

September 2019

Bear River Student Center K-8

Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
NO SCHOOL LABOR DAY	Breakfast Strawberry/Banana Yogurt Granola ^ Diced Pears Fruit Punch Juice Milk Lunch HOMESTYLE SALISBURY STEAK W/GRAVY MONTEREY VEGETARIAN PATTY W/WHOLE WHEAT Potato Wedges Mixed Fruit Cup Ketchup Milk	Breakfast FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple* Choice of Milk Lunch PEPPERONI PIZZA ^ CHEESY PARM WRAP ^ Romaine Lettuce Light Ranch Dressing Orange-Tangerine Juice Milk	Breakfast RICE CHEX ^ Strawberry Pancake Square ^ Fresh Banana Orange-Tangerine Juice Milk Lunch CORN DOG ON A STICK ^ VEGGIE NUGGETS ^ Maple Baked Beans Baby Carrots Fresh Pear* Light Ranch Dressing Mustard & Ketchup BBQ Sauce Milk	Breakfast ASSORTED CEREAL Graham Crackers Fresh Fruit or Fruit Cup Milk Lunch Assorted Sandwiches Fruit Cup Baby Carrots Hummus Cup Milk
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
Breakfast GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Fruit Punch Juice Milk Lunch CHEESE PIZZA ^ Breadstick ^ Green Beans Fresh Apple* Milk	Breakfast COCOA PUFFS ^ Graham Crackers ^ Diced Peaches Orange-Tangerine Juice Milk Lunch 4-CHEESE PANINI ^ Mixed Vegetables Diced Pears Ketchup Mustard Milk	Breakfast String Cheese Chocolate Chip Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch CHICKEN TACO VEGETARIAN CHILI W/BEANS Tortilla Rounds ^ Fiesta Beans Fresh Banana Salsa Milk	Breakfast VANILLA YOGURT Granola ^ Fresh Banana Applesauce Cup Milk Lunch MEATBALL W/WHOLE WHEAT BUN ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Golden Potato Rounds Diced Peaches Milk	Breakfast APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple* Milk Lunch Turkey-American Cheese -Wheat Bread Hummus Cup Fresh Baby Carrots Fresh Pear Milk
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
Breakfast TRIX ^ Strawberry Pancake Square ^ Craisins Grape Juice Milk Lunch PENNE PASTA W/MEAT SAUCE ^ CHEESY PARM WRAP ^ Breadstick ^ Mixed Vegetables Fresh Orange* Milk	Breakfast RASPBERRY YOGURT Granola ^ Mixed Fruit Cup Fruit Punch Juice Milk Lunch CHEESE & GREEN CHILE TAMALE CRISPY CHICKEN PATTY W/WHOLE WHEAT BUN ^ Maple Baked Beans Diced Pears BBQ Sauce Hot Sauce Sun Splash Veggie Juice Milk	Breakfast BLUEBERRY MUFFIN ^ String Cheese Fresh Apple* Milk Lunch CHICKEN QUESO BURRITO ^ BEAN & CHEESE BURRITO ^ Romaine Lettuce Fresh Cucumber Slices Fresh Pear* Fat Free Ranch Dressing Salsa Milk	Breakfast PUMPKIN MINI LOAF ^ Fresh Banana Orange-Tangerine Juice Milk Lunch FRENCH BREAD CHEESE PIZZA ^ CHICKEN NUGGETS ^ Corn Honey Mustard Cup Fresh Apple Slices Milk	Breakfast CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple* Milk Lunch TURKEY & CHEESE SANDWICH ^ Baby Carrots Fresh Pear* Hummus Cup Mustard Milk
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
NO SCHOOL	Breakfast STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WHOLE WHEAT BUN ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch Milk	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk Lunch MACARONI & CHEESE HOT DOG W/WHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup Milk	Breakfast ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE W/WHOLE WHEAT BUN ^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Slices Light Ranch Dressing Hot Sauce Milk	Breakfast String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice Milk
September 30, 2019				
Breakfast APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice Milk Lunch CHICKEN STRIPS W/SWEET POTATO PUFFS ^ MINI CHEESE RAVIOLI W/SAUCE ^ Green Beans Fresh Orange* BBQ Sauce Milk				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE MILK

^ Denotes item is whole-grain/whole wheat.

Denotes item is vegetarian.

*** This institution is an equal opportunity provider.

** MENU SUBJECT TO CHANGE **