



2016 SEPTEMBER BREAKFAST



Nsaa/norton Campus

Monday	Tuesday	Wednesday	Thursday	Friday
August 29, 2016	August 30, 2016	August 31, 2016	September 1, 2016	September 2, 2016
			CHICKEN BISCUIT Blended Fruit Juice Fresh Fruit HONEY PACKETS (200/9GR) Choice of Milk	CHEERIOS Cinnamon Sky Cookie Grape Juice Strawberry Applesauce Choice of Milk
September 5, 2016	September 6, 2016	September 7, 2016	September 8, 2016	September 9, 2016
LABOR DAY	CINNAMON TOAST CRUNCH Mini Wafer Blended Fruit Juice Craisins Choice of Milk	FROSTED FLAKES (LOW SUGAR) French Toast Breakfast Bar Fresh Fruit Choice of Milk	STRAWBERRY PANCAKES Fresh Fruit Blended Fruit Juice Choice of Milk	RICE KRISPIES Animal Grahams Fresh Fruit Choice of Milk
September 12, 2016	September 13, 2016	September 14, 2016	September 15, 2016	September 16, 2016
FROOT LOOPS REDUCED SUGAR Strawberry Pancake Square Craisins Grape Juice Choice of Milk	WAFFLES Diced Pears Orange Juice Syrup Choice of Milk	String Cheese Blueberry Muffin French Toast Breakfast Bar Assorted Jelly Choice of Milk	EGG & CHEESE ON WW ENGLISH MUFFIN Fresh Fruit Blended Fruit Juice Assorted Jelly Choice of Milk	*NEW ITEM* GOLDEN GRAHAM CEREAL Cinnamon Sky Minis Fresh Fruit Choice of Milk
September 19, 2016	September 20, 2016	September 21, 2016	September 22, 2016	September 23, 2016
CINNAMON TOAST CRUNCH Spiced Grahams Craisins Blended Fruit Juice Choice of Milk	BREAKFAST BURRITO Mixed Fruit Cup Grape Juice Taco Sauce Choice of Milk	*NEW ITEM* COCOA PUFFS Maple Breakfast Square Fresh Fruit Choice of Milk	PANCAKES Fresh Fruit Orange Juice Syrup Choice of Milk	*NEW ITEM* STRAWBERRY YOGURT Peach Mini Loaf Fresh Fruit Choice of Milk
September 26, 2016	September 27, 2016	September 28, 2016	September 29, 2016	September 30, 2016
NEW ITEM APPLE JACKS REDUCED SUGAR Cherry Breakfast Bar Craisins Orange Juice Choice of Milk	FRENCH TOAST STICKS Pineapple Tidbits Apple Cherry Juice Syrup Choice of Milk	String Cheese Banana Muffin Fresh Fruit Choice of Milk	CHICKEN BISCUIT Fresh Fruit Blended Fruit Juice Honey Choice of Milk	MINI WHEATS LITTLE BITES Graham Crackers Fresh Fruit Choice of Milk

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

*** MENU SUBJECT TO CHANGE.

*** This institution is an equal opportunity provider.



NEW SCHOOL YEAR, NEW MENU!!!

Receive the Preferred Word by e-mail each month! Sign up at preferredmealsmenu.com





2016 SEPTEMBER LUNCH



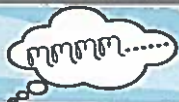
Nsaa/norton Campus

Monday	Tuesday	Wednesday	Thursday	Friday
August 29, 2016	August 30, 2016	August 31, 2016	September 1, 2016	September 2, 2016
			MINI CORN DOGS & CHICKEN FUN MIX WITH POTATOES Green Beans Fresh Fruit BBQ Sauce Ketchup Choice of Milk	TURKEY HAM & CHEESE PANINI Whole Kernel Corn Diced Pears Choice of Milk
September 5, 2016	September 6, 2016	September 7, 2016	September 8, 2016	September 9, 2016
LABOR DAY	CHICKEN TENDERS W/SWEET POTATO PUFFS Peas & Carrots Cinnamon Applesauce BBQ Sauce Ketchup Choice of Milk	CHICKEN QUESO BURRITO Salsa Cup Refried Beans Fresh Fruit Choice of Milk	CHEESE PIZZA Romaine Salad Light Italian Dressing Mixed Fruit Cup Choice of Milk	RIB B QUE Hamburger Bun Whole Kernel Corn Fresh Fruit Cheddar Sun Chips Choice of Milk
September 12, 2016	September 13, 2016	September 14, 2016	September 15, 2016	September 16, 2016
MINI CORN DOGS & CHICKEN FUN MIX French Fries Blended Fruit Juice Ketchup BBQ Sauce Choice of Milk	*TRY IT TUESDAY! MEATBALL SUB Hot Dog Bun Mediterranean Green Beans Diced Peaches Choice of Milk	CRISPY CHICKEN FILLET Hamburger Bun Maple Baked Beans Fresh Baby Carrots Fat Free Ranch Dressing Fresh Fruit BBQ Sauce Choice of Milk	*NEW ITEM* CHEESEBURGER MAC Mixed Vegetables Fresh Fruit Choice of Milk	PEPPERONI PIZZA WRAP Cauliflower Florets Fat Free Ranch Dressing Pineapple Tidbits Choice of Milk
September 19, 2016	September 20, 2016	September 21, 2016	September 22, 2016	September 23, 2016
CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Garden Peas Mixed Fruit Cup Choice of Milk	CHEESE PIZZA Broccoli Pineapple Tidbits Choice of Milk	*BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE Golden Potato Rounds Orange Juice Syrup Ketchup Choice of Milk	SANTA FE CHICKEN Tortilla Chips Whole Kernel Corn Fresh Fruit Choice of Milk	*FRESH FEATURE FRIDAY* CHARBROILED HAMBURGER Hamburger Bun Taco Beans Green Pepper Slices Fat Free Ranch Dressing Fresh Fruit Ketchup Mustard Choice of Milk
September 26, 2016	September 27, 2016	September 28, 2016	September 29, 2016	September 30, 2016
PIZZA DIPPERS Marinara Dipping Sauce Garden Vegetables Grape Juice Choice of Milk	TURKEY BURGER WITH POTATO WEDGES Hamburger Bun Green Beans Strawberry Applesauce Ketchup Mayonnaise Choice of Milk	*MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN Romaine Salad Cucumber Coins Light Ranch Dressing Mixed Fruit Cup Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun Maple Baked Beans Fresh Fruit Mustard Ketchup (2) Choice of Milk	*AROUND THE WORLD DAY* TASTE OF ITALY! ROTINI BAKE WITH MEATSAUCE Italian Mixed Vegetables Fresh Fruit Lemon Cookie Choice of Milk

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

*** MENU SUBJECT TO CHANGE.

*** This institution is an equal opportunity provider.



NEW SCHOOL YEAR, NEW MENU!!!

Receive the Preferred Word by e-mail each month! Sign up at preferredmealsmenu.com

