



Lindop School District 92 September 2018 Sunrise Starters Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	September 3	September 4 Canadian Bacon & Egg Croissant* 100% Juice Fresh Apple or Orange	September 5 Yogurt Parfait with Peaches & Honey Oat Goldfish Cracker* 100% Juice Fresh Apple or Orange	September 6 Scrambled Eggs with Turkey Sausage, Toast* & Mixed Fruit Jelly 100% Juice Fresh Apple or Orange	September 7 French Toast Sticks* with Syrup 100% Juice Fresh Apple or Orange
	September 10 Turkey Sausage & Cheese Breakfast Sandwich* 100% Juice Fresh Apple or Orange	September 11 Strawberry Pineapple Smoothie with Apple Oatmeal Bar* 100% Juice Fresh Apple or Orange	September 12 Cheese Omelet with Toast*, Margarine & Mixed Fruit Jelly 100% Juice Fresh Apple or Orange	September 13 Oatmeal* with Cinnamon 100% Juice Fresh Apple or Orange	September 14 Assorted Cereals* Blueberry Muffin 100% Juice Fresh Apple or Orange
	September 17 Assorted Cereals* Yogurt Variety 100% Juice Fresh Apple or Orange	September 18 French Toast Sticks* with Syrup 100% Juice Fresh Apple or Orange	September 19 Egg & Cheese on an English Muffin* 100% Juice Fresh Apple or Orange	September 20 Yogurt Parfait with Fruit & Honey Oat Goldfish Cracker* 100% Juice Fresh Apple or Orange	September 21 Breakfast Tortilla* with Scrambled Eggs, Flame-Roasted Peppers, Onions & Salsa 100% Juice Fresh Apple or Orange
	September 24 Pancake Wrap*^ 100% Juice Fresh Apple or Orange	September 25 Assorted Cereals* Yogurt Variety 100% Juice Fresh Apple or Orange	September 26 Orange Creamsicle Smoothie Strawberry Oatmeal Bar* 100% Juice Fresh Apple or Orange	September 27 Cinnamon Raisin Bagel* with Cream Cheese 100% Juice Fresh Apple or Orange	September 28 Cheese Omelet with Toast*, Margarine & Mixed Fruit Jelly 100% Juice Fresh Apple or Orange

Additional Items Served Every Day:

- Fresh apple or fresh orange
- 100% apple juice and orange juice
- Skim and 1% white milk with no artificial growth hormones or antibiotics



*=Whole-grain item / ^=Item contains pork
Menu subject to change based on availability and quality of food items

Breakfast Buzz

Start the new school year off right by joining us for breakfast every day.

Did you know that eating school breakfast can help you get good grades and higher test scores?



Lindop School District 92 September 2018 K-8 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Bananas	September 3	September 4 Chicken & Penne Pasta* with Homemade Alfredo Sauce & Garlic Bread* Capri Blend Veggies Mixed Fruit	September 5 Honey Mustard Chicken Sandwich on Flatbread* Baby Carrots Pineapple	September 6 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Brown Rice* Refried Beans Corn Applesauce	September 7 Toasted Mozzarella Cheese Sandwich Italiano* with Beef Vegetable Soup* California Blend Veggies Cheddar Goldfish Crackers* Pears
Spotlight Fruit of the Week: Fresh Pears	September 10 Grilled Chicken Parmesan Sandwich on a Bun* Broccoli Florets Peaches	September 11 Beef Sloppy Joe on a Bun* Kettle-Baked Beans Oven-Baked Spiral-Cut French Fries Mixed Fruit	September 12 Turkey a la King with Honey Wheat Dinner Roll* Brown Rice* Capri Blend Veggies Pineapple	September 13 Meat Loaf with Mashed Potatoes, Gravy & Honey Wheat Dinner Roll* Applesauce	September 14 NO LUNCH SERVED
Spotlight Fruit of the Week: Grapes	September 17 Greek-Style Chicken & Honey Wheat Dinner Roll* Brown Rice* Green Beans Snickerdoodle Cookie* Peaches	September 18 Chicago-Style Hot Dog on a Bun* with Garnishes Oven-Baked Crinkle-Cut French Fries Blue Raspberry Lemonade Slushie	September 19 Homemade Cheese Pizza* Baby Carrots Strawberry Kiwi Slushie Pineapple	September 20 Spaghetti* with Turkey Meatballs, Marinara & Garlic Bread* Broccoli Florets Applesauce	September 21 Grilled Chicken Sandwich* with Lettuce & Tomato Marinated Three-Bean Salad California Blend Veggies Pears
Spotlight Fruit of the Week: Bananas	September 24 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Peaches	September 25 Beef Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Mixed Fruit	September 26 All-American Cheeseburger on a Bun* with Lettuce & Tomato Marinated Three-Bean Salad Corn Pineapple	September 27 Turkey & Cheese Panini* Oven-Baked Spiral-Cut French Fries Applesauce	September 28 Cheesy Garlic French Bread Pizza* with Lentil Soup Riviera Blend Veggies Pears

Served Each Day:

Salad / Fresh Fruit / Sunbutter & Jelly Sandwich* with Yogurt Skim and 1% White Milk Plus Fat-Free Chocolate Milk

**=Item contains whole grains / ^=Item contains pork / L=Locally sourced / Milk served with lunch contains no artificial growth hormones or antibiotics / Menu is subject to change based on availability and quality of food items*

Let's Eat

Ceres Food Group takes pride in offering wholesome, kid-centric meals to students to support their scholastic and extra-curricular pursuits. We build our meals around fruits and vegetables; whole grains, lean meats, and milk with no artificial growth hormones or antibiotics. Stop by the cafeteria to find out what we have to offer. We look forward to serving you.

2018-2019 school year. Our first stop is **Chicago**. For lunch, you will get to enjoy our version of a Chicago-style hot dog plus sides. Did you know that some food historians believe the "salad on a hot dog" was invented at the 1893 Chicago World's Fair?

