

September 2019

Garrett County Board of Education—Food & Nutrition
Elementary Breakfast & Lunch Menu

Mon	Tue	Wed	Thu	Fri
<p>2 SCHOOLS CLOSED LABOR DAY</p>	<p>3 Fish or Ham & Cheese Sandwich or Pizza Sweet Potato Tots Mixed Vegetables Pears Milk</p> <p>Banana Muffin, Cereal, Peach Cup, Fruit Juice, Milk</p>	<p>4 Macaroni & Cheese or Ham & Cheese Sandwich or Chicken Nuggets Roasted Garbanzo Beans Peas Peaches Milk</p> <p>Cinnamon Roll, Cereal, Peach Cup, Orange Pineapple Juice, Milk</p>	<p>5 BBQ Chicken or Ham & Cheese Sandwich or Corn Dog Mashed Potatoes Orange Wedges Broccoli Milk</p> <p>Breakfast Bites, Cereal, Strawberry Applesauce Cup, Milk</p>	<p>6 Chef Salad or Ham & Cheese Sandwich or Pepperoni Panini Carrot Sticks Applesauce Italian Ice Milk</p> <p>Cereal Bar, Cereal, Orange Wedges, Apple Juice, Milk</p>
<p>9 Rib Patty or Yogurt w/String Cheese or Chicken Patty Mixed Vegetables Peaches French Fries Milk</p> <p>Double Chocolate WG Muffin, Cereal, Raisins, Grape Juice, Milk</p>	<p>10 Sweet & Sour Chicken or Yogurt w/String Cheese or Pizza Broccoli Pineapple Japanese Blend Vegetables Milk</p> <p>Waffles, Cereal, Applesauce Cup, Orange Juice, Milk</p>	<p>11 Nachos Grande or Yogurt w/String Cheese or Chicken Nuggets Tossed Salad Applesauce Cup Corn Milk</p> <p>Cereal Bar, Cereal, Banana, Fruit Juice, Milk</p>	<p>12 Mozzarella Sticks w/Sauce or Yogurt w/String Cheese or Corn Dog Carrot Sticks Pears Brownie Milk</p> <p>Sausage Biscuit, Cereal, Peach Cup, Orange Pineapple Juice, Milk</p>	<p>13 Sloppy Joe or Yogurt w/String Cheese or Pepperoni Panini Baked Beans Mixed Fruit Oven Roasted Potatoes Milk</p> <p>Yogurt, Cereal, Mandarin Orange Cup, Apple Juice, Milk</p>
<p>16 Grilled Cheese Sandwich or Lunchable or Chicken Patty Mixed Vegetables Tomato Soup Pineapple Milk</p> <p>Banana Muffin, Cereal, Mixed Fruit Cup, Orange Juice, Milk</p>	<p>17 Hot Dog or Lunchable or Pizza Broccoli Peaches Baked Beans Milk</p> <p>Breakfast Pizza, Cereal, Peach Cup, Fruit Juice, Milk</p>	<p>18 Chicken Fajita or Lunchable or Chicken Nuggets Tossed Salad Re-fried Beans Applesauce Milk</p> <p>Cinnamon Roll, Cereal, Peach Cup, Orange Pineapple Juice, Milk</p>	<p>19 Beef Ravioli or Lunchable or Corn Dog Pears Carrot Sticks Ice Cream Cup Milk</p> <p>Pancakes, Cereal, Strawberry Applesauce Cup, Grape Juice, Milk</p>	<p>20 <u>Breakfast For Lunch</u> Waffles & Sausage Patties or Lunchable or Pepperoni Panini Tater Tots Orange Wedges Mixed Fruit Milk</p> <p>Cereal Bar, Cereal, Orange Wedges, Apple Juice, Milk</p>
<p>23 Popcorn Shrimp or Grilled Cheese Sandwich or Chicken Patty Sweet Potato Tots Mixed Vegetables Pears Milk</p> <p>Double Chocolate WG Muffin, Cereal, Raisins, Grape Juice, Milk</p>	<p>24 BBQ Chicken or Grilled Cheese Sandwich or Pizza Mashed Potatoes Pineapple Green Beans Milk</p> <p>French Toast Sticks, Cereal, Applesauce Cup, Orange Juice, Milk</p>	<p>25 Eggroll w/Rice or Grilled Cheese Sandwich or Chicken Nuggets Broccoli Orange Wedges Carrot Coins Milk</p> <p>Cereal Bar, Cereal, Banana, Fruit Juice, Milk</p>	<p>26 Macaroni & Cheese or Grilled Cheese Sandwich or Corn Dog Peas Peaches Roasted Garbanzo Beans Milk</p> <p>Sausage Biscuit, Cereal, Mandarin Orange Cup, Orange Pineapple Juice, Milk</p>	<p>27 Spaghetti or Grilled Cheese Sandwich or Pepperoni Panini Tossed Salad Mixed Fruit Corn Milk</p> <p>Yogurt, Cereal, Peach Cup, Apple Juice, Milk</p>
<p>30 Italian Sausage or Cheese Curds & Yogurt or Chicken Patty Mixed Vegetables Pears French Fries Milk</p> <p>Banana Muffin, Cereal, Mixed Fruit Cup, Orange Juice, Milk</p>				<p>This institution is an equal opportunity provider.</p>