

September 2016

WJW Menu

*WG = Whole Grain

			<p>1 Breakfast Grilled Cheese Sandwich on WG Bread Or WG Cereal / WG Muffin W/Orange Slices Fruit Juice/Milk Lunch WG Pepperoni Pizza Or Nachos w/WG Chips Baked Beans Steamed Broccoli Banana</p>	<p>2 Breakfast Sausage Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly Fruit /Fruit Juice/Milk Lunch Cheeseburger on WG Bun Or Chicken Sandwich on WG Bun Potato Wedges Lettuce/Tom/Dill Spears Peaches</p>
<p>5 Labor Day Holiday</p>	<p>6 Breakfast Ham Biscuit (WG) Mustard/Jelly W/Pear Slices Fruit Juice Milk Lunch BBQ Sandwich on WG Bun Or Hot Wings w/WG Breadsticks Yam Patties Black Eyed Peas Strawberry Applesauce</p>	<p>7 Breakfast WG Morning Sausage Roll Or WG Cereal /WG Toast W/Orange Slices Fruit Juice/Milk Lunch Beefaroni Or Egg Roll Niblet Corn Garden Salad w/Tomatoes WG Breadstick (1) Pineapple Chunks</p>	<p>8 Breakfast Breakfast Cup Or WG Cereal/WG Toast/Jelly W/Apple Slices/Fruit Juice/ Milk Lunch Chicken Strips w/WG Roll Or Hot Dog on WG Bun French Fries Green Peas Pear Slices WG Oatmeal Cookie</p>	<p>9 Breakfast Egg Munchie w/WG Toast Or WG Cereal/WG Biscuit W/Chilled Strawberries Fruit Juice/Milk Lunch WG Cheese Pizza Or Nachos w/WG Chips Oven Fried Okra Steamed Broccoli Banana</p>
<p>12 Breakfast WG Breakfast Pizza Or WG Cereal/WG Toast/Jelly W/Fruit Cup/Apple Juice Milk Lunch Teriyaki Chicken Nuggets Or Hot Wings Steamed Carrots Black Eyed Peas WG Breadsticks Pear Slices</p>	<p>13 Breakfast Whole Wheat Sweet Roll Cheese Stick Or WG Cereal /WG Toast W/Apple Sauce Fruit Juice/Milk Lunch Spaghetti Or Egg Roll Niblet Corn Garden Salad w/Tomatoes WG Breadstick (1) Pineapple Chunks</p>	<p>14 Breakfast Steak Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly W/Chilled Strawberries Orange Juice/Milk Lunch Chicken Strips w/WG Roll Or WG Corn Dog Steamed Carrots Green Beans Applesauce</p>	<p>15 Breakfast Breakfast Cup WG Cereal / WG Muffin W/Orange Slices Fruit Juice/Milk Lunch WG Pepperoni Pizza Or Nachos w/WG Chips Baked Beans Steamed Broccoli Banana WG Chocolate Chip Cookie</p>	<p>16 Breakfast Sausage Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly Fruit /Fruit Juice/Milk Lunch Cheeseburger on WG Bun Or Chicken Sandwich on WG Bun Potato Wedges Lettuce/Tom/Dill Spears Peaches</p>
<p>19 Breakfast Steak Biscuit (WG) Or WG Cereal/WG Biscuit/Jelly W/Mixed Fruit Cup Fruit Juice/Milk Lunch BBQ Sandwich on WG Bun Or Hot Wings w/WG Breadsticks Yam Patties Black Eyed Peas Pear Slices</p>	<p>20 Breakfast WG Pancake Pup Or WG Cereal/WG Toast/Jelly W/Orange Sections Fruit Juice/Milk Lunch Beefaroni Or Egg Roll Niblet Corn Garden Salad w/Tomatoes WG Breadstick (1) Pineapple Chunks</p>	<p>21 Breakfast Chicken Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly W/Grapes/Fruit Juice/Milk Lunch Chicken Strips w/WG Roll Or Hot Dog on WG Bun French Fries Green Peas Applesauce</p>	<p>22 Breakfast Sausage Egg Grab Wrap w/Sunflower Seeds Or WG Cereal/WG Toast/Jelly W/Apple Slices/Fruit Juice/ Milk Lunch WG Cheese Pizza Or Nachos w/WG Chips Baked Beans Steamed Broccoli Chilled Strawberries WG Sugar Cookie</p>	<p>23 Breakfast Ham Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit W/Fruit Fruit Juice/Milk Lunch Hamburger on WG Bun Or WG Toasted Ham & Cheese Sandwich Potato Wedges Lettuce/Tom/Dill Spears Peaches</p>
<p>26 Breakfast WG Breakfast Pizza Or WG Cereal/WG Toast/Jelly W/Fruit Cup/Apple Juice Milk Lunch Teriyaki Chicken Nuggets Or Hot Wings Steamed Carrots Black Eyed Peas WG Roll Pear Slices</p>	<p>27 Breakfast Whole Wheat Sweet Roll Cheese Stick Or WG Cereal /WG Toast W/Apple Sauce Fruit Juice/Milk Lunch Spaghetti Or Egg Roll Niblet Corn Garden Salad w/Tomatoes WG Breadstick (1) Pineapple Chunks</p>	<p>28 Breakfast Steak Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly W/Chilled Strawberries Orange Juice/Milk Lunch Chicken Strips w/WG Roll Or WG Corn Dog Steamed Carrots Green Beans Applesauce</p>	<p>29 Breakfast Grilled Cheese Sandwich on WG Bread Or WG Cereal / WG Muffin W/Orange Slices Fruit Juice/Milk Lunch WG Pepperoni Pizza Or Nachos w/WG Chips Baked Beans Steamed Broccoli Banana WG Sugar Cookie</p>	<p>30 Breakfast Sausage Egg Grab Wrap WG Cereal/WG Biscuit/Jelly Fruit /Fruit Juice/Milk Lunch Cheeseburger on WG Bun Or Chicken Sandwich on WG Bun Potato Wedges Lettuce/Tom/Dill Spears Peaches</p>