





# BSSD September 2018 Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sep 3	Sep 4	Sep 5	Sep 6	Sep 7	Sep 8
		Apricots Breakfast Burritos Salsa Milk	Mixed Fruit Cinnamon Struesel Cake Sausage Patty Milk	Peaches Scrambled Eggs Toast w/Jelly Milk	COOKS' CHOICE Fruit 2 Grain Bread •OR• 1 Grain Bread & 1 Meat Milk	
Sep 9	Sep 10	Sep 11	Sep 12	Sep 13	Sep 14	Sep 15
	Pears Hot Oatmeal w/Raisins Cinnamon Toast Milk	Craisins Cinnamon Rolls Butter Milk	Blueberries Egg & Cheese Omelet Salsa Milk	Cooks' Choice Fruit French Toast Syrup Milk	Grapefruit Sections Pancake & Sausage on Stick Syrup Milk	
Sep 16	Sep 17	Sep 18	Sep 19	Sep 20	Sep 21	Sep 22
	Cooks' Choice Juice Assorted Dry Cereal Graham Cracker w/Peanut Butter Milk	Apricots Biscuits & Gravy Milk	Strawberries Cream of Wheat Cinnamon Toast Milk	Pineapple Chunks Waffles Sausage Patty Milk	Mixed Berries Buttermilk Pancakes Syrup Milk	
Sep 23	Sep 24	Sep 25	Sep 26	Sep 27	Sep 28	Sep 29
	Grapefruit Sections Breakfast Bites Syrup Milk	Mixed Fruit Scrambled Eggs Toast w/Jelly Milk	Applesauce Blueberry Muffins Sausage Links Milk	Mangos Cinnamon Streusel Coffee Cake Sausage Patty Milk	Peaches French Toast Syrup Milk	
Sep 30						



**"You have brains in your head and feet in your shoes. You can steer yourself in any direction you choose!"**

**Dr Seuss**



BERING STRAIT SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER

# BSSD September 2018 Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sep 3	Sep 4	Sep 5	Sep 6	Sep 7	Sep 8
		Applesauce	Mangos	Mandarin Oranges	Pears	
		Taco Casserole	Baja Fish Nuggets	Chicken Tetrazzini	Pepperoni Pizza	
		Baked Beans	Broccoli	Peas & Carrots	Corn	
		Pilot Bread Cracker	Sweet Potato Fries	Baking Powder Biscuits	Charlie's Bread	
		Milk	Milk	Milk	Chocolate or White Milk	
Sep 9	Sep 10	Sep 11	Sep 12	Sep 13	Sep 14	Sep 15
	Mixed Fruit	Pineapple Chunks	Peaches	Mixed Berries	<b>COOKS' CHOICE</b>	
	Burritos	Fish Sticks	Spaghetti w/Meatballs	Toasted Cheese Sandwiches		
	Vegetable Blend	Creamed Spinach	Peas & Carrots	Tomato Soup w/Crackers		
	Slice of Bread	Ancient Grain Rice w/Kale	Garlic Bread	Peas		
	Milk	Milk	Milk	Milk		
Sep 16	Sep 17	Sep 18	Sep 19	Sep 20	Sep 21	Sep 22
	Strawberries	Mangos	Mandarin Oranges	Applesauce	Cranberry Sauce	
	Corn Dogs	Teriyaki Chicken	Ground Beef Stroganoff	Shrimp Poppers	Oven Roasted Chicken	
	Sliced Carrots	Vegetable Blend	Broccoli	Baked Beans	Green Beans	
	Sweet Potato Fries	Brown Rice w/Egg Roll	Tater Tots	Hot Rolls	Pasta Salad	
	Milk	Milk	Milk	Milk	Chocolate or White Milk	
Sep 23	Sep 24	Sep 25	Sep 26	Sep 27	Sep 28	Sep 29
	Pears	Peaches	Mandarin Oranges	Apricots	Mixed Fruit	
	Chicken Nuggets	Quesadillas	Beef Taco Pie	Chicken & Rice Casserole	Hamburgers	
	Mixed Vegetables	Beef Vegetable Soup w/Crackers	Southwestern Blackbean	Creamed Spinach	Sugar Snap Peas	
	Baking Powder Biscuits	Corn	Tortilla Chips	Garlic Bread	Rice Krispy Squares	
	Milk	Milk	Milk	Milk	Chocolate or White Milk	
Sep 30						

**DREAM BIG**  
 SAY PLEASE...THANK YOU  
 TRY YOUR BEST  
 be **GRATEFUL**  
 CHOOSE to be **HAPPY**  
**SMILE**  
 HUG OFTEN  
 OFFER - HELP

I choose to make  
**POSITIVE HEALTHY CHOICES**  
**FOR MYSELF**

