


SEPTEMBER 2021

Menu

DAILY BREAKFAST AND LUNCH ARE FREE OF COST!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELCOME	BACK	TO	SCHOOL	STUDENTS!!!
		1	2	3
*At both breakfast and lunch you must choose AT LEAST 3 OF THE 5 ITEMS to make a meal. One of these must be a fruit or veggie or you will be charged Ala Carte price.	NO SCHOOL			
6	7	8	9	10
NO SCHOOL	Sloppy Joe On a bun Carrots Chilled or fresh fruit	ELEM: Meatball Sub HS: *Meatballs w/ pizza sticks Savory Green Beans	Popcorn Chicken w/ketchup Dinner Roll, *w/rice Carrots Chilled or fresh fruit	Beef taco W/cheese & lettuce In wheat wrap Broccoli Chilled or fresh fruit
13	14	15	16	17
Whole Grain Pizza Chopped Broccoli Chilled or fresh fruit	Bacon Cheeseburger w/ketchup On a wheat bun Refried vegetarian beans Chilled or fresh fruit	Chicken Quesadilla And salsa Carrots Chilled or fresh fruit	Whole Grain Fiesta Pasta w/meat sauce Steamed green peas Chilled or fresh fruit	Crispy Fish Patty w/cheese On a wheat bun Corn, *Coleslaw Chilled or fresh fruit
20	21	22	23	24
Cheesy Mac w/Chicken Steamed Broccoli Chilled or fresh fruit	Beef & Gravy Over mashed potatoes Garlicy green beans Wheat roll Chilled or fresh fruit	BBQ Chicken On a bun Sliced carrots Chilled or fresh fruit	French Toast Sticks w/syrup Sausage patty Potatoes Chilled or fresh fruit	Beef Enchilada w/ cheese & rice Refried veggie beans Chilled or fresh fruit
27	28	29	30	
Chicken Patty *Chicken Parmesan On a wheat bun Steamed broccoli Chilled or fresh fruit	Cheeseburger w/ Ketchup on a wheat bun Black & veggie beans *Black beans & rice Chilled or fresh fruit	Deli Day Turkey & Ham w/ Cheese, lettuce & Tomato on a sub roll Garlicy green beans Chilled or fresh fruit	Stuffed Crust Pizza Carrots Chilled or fresh fruit	

BREAKFAST CHOICES:
1% or Skim Milk, Juice or Fruit, Cereal, Fr. Toast, Frudel, Mini Cinnis

SANDWICH CHOICE:
Tuna, Turkey or PBJ W/ Cheese Stick

LUNCH CHOICES:
1%, Skim Milk or Fat-Free Chocolate

EXTRA MILK: \$.60
EXTRA FRUIT OR VEGGIE: \$.70

Funds for extras may be added to your school bucks account, cash or checks: "USCS LUNCH FUND"



DELI BAR TO GO!

Freshly prepared sandwiches with assorted deli meats, cheese and accompaniments prepared daily on Whole Wheat Bread, Kaiser Roll or a Sub Roll. Also we have JULIENNE SALADS!

*School Will Vary in Options/Menus May Vary *If there is a delay in the start of school, breakfast will not be served.

*If you have any concerns please contact Kathy Smith at (315) 889-4120.