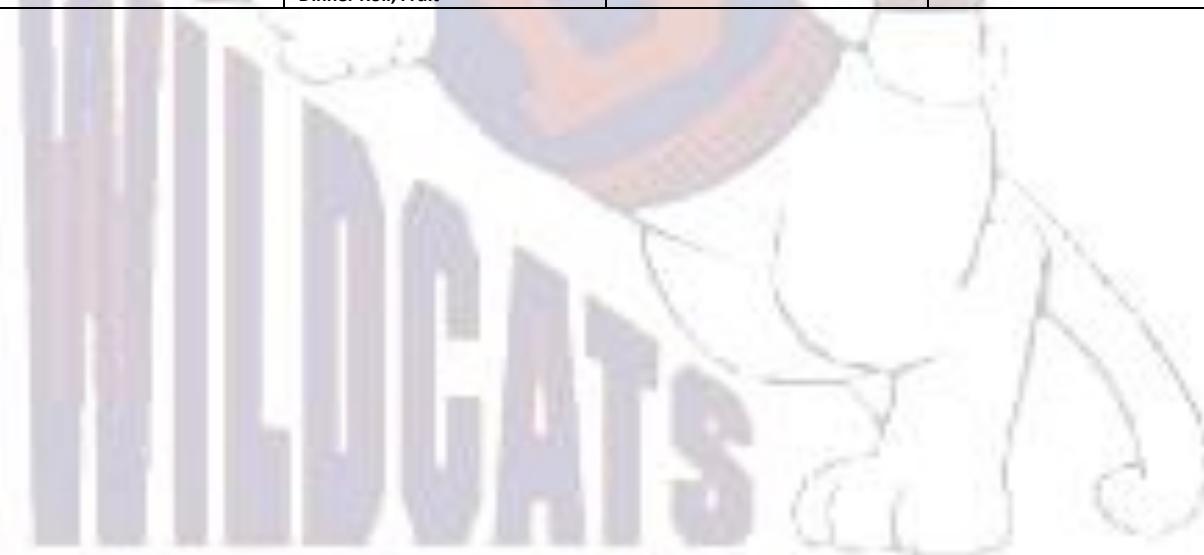
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# September 2022 Breakfast & Lunch 6<sup>th</sup>-8<sup>th</sup> Grade

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<p><b>26 Alpaca Day</b></p>  <p><b>Breakfast</b> Apple Frudel or Waffles w/Syrup or Assorted Cereal</p> <p><b>LUNCH</b> Pepperoni Pizza or Cheese Pizza or Chef Choice Meal Sides Fresh Garden Salad, Celery Sticks, Ranch Dressing</p>	<p><b>27 National Scarf Day</b></p>  <p><b>Breakfast</b> Chocolate, Chocolate Chip Muffin or Homemade Chorizo Egg &amp; Cheese Burrito</p> <p><b>LUNCH</b> Smothered Green Beef Burrito or Beef Burrito or Chef Choice Meal Sides Pinto Beans, Spanish Rice, Fruit</p>	<p><b>28 National Neighbor Day</b></p>  <p><b>Breakfast</b> Croissant w/Egg Patty &amp; Cheese or Cheese Quesadilla w/Ham Slice</p> <p><b>LUNCH</b> Salisbury Steak or Chicken Fried Steak or Chef Choice Meal Sides Mashed Potatoes, Brown Gravy , California Blend Vegetables, Dinner Roll, Fruit</p>	<p><b>29 World Heart Day</b></p>  <p><b>Breakfast</b> Chef Choice, Fruit or Breakfast Sausage Skillet w/Tortilla</p> <p><b>LUNCH</b> Frito Pie w/Corn Chips or Chili Con Carne w/Beans or Chef Choice Meal Sides Cucumber Slices, Ranch Dressing PC, Corn on the Cob, Fruit</p>	<p><b>30 Pet Tricks Day</b></p>  <p><b>Breakfast</b> Golden Grahams Cereal, Raspberry Yogurt or French Toast Sticks/Syrup PC or Banana Bread</p> <p><b>LUNCH</b> Chicken Patty w/Cheese or Chicken Patty on a Bun or Chef Choice Meal Sides Shredded Lettuce, Mayonnaise PC, Sweet Potato Waffle Fries, Ketchup PC, Broccoli Florets Ranch Dressing PC, Fruit</p>	



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