

**MT. PLEASANT SCHOOL DISTRICT
BREAKFAST MENU SEPT 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 nd 	3 rd Pizza Bagel Assorted Benefit Bars Cereal w/ Graham Crackers	4 th Golden Waffles w/ Turkey Sausage Whole Grain Banana Bread Cereal w/ Graham Crackers Assorted Cereal	5 th Egg & Cheese Muffin w/ Tater Tots Ultimate Breakfast Round Cereal w/ Graham Crackers	6 th Breakfast Pizza Whole Grain Cinnamon Bun Cereal w/ Graham Crackers
9 th French Toast Sticks w/ Turkey Sausage Whole Wheat Bagel w/ Cream Cheese Cereal w/ Graham Crackers	10 th Pizza Bagel Assorted Benefit Bars Cereal w/ Graham Crackers	11 th Golden Waffles w/ Turkey Sausage Whole Grain Banana Bread Cereal w/ Graham Crackers Assorted Cereal	12 th Egg & Cheese Muffin w/ Tater Tots Ultimate Breakfast Round Cereal w/ Graham Crackers	13 th Breakfast Pizza Whole Grain Cinnamon Bun Cereal w/ Graham Crackers
16 th French Toast Sticks w/ Turkey Sausage Whole Wheat Bagel w/ Cream Cheese Cereal w/ Graham Crackers	17 th Pizza Bagel Assorted Benefit Bars Cereal w/ Graham Crackers	18 th Golden Waffles w/ Turkey Sausage Whole Grain Banana Bread Cereal w/ Graham Crackers Assorted Cereal	19 th Egg & Cheese Muffin w/ Tater Tots Ultimate Breakfast Round Cereal w/ Graham Crackers	20 th Breakfast Pizza Whole Grain Cinnamon Bun Cereal w/ Graham Crackers
23 rd French Toast Sticks w/ Turkey Sausage Whole Wheat Bagel w/ Cream Cheese Cereal w/ Graham Crackers	24 th Pizza Bagel Assorted Benefit Bars Cereal w/ Graham Crackers	25 th Golden Waffles w/ Turkey Sausage Whole Grain Banana Bread Cereal w/ Graham Crackers Assorted Cereal	26 th Egg & Cheese Muffin w/ Tater Tots Ultimate Breakfast Round Cereal w/ Graham Crackers	27 th Breakfast Pizza Whole Grain Cinnamon Bun Cereal w/ Graham Crackers
30 th French Toast Sticks w/ Turkey Sausage Whole Wheat Bagel w/ Cream Cheese Cereal w/ Graham Crackers				

1% White Milk and Non Fat Chocolate Milk offered daily. You must select at least a 1/2 cup of fruit or vegetables from our Garden Bar with meal. See back of menu for daily choices.

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BREAKFAST MENU SEPT 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2nd</p> 	<p>3rd</p> <p>Pizza Bagel</p> <p>Assorted Benefit Bars</p> <p>Cereal w/ Graham Crackers</p>	<p>4th</p> <p>Golden Waffles w/ Turkey Sausage</p> <p>Whole Grain Banana Bread</p> <p>Cereal w/ Graham Crackers</p> <p>Assorted Cereal</p>	<p>5th</p> <p>Egg & Cheese Muffin w/ Tater Tots</p> <p>Ultimate Breakfast Round</p> <p>Cereal w/ Graham Crackers</p>	<p>6th</p> <p>Breakfast Pizza</p> <p>Whole Grain Cinnamon Bun</p> <p>Cereal w/ Graham Crackers</p>
<p>9th</p> <p>French Toast Sticks w/ Turkey Sausage</p> <p>Whole Wheat Bagel w/ Cream Cheese</p> <p>Cereal w/ Graham Crackers</p>	<p>10th</p> <p>Pizza Bagel</p> <p>Assorted Benefit Bars</p> <p>Cereal w/ Graham Crackers</p>	<p>11th</p> <p>Golden Waffles w/ Turkey Sausage</p> <p>Whole Grain Banana Bread</p> <p>Cereal w/ Graham Crackers</p> <p>Assorted Cereal</p>	<p>12th</p> <p>Egg & Cheese Muffin w/ Tater Tots</p> <p>Ultimate Breakfast Round</p> <p>Cereal w/ Graham Crackers</p>	<p>13th</p> <p>Breakfast Pizza</p> <p>Whole Grain Cinnamon Bun</p> <p>Cereal w/ Graham Crackers</p>
<p>16th</p> <p>French Toast Sticks w/ Turkey Sausage</p> <p>Whole Wheat Bagel w/ Cream Cheese</p> <p>Cereal w/ Graham Crackers</p>	<p>17th</p> <p>Pizza Bagel</p> <p>Assorted Benefit Bars</p> <p>Cereal w/ Graham Crackers</p>	<p>18th</p> <p>Golden Waffles w/ Turkey Sausage</p> <p>Whole Grain Banana Bread</p> <p>Cereal w/ Graham Crackers</p> <p>Assorted Cereal</p>	<p>19th</p> <p>Egg & Cheese Muffin w/ Tater Tots</p> <p>Ultimate Breakfast Round</p> <p>Cereal w/ Graham Crackers</p>	<p>20th</p> <p>Breakfast Pizza</p> <p>Whole Grain Cinnamon Bun</p> <p>Cereal w/ Graham Crackers</p>
<p>23rd</p> <p>French Toast Sticks w/ Turkey Sausage</p> <p>Whole Wheat Bagel w/ Cream Cheese</p> <p>Cereal w/ Graham Crackers</p>	<p>24th</p> <p>Pizza Bagel</p> <p>Assorted Benefit Bars</p> <p>Cereal w/ Graham Crackers</p>	<p>25th</p> <p>Golden Waffles w/ Turkey Sausage</p> <p>Whole Grain Banana Bread</p> <p>Cereal w/ Graham Crackers</p> <p>Assorted Cereal</p>	<p>26th</p> <p>Egg & Cheese Muffin w/ Tater Tots</p> <p>Ultimate Breakfast Round</p> <p>Cereal w/ Graham Crackers</p>	<p>27th</p> <p>Breakfast Pizza</p> <p>Whole Grain Cinnamon Bun</p> <p>Cereal w/ Graham Crackers</p>
<p>30th</p> <p>French Toast Sticks w/ Turkey Sausage</p> <p>Whole Wheat Bagel w/ Cream Cheese</p> <p>Cereal w/ Graham Crackers</p>				

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MT. PLEASANT SCHOOL DISTRICT
LUNCH MENU SEPT 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2nd</p> 	<p>3rd</p> <p>Beef Soft Tacos Grilled Chicken Patty Sandwich Cheese or Pepperoni Pizza Turkey & Cheese Sandwich on Whole Wheat Crispy Chicken Salad</p>	<p>4th</p> <p>Chicken Nuggets w/ Brown Rice Hot Ham & Cheese on Whole Grain Bun Italian Dunkers Turkey & Cheese Sandwich on Whole Wheat Taco Salad</p>	<p>5th</p> <p>Nachos w/ Beans & Cheese Turkey Hot Dog Cheese or Pepperoni Pizza Chicken Caesar Wrap Chef Salad w/ Pretzel Gold Fish</p>	<p>6th</p> <p>Mac & Cheese w/ Ham & Roll Crispy Chicken Sandwich Cheese Quesadilla w/ Chips American Combo Sandwich Taco Salad</p>
<p>9th</p> <p>Spaghetti w/ Meatballs Cheeseburger on Whole Wheat Bean & Cheese Burrito Ham & Cheese Wrap Chicken Caesar Salad w/ Pretzel Gold Fins</p>	<p>10th</p> <p>Beef Soft Tacos Grilled Chicken Patty Sandwich Cheese or Pepperoni Pizza Turkey & Cheese Sandwich on Whole Wheat Crispy Chicken Salad</p>	<p>11th</p> <p>Chicken Nuggets w/ Brown Rice Hot Ham & Cheese on Whole Grain Bun Italian Dunkers Turkey & Cheese Sandwich on Whole Wheat Taco Salad</p>	<p>12th</p> <p>Nachos w/ Beans & Cheese Turkey Hot Dog Cheese or Pepperoni Pizza Chicken Caesar Wrap Chef Salad w/ Pretzel Gold Fish</p>	<p>13th</p> <p>Mac & Cheese w/ Ham & Roll Crispy Chicken Sandwich Cheese Quesadilla w/ Chips American Combo Sandwich Taco Salad</p>
<p>16th</p> <p>Spaghetti w/ Meatballs Cheeseburger on Whole Wheat Bean & Cheese Burrito Ham & Cheese Wrap Chicken Caesar Salad w/ Pretzel Gold Fins</p>	<p>17th</p> <p>Beef Soft Tacos Grilled Chicken Patty Sandwich Cheese or Pepperoni Pizza Turkey & Cheese Sandwich on Whole Wheat Crispy Chicken Salad</p>	<p>18th</p> <p>Chicken Nuggets w/ Brown Rice Hot Ham & Cheese on Whole Grain Bun Italian Dunkers Turkey & Cheese Sandwich on Whole Wheat Taco Salad</p>	<p>19th</p> <p>Nachos w/ Beans & Cheese Turkey Hot Dog Cheese or Pepperoni Pizza Chicken Caesar Wrap Chef Salad w/ Pretzel Gold Fish</p>	<p>20th</p> <p>Mac & Cheese w/ Ham & Roll Crispy Chicken Sandwich Cheese Quesadilla w/ Chips American Combo Sandwich Taco Salad</p>
<p>23rd</p> <p>Spaghetti w/ Meatballs Cheeseburger on Whole Wheat Bean & Cheese Burrito Ham & Cheese Wrap Chicken Caesar Salad w/ Pretzel Gold Fins</p>	<p>24th</p> <p>Beef Soft Tacos Grilled Chicken Patty Sandwich Cheese or Pepperoni Pizza Turkey & Cheese Sandwich on Whole Wheat Crispy Chicken Salad</p>	<p>25th</p> <p>Chicken Nuggets w/ Brown Rice Hot Ham & Cheese on Whole Grain Bun Italian Dunkers Turkey & Cheese Sandwich on Whole Wheat Taco Salad</p>	<p>26th</p> <p>Nachos w/ Beans & Cheese Turkey Hot Dog Cheese or Pepperoni Pizza Chicken Caesar Wrap Chef Salad w/ Pretzel Gold Fish</p>	<p>27th</p> <p>Mac & Cheese w/ Ham & Roll Crispy Chicken Sandwich Cheese Quesadilla w/ Chips American Combo Sandwich Taco Salad</p>
<p>30th</p> <p>Spaghetti w/ Meatballs Cheeseburger on Whole Wheat Bean & Cheese Burrito Ham & Cheese Wrap Chicken Caesar Salad w/ Pretzel Gold Fins</p>				

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