



# Wyoming County Schools September 2018 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
3 NO SCHOOL	4 Breakfast Pizza Dry Cereal, Variety Applesauce Juice Milk ***** Choc Chip Breakfast Bar	5 Sausage Biscuit Dry Cereal, Variety Peaches Juice Milk ***** Strawberry Pop-Tart	6 Pancakes SYRUP, PANCAKE Dry Cereal, Variety MIXED FRUIT Juice Milk ***** Bagel, Cinnamon, Mini	7 Homemade Cinnamon Roll Dry Cereal, Variety Pears Juice Milk ***** Strawberry Mini Pancakes
10 Pancake/Sausage Stick Dry Cereal, Variety Peaches Juice Milk ***** Pop Tarts Fudge	11 BISCUIT & GRAVY Sausage Patty Cantaloupe, Fresh Juice Milk ***** Yogurt Moz. Cheese Stick	12 FRENCH TOAST STICKS SYRUP, PANCAKE Dry Cereal, Variety Pears Juice Milk ***** Apple Frudel	13 BISCUIT W/JELLY Scrambled Eggs Dry Cereal, Variety MIXED FRUIT Juice Milk ***** Banana Breakfast Bread	14 STRAWBERRY PARFAIT Dry Cereal, Variety Applesauce Juice Milk ***** Blueberry Snack'n Waffle
17 Ham Biscuit Dry Cereal, Variety Peaches Juice Milk ***** Cherry Frudel	18 Cinnamon Toast Moz. Cheese Stick Dry Cereal, Variety BANANA Juice Milk ***** Maple Mini Pancakes	19 Bagel w/Cream Cheese & Jelly Egg, Boiled Dry Cereal, Variety Apple Juice Milk ***** Sausage Biscuit	20 Homemade Cinnamon Roll Dry Cereal, Variety Red Grapes Juice Milk ***** Chicken Biscuit	21 Chicken Biscuit Dry Cereal, Variety Pears Juice Milk ***** Strawberry Mini Pancakes
24 Pancakes SYRUP, PANCAKE Dry Cereal, Variety MIXED FRUIT Juice Milk ***** Bagel, Cinnamon, Mini	25 GRANOLA Strawberry Smoothie Dry Cereal, Variety Peaches Juice Milk ***** Strawberry Pop-Tart	26 Sausage Biscuit Dry Cereal, Variety Applesauce Juice Milk ***** SIMPLY CHEX, YOGURT *Cheese Stick	27 Breakfast Pizza Dry Cereal, Variety Pears Juice Milk ***** Apple Frudel	28 Blueberry PARFAIT Dry Cereal, Variety Applesauce Juice Milk ***** Maple Mini Pancakes

"This Institution is an Equal Opportunity Provider"





# Wyoming County Schools Pre-K - 8th Menu September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3 NO SCHOOL	4 Corn Dog French Fries Green Beans Cherry Tomatoes Applesauce Milk	5 SOUTHWESTERN RANCH CHICKEN Whole Wheat Roll Tossed Salad Dressing, Low Calorie Baby Carrots RANCH DRESSING Watermelon Milk	6 Meatloaf Whole Wheat Roll Mashed Potatoes Green Beans Pears Milk	7 Pepperoni Pizza Strawberry Spinach Salad BAKED BEANS Baby Carrots Peaches Milk
10 Spaghetti Whole Wheat Roll Tossed Salad Dressing, Low Calorie Green Beans Pears Milk	11 Chicken Nuggets Whole Wheat Bread Sticks POTATOES AU GRATIN BROCCOLI, Fresh Baby Carrots RANCH DRESSING Peaches Milk	12 FISH HUSHPUPIES Cole Slaw Green Beans Pears Milk	13 Taco Salad *Spanish Rice REFRIED BEANS Cherry Tomatoes BANANA Milk	14 Hot Dog w/Chili Cole Slaw BAKED BEANS BROCCOLI AND CHEESE sliced tomato Red Grapes Milk
17 Pig In Blanket French Fries Tossed Salad Dressing, Low Calorie Baby Carrots RANCH DRESSING MIXED FRUIT Milk	18 Beef Vegetable Soup Grilled Cheese Sandwich Crackers Baked Potato butter Sour Cream Baby Carrots Peaches Milk	19 CHICKEN CASSEROLE Whole Wheat Roll Mashed Potatoes Green Beans Strawberries Milk	20 Chicken on Bun French Fries Lettuce & Tomato BAKED BEANS Red Grapes Milk	21 BISCUIT & GRAVY Sausage Patty Hash Brown Potatoes Scrambled Eggs sliced tomato Apples w/Cinnamon Milk
24 Cheeseburger on WW Bun Sweet Potato Fries Lettuce & Tomato CONDIMENTS Green Beans BANANA Milk	25 Pepperoni Roll Strawberry Spinach Salad Baby Carrots Corn MIXED FRUIT Milk	26 Western Chili Beans TOASTED CHEESE SANDWICH Crackers Tossed Salad Dressing, Low Calorie Baked Potato Applesauce Milk	27 Salisbury Steak Whole Wheat Roll Green Beans Mashed Potatoes Peaches Milk	28 **Lasagna Whole Wheat Roll Tossed Salad Peas Pears Milk

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September



Wyoming County Schools  
9-12 Menu  
September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3 NO SCHOOL	4 Corn Dog French Fries Ketchup Green Beans Cherry Tomatoes Fresh Fruit Applesauce Milk	5 SOUTHWESTERN RANCH CHICKEN Whole Wheat Roll Tossed Salad Dressing, Low Calorie Baby Carrots RANCH DRESSING Peaches Watermelon Milk	6 Meatloaf Whole Wheat Roll Mashed Potatoes Green Beans Fresh Fruit Pears Milk	7 Pepperoni Pizza Strawberry Spinach Salad BAKED BEANS Baby Carrots Fresh Fruit Peaches Milk
10 Spaghetti Whole Wheat Roll Tossed Salad Dressing, Low Calorie Green Beans Fresh Fruit Pears Milk	11 Chicken Nuggets Bread Sticks POTATOES AU GRATIN BROCCOLI, Fresh Baby Carrots/Ranch Fresh Fruit Peaches Milk	12 FISH HUSHPUPIES Cole Slaw Green Beans Fresh Fruit Pears Milk	13 Taco Salad *Spanish Rice REFRIED BEANS Cherry Tomatoes Peaches BANANA Milk	14 Hot Dog W/Chili Cole Slaw BAKED BEANS BROCCOLI AND CHEESE sliced tomato Applesauce Red Grapes Milk
17 Pig In Blanket Tossed Salad Dressing, Low Calorie Tomato Soup RANCH DRESSING CARROT STICKS APPLE COBBLER MIXED FRUIT Milk	18 Beef Vegetable Soup Grilled Cheese Crackers Baked Potato Butter/Sour Cream Baby Carrots RANCH DRESSING Blueberry Cobbler Peaches Milk	19 Chicken Casserole Whole Wheat Roll Mashed Potatoes Green Beans Apples w/Cinnamon Strawberries Milk	20 Chicken on Bun French Fries Lettuce & Tomato BAKED BEANS Applesauce Red Grapes Milk	21 BISCUIT & GRAVY Sausage Patty Hash Brown Potatoes Scrambled Eggs sliced tomato Cantaloupe, Fresh Apples w/Cinnamon Milk
24 Cheeseburger Sweet Potato Fries Lettuce & Tomato CONDIMENTS Green Beans Peach Cobbler BANANA Milk	25 Pepperoni Roll Strawberry Spinach Salad Baby Carrots Corn Fresh Fruit MIXED FRUIT Milk	26 Western Chili Beans TOASTED CHEESE Crackers Tossed Salad Dressing, Low Calorie Baked Potato Fresh Fruit Applesauce Milk	27 Salisbury Steak Whole Wheat Roll Green Beans Mashed Potatoes Fresh Fruit Peaches Milk	28 Lasagna Whole Wheat Roll Tossed Salad Peas Fresh Fruit Pears Milk

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welcome

BACK TO SCHOOL