

SEPTEMBER 2019

EAST BERNSTADT INDEPENDENT SCHOOL

	Elementary & Middle	Adults
Breakfast	\$0.00	\$2.50
Lunch	\$0.00	\$3.75

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL 2	Hot Dog & Chili, Sandwich, Chef Salad, Sweet Potatoes or Peas, Fruit Cup, Fresh Fruit, 100 % Fruit Juice Baked Chips & Cookie Var. of Milk 3	Chicken Patty, Sandwich, Chef Salad, Baked Beans or Fries, Fruit Cup, Fresh Fruit, 100% Fruit Juice Bun Var. of Milk 4	Cheese or Pepp. Pizza, Sandwich, Chef Salad, Corn or Tossed Salad, Fruit Cup, Fresh Fruit, 100% Fruit Juice Var. of Milk 5	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 6
Chicken Bites, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice Roll Var. of Milk 9	Spaghetti w/Meat Sauce, Sandwich, Chef Salad, Tossed Salad or Peas, Fruit Cup, Fresh Fruit, 100 % Fruit Juice WG Toast & Cookie Var. of Milk 10	Grilled Cheese, BBQ Sandwich, Chef Salad, Baked Beans or Soup, Fruit Cup, Fresh Fruit, 100% Fruit Juice Crackers Var. of Milk 11	Little Caesars Pizza, Sandwich, Chef Salad, Corn or Tossed Salad, Fruit cup, Fresh Fruit, 100% Fruit Juice Var. of Milk 12	Tangerine Chicken Stir Fry, Sandwich, Chef Salad, Calif. Blend Veggies or Egg Roll, Fruit cup, Fresh Fruit, 100% Fruit Juice Roll & Mex. Rice Var. of Milk 13
Chicken Nuggets, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice Roll Var. of Milk 16	Mini Corn Dogs, BBQ Sandwich, Chef Salad, Sweet Potatoes or Peas, Fruit Cup, Fresh Fruit, 100 % Fruit Juice Baked Chips & Cookie Var. of Milk 17	Hamburger or Cheeseburger, Sandwich, Chef Salad, Baked Beans or Fries, Fruit Cup, Fresh Fruit, 100% Fruit Juice Var. of Milk 18	Cheesy Bread, Pepperoni Calzone, Chef Salad, Corn or Tossed Salad, Fruit Cup, Fresh Fruit, 100% Fruit Juice Var. of Milk 19	Baked Ham, Sandwich, Chef Salad, Green Beans or Mashed Pot., Fruit Cup, Fresh Fruit, 100% Fruit Juice Roll Var. of Milk 20
Chicken Strips, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice Roll Var. of Milk 23	Hot Dog & Chili, Sandwich, Chef Salad, Sweet Potatoes or Peas, Fruit Cup, Fresh Fruit, 100 % Fruit Juice Baked Chips & Cookie Var. of Milk 24	Chicken Patty, Sandwich, Chef Salad, Baked Beans or Fries, Fruit Cup, Fresh Fruit, 100% Fruit Juice Bun Var. of Milk 25	Little Caesars Pizza, Sandwich, Chef Salad, Corn or Tossed Salad, Fruit cup, Fresh Fruit, 100% Fruit Juice Var. of Milk 26	NO SCHOOL 27
Chicken Bites, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice Roll Var. of Milk 30				



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.