

September 2022

East Bernstadt Independent School

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

The Romans often associated different months with different gods. September is associated with Vulcan, the Roman god of fire.

NO SCHOOL

12
Chicken Tenders, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

19
Chicken Bites Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

26
Chicken Nuggets, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

6
Grilled Cheese/Soup Sandwich, Chef Salad, Baked Beans or Peas, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Var. of Milk

13
Spaghetti w/Meat Sauce, Sandwich, Chef Salad, Baked Beans or Peas, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Toast
Var. of Milk

20
Grilled Cheese/Soup Sandwich, Chef Salad, Baked Beans or Peas, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Var. of Milk

27
Corn Dog, Sandwich, Chef Salad, Baked Beans or Peas, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Cookie
Var. of Milk

7
Little Caesars Pizza Sandwich, Chef Salad, Corn or Toss Salad, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Cookie
Var. of Milk

14
Cheese or Pepp. Pizza, Sandwich, Chef Salad, Corn or Toss Salad, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Crust
Var. of Milk

21
Little Caesars Pizza Sandwich, Chef Salad, Corn or Toss Salad, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Cookie
Var. of Milk

28
Cheese or Pepp. Pizza, Sandwich, Chef Salad, Corn or Toss Salad, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Crust
Var. of Milk

1
BBQ Sandwich, Sandwich, Chef Salad, Fries or Sweet Potatoes, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Bun
Var. of Milk

8
Hamburger or Cheeseburger, Sandwich, Chef Salad, Fries or Sweet Potatoes, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Bun
Var. of Milk

15
Hot Dog & Chili, Sandwich, Chef Salad, Fries or Sweet Potatoes, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Cookie
Var. of Milk

22
Sloppy Joe Sandwich, Sandwich, Chef Salad, Fries or Sweet Potatoes, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Bun
Var. of Milk

29
Hamburger or Cheeseburger, Sandwich, Chef Salad, Fries or Sweet Potatoes, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Bun
Var. of Milk

2
Crispy fish Nuggets w/Corn Muffin, Sandwich, Chef Salad, Scalloped Potatoes, or Pinto Beans, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Var. of Milk

9
Meatloaf, Sandwich, Chef Salad, Green Beans or Mashed Pot., Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

16
Chili/Chips/Cheese, Sandwich, Taco Salad, Green Beans or Refried Beans, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Baked Scoops
Var. of Milk

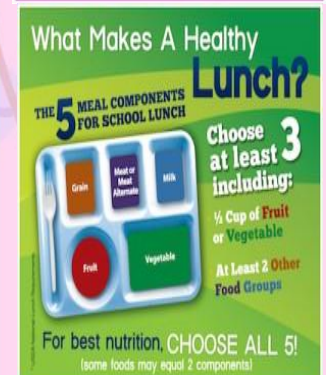
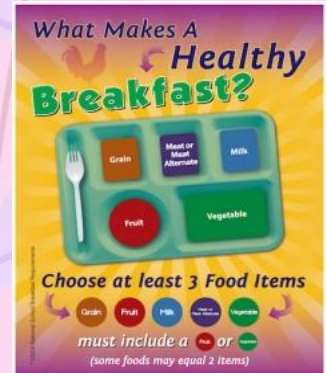
23
NO SCHOOL

30
Baked Ham, Sandwich, Chef Salad, Green Beans or Mashed Pot., Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

MENU SUBJECT TO CHANGE
School Breakfast and Lunch Programs are facing extreme difficulties with the food supply chain at this time. Menu changes may occur without notice.

	Elementary & Middle	Adults
Breakfast	\$0.00	\$3.00
Lunch	\$0.00	\$5.00

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



This institution is an equal opportunity Provider.