

East Chambers Primary  
September 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>3 FRENCH TOAST STICKS</u> Cuban Flatbread Sandwich Or Grilled Cheese sandwich Tomato Soup Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>4 KOLACHE</u> Cheese Pizza or Grilled Cheese Green Peas Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>5 PANCAKES</u> Chili or Yogurt Tray Green Beans Rice Crackers Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>6 SAUSAGE PANCAKE BITES</u> Chicken Nuggets or Ham and Cheese Quesadilla Broccoli Cheese Rice Potato Smiles Romaine Salad or Fresh Vegetables Smoothie or Fresh Fruit Choice of Milk
<u>9 BREAKFAST PIZZA</u> BBQ on Bun or Hot and Spicy Chicken Patty on Bun French Fries Baked Beans Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>10 FRENCH TOAST STICKS</u> Chicken Quesadilla or Breaded Beef on Bun Pinto Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>11 KOLACHE</u> Pepperoni Pizza Chef Salad Seasoned Carrots Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>12 PANCAKES</u> Steak Fingers or Strawberry Parfait Mashed Potatoes W/ Gravy Corn Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>13 SAUSAGE PANCAKE BITES</u> Corn Dogs or Hot Ham and Cheese on Bun French Fries Peas Romaine Salad or Fresh Vegetables Pineapple or Fresh Fruit Choice of Milk
<u>16 BREAKFAST PIZZA</u> Hot Dog on Bun or Hot and Spicy Chicken Patty on Bun Pork-n-Beans Potato Smiles Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>17 FRENCH TOAST STICKS</u> Beef and Cheese Burrito or Crispy Beef Taco Pinto Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>18 KOLACHE</u> Cheese Pizza or Grilled Cheese Green Beans Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>19 PANCAKES</u> Ravioli or Yogurt Tray Green Peas Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>20 SAUSAGE PANCAKE BITES</u> Chicken Tenders w/ Roll or Ham and Cheese Quesadilla Corn French Fries Romaine Salad or Fresh Vegetables Smoothie or Fresh Fruit Choice of Milk

<u>23 BREAKFAST PIZZA</u> Chicken Patty on Bun or Hot and Spicy Chicken Patty on Bun Broccoli and Cheese Potato Smiles Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>24 FRENCH TOAST STICKS</u> Beef and Cheese Nachos or Breaded Beef on Bun Refried Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>25 KOLACHE</u> Pepperoni Pizza or Chef Salad Corn Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>26 PANCAKES</u> Oven Fried Chicken or Blueberry Parfait Mashed Potatoes Gravy Cheesy Green Beans Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>27 SAUSAGE PANCAKE BITES</u> Bosco Cheese Sticks or Hot Ham and Cheese on Bun Oven Baked Chips Romaine Salad or Fresh Vegetables Pineapple or Fresh Fruit Choice of Milk
<u>30 BREAKFAST PIZZA</u> Hamburger on Bun or Hot and Spicy Chicken Patty on Bun French Fries Baked Beans Romaine Salad or Fresh Vegetables Applesauce of Fresh Fruit Choice of Milk				

This menu subject to change

“This institution is an equal opportunity provider. This program is funded by USDA.”