

# September 2019

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

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