

# SEPTEMBER 2018

## EAST BERNSTADT INDEPENDENT SCHOOL

	ELEMENTARY & MIDDLE	ADULTS
Breakfast	\$0.00	\$2.50
Lunch	\$0.00	\$3.50

**Monday**

**NO SCHOOL**

**3**
**Tuesday**

**4**  
 Corn Dog, BBQ Sandwich, Chef Salad,  
 Sweet Potatoes or Peas,  
 Fruit Cup, Fresh Fruit,  
 100% Juice  
 Baked Chips & Cookie  
 Var. of Milk

**Wednesday**

**5**  
 Hamburger or  
 Cheeseburger, Sandwich,  
 Chef Salad, Baked Beans or  
 Fries, Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Bun  
 Var. of Milk

**Thursday**

**6**  
 Cheese or Pepp. Pizza,  
 Sandwich, Chef Salad,  
 Corn or Tossed Salad,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Crust  
 Var. of Milk

**Friday**

**7**  
 Baked Ham  
 Sandwich, Chef Salad,  
 Green Beans or Mashed Pot.,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Roll  
 Var. of Milk

**10**  
 Chicken Strips,  
 Sandwich, Chef Salad,  
 Broccoli & Cheese or Carrots,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Roll  
 Var. of Milk

**11**  
 Hot Dog & Chili,  
 Sandwich, Chef Salad,  
 Sweet Potatoes or Peas,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 Baked Chips & Cookie  
 Var. of Milk

**12**  
 Chicken Patty,  
 Sandwich, Chef Salad,  
 Baked Beans or Fries,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Bun  
 Var. of Milk

**13**  
 Little Caesars Pizza,  
 Sandwich, Chef Salad,  
 Corn or Tossed Salad,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Crust  
 Var. of Milk

**14**  
 Chili/Chips/Cheese,  
 Sandwich, Taco Salad,  
 Refried Beans or Fresh Broccoli,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 Baked Scoops & Mex. Rice  
 Var. of Milk

**17**  
 Chicken Bites,  
 Sandwich, Chef Salad,  
 Broccoli & Cheese or Carrots,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Roll  
 Var. of Milk

**18**  
 Spaghetti w/Meat Sauce,  
 Sandwich, Chef Salad,  
 Tossed Salad or Peas,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Toast & Cookie  
 Var. of Milk

**19**  
 Grilled Cheese,  
 BBQ Sandwich, Chef Salad,  
 Baked Beans or Soup,  
 Fruit Cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Bun & Crackers  
 Var. of Milk

**20**  
 Cheesy Bread, Pepperoni  
 Calzone, Chef Salad,  
 Corn or Tossed Salad,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Crust  
 Var. of Milk

**21**  
 Tangerine Chicken Stir Fry,  
 Sandwich, Chef Salad,  
 California Blend Veggies or Egg Roll,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Roll & Asian Rice  
 Var. of Milk

**24**  
 Chicken Nuggets,  
 Sandwich, Chef Salad,  
 Broccoli & Cheese or Carrots,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Roll  
 Var. of Milk

**25**  
 Corn Dog, BBQ Sandwich,  
 Chef Salad,  
 Sweet Potatoes or Peas,  
 Fruit Cup, Fresh Fruit,  
 100% Juice  
 Baked Chips & Cookie  
 Var. of Milk

**26**  
 Hamburger or  
 Cheeseburger, Sandwich,  
 Chef Salad, Baked Beans or  
 Fries, Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Bun  
 Var. of Milk

**27**  
 Little Caesars Pizza,  
 Sandwich, Chef Salad,  
 Corn or Tossed Salad,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Crust  
 Var. of Milk

**NO SCHOOL**

**28**

Students must choose ½ cup fruit daily at breakfast and ½ cup fruit or ½ cup vegetable daily at lunch.

This menu is subject to change based on available food items.

