

Elementary Menu

September 2022

Contact: NutritionServices@bisd303.org
this institution is an equal opportunity provider

Daily Breakfast Available:

Hot Breakfast Sandwich
Soybutter and Jelly on WG Bread
Assorted Cereal w Cheese Stick or Sunfl/seeds
Assorted Yogurts with Graham Crackers
Muffin with Cheese Stick

Wednesday, Sept 7th

Orange Chicken

or Vegan Chili/Rice
Brown Rice, Garden Green
Salad, Red Grapes

Thursday, Sept 8th

Pepperoni or Cheese Pizza

or Vegan Bean Dip
Fresh Melon,
Caesar Salad

Friday, Sept 9th

Brunch 4 Lunch **French Toast**

w/Sausage!
or Vegan Fried Rice
Banana, Corn

Monday, Sept 12th

Early Release Day **Bean & Cheese Burrito**

or Vegan Fried Rice
Orange Wedges
Corn

Tuesday, Sept 13th

Brunch 4 Lunch **Waffles**

w/Sausage!
or Vegan Hummus
Fresh Apple Slices
Fresh Strawberries

Wednesday, Sept 14th

Chicken Burger

or Vegan Bean Dip
Roasted Oven Potatoes
Fresh Melon, Black Beans

Thursday, Sept 15th

Pasta Bar

or Vegan Chili/Rice
Marinara or Meat
Sauce
Rotini Pasta
Caesar Salad

Friday, Sept 16th

Pepperoni or Cheese Pizza

or Vegan Fried Rice
Banana
Garden Green Salad

Monday, Sept 19th

Early Release Day **Hamburger w/ Cheese**

**Oven Fried
Potatoes**
Vegan Fried Rice

Tuesday, Sept 20th

Popcorn Chicken w
Honey mustard
Vegan Chili and Rice
Fresh Melon
Green Salad

Wednesday, Sept 21st

Brunch For Lunch
French Toast w/s Sausage
Vegan Hummus with
cucumber on a pita.
Fresh Strawberries and
bananas

Thursday, Sept 22nd

Baja Fish Sticks
Vegan Bean Dip
Carrots/coleslaw
Apple slices and
orange wedges

Friday, Sept 23rd

**Pep and Cheese
Pizza**
Vegan Fried Rice
Fresh Melon
Caesar Salad

Monday, Sept 26th

Early Release Day **Turkey Corn Dogs** **Vegan Bean Dip**

Roasted Potatoes
Green salad
Banana

Tuesday, Sept 27th

Nachos
Vegan GF Nachos
Ground beef, Refried
Beans, Cheese, Lettuce,
Corn and Grapes

Wednesday, Sept 28th

Orange Chicken
Vegan Fried Rice
Brown Rice, carrots and
Strawberries

Thursday, Sept 29th

**Bean and Cheese
Burritos**
**Vegan Chili and
Rice**
Black Beans Broccoli and

Friday, Sept 30th

Teriyaki Chicken
Vegan Fried Rice
Carrots, Green
Garden Salas
Banana

Breakfast \$2.25

Lunch: K-4 \$4.00

Grades 5-6 \$4.25