

## Crossroads Breakfast Menu September 2019

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>2</b> <b>No School</b> Labor Day	<b>3</b> <b>(wg) Poptart Kit</b> Animal Crackers Applesauce cup Orange Juice Choice of Milk	<b>4</b> <b>(wg) Cinnamon Toast Crunch Bar Kit</b> Animal Crackers Strawberry Cup Orange Juice Choice of Milk	<b>5</b> <b>(wg)Rice Krispy Grainola Bar Kit</b> Animal Crackers Applesauce cup Orange Juice Choice of Milk	<b>6</b> <b>(wg) Cinnamon Toast Crunch Bar Kit</b> Animal Crackers Strawberry Cup Orange Juice Choice of Milk
	<b>9</b> <b>(wg)Rice Krispy Grainola Bar Kit</b> Animal Crackers Applesauce cup Orange Juice Choice of Milk	<b>10</b> <b>(wg) Poptart Kit</b> Animal Crackers Applesauce cup Orange Juice Choice of Milk	<b>11</b> <b>(wg) Cinnamon Toast Crunch Bar Kit</b> Animal Crackers Strawberry Cup Orange Juice Choice of Milk	<b>12</b> <b>(wg)Rice Krispy Grainola Bar Kit</b> Animal Crackers Applesauce cup Orange Juice Choice of Milk	<b>13</b> <b>(wg) Cinnamon Toast Crunch Bar Kit</b> Animal Crackers Strawberry Cup Orange Juice Choice of Milk
	<b>16</b> <b>(wg)Rice Krispy Grainola Bar Kit</b> Animal Crackers Applesauce cup Orange Juice Choice of Milk	<b>17</b> <b>(wg) Poptart Kit</b> Animal Crackers Applesauce cup Orange Juice Choice of Milk	<b>18</b> <b>(wg) Cinnamon Toast Crunch Bar Kit</b> Animal Crackers Strawberry Cup Orange Juice Choice of Milk	<b>19</b> <b>(wg)Rice Krispy Grainola Bar Kit</b> Animal Crackers Applesauce cup Orange Juice Choice of Milk	<b>20</b> <b>(wg) Cinnamon Toast Crunch Bar Kit</b> Animal Crackers Strawberry Cup Orange Juice Choice of Milk
All bread is whole grain	<b>23</b> <b>(wg)Rice Krispy Grainola Bar Kit</b> Animal Crackers Applesauce cup Orange Juice Choice of Milk	<b>24</b> <b>(wg) Poptart Kit</b> Animal Crackers Applesauce cup Orange Juice Choice of Milk	<b>25</b> <b>(wg) Cinnamon Toast Crunch Bar Kit</b> Animal Crackers Strawberry Cup Orange Juice Choice of Milk	<b>26</b> <b>(wg)Rice Krispy Grainola Bar Kit</b> Animal Crackers Applesauce cup Orange Juice Choice of Milk	<b>27</b> <b>(wg) Cinnamon Toast Crunch Bar Kit</b> Animal Crackers Strawberry Cup Orange Juice Choice of Milk
Menu subject to change	<b>30</b> <b>(wg)Rice Krispy Grainola Bar Kit</b> Animal Crackers Applesauce cup Orange Juice Choice of Milk	<b>October 1</b> <b>(wg) Poptart Kit</b> Animal Crackers Applesauce cup Orange Juice Choice of Milk	<b>October 2</b> <b>(wg) Cinnamon Toast Crunch Bar Kit</b> Animal Crackers Strawberry Cup Orange Juice Choice of Milk	<b>October 3</b> <b>(wg)Rice Krispy Grainola Bar Kit</b> Animal Crackers Applesauce cup Orange Juice Choice of Milk	<b>October 4</b> <b>(wg) Cinnamon Toast Crunch Bar Kit</b> Animal Crackers Strawberry Cup Orange Juice Choice of Milk

The National School Lunch Program states that no student will be discriminated against on the basis of race, color, national origin, sex, age, or disability

## Crossroads Lunch Menu September 2019

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>2</b> <b>NO SCHOOL</b> Labor Day	<b>3</b> <b>CHEESEBURGERS</b> on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	<b>4</b> <b>WALKING TACOS</b> with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>5</b> <b>SEASHELLS with MEATBALLS</b> Garden Romaine Salad Whole Grain Breadstick(9-12) Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>6</b> <b>MEATLOAF</b> Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk
<b>Every student of Farrell Schools is entitled to breakfast and lunch at no cost!</b>  Don't forget to take at least one fruit or veggie with each meal Grades 9-12 may take two fruits	<b>9</b> <b>TOASTED CHEESE SANDWICH</b> Tomato Soup Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>10</b> <b>CHEESE QUESADILLAS</b> Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>11</b> <b>TURKEY and CHEESE SUB</b> on Whole Grain Bun French Fries Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk	<b>12</b> <b>SPAGHETTI with MEATBALLS</b> Garden Romaine Salad Whole Grain Dinner Roll (9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>13</b> <b>PERSONAL PAN PIZZA</b> French Fries Fresh Cukes Assorted Fresh Fruit Choice of Low Fat Milk
Weekly vegetable sub groups may include: dark green, red/orange, legumes, starchy, and other  Daily fruit choices may include: apples, oranges, bananas, applesauce, strawberries, peach cups, and apple slices	<b>16</b> <b>CORN DOGS</b> French Fries Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk	<b>17</b> <b>NACHOS GRANDE</b> on Whole Grain Tortilla Chips Corn or Black Beans Celery Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk	<b>18</b> <b>CHICKEN TENDERS</b> Whole Grain Dinner Roll Mashed Potatoes Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk	<b>19</b> <b>PENNE PASTA with MEATSAUCE</b> Garden Romaine Salad Whole Grain Dinner Roll (9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>20</b> <b>PERSONAL PAN PIZZA</b> French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk
Milk offered daily: fat free chocolate, 1% white,  All bread is whole grain  Grab & Go Salads offered daily as a meal	<b>23</b> <b>BREAKFAST FOR LUNCH</b> Whole Grain French Toast Sticks Tater Tots/ Celery Yogurt Assorted Fresh Fruit Choice of Low Fat Milk	<b>24</b> <b>WALKING TACOS</b> with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>25</b> <b>ASIAN CHICKEN</b> on Bed of Brown Rice Steamed Broccoli Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	<b>26</b> <b>SEASHELLS with MEATBALLS</b> Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>27</b> <b>MEATLOAF</b> Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk
<b>Cheez-its Grades 7-12 on</b> 9/3-9/6 9/9 9/16 10/4  Sorbets daily Menu subject to change	<b>30</b> <b>SLOPPY JOES</b> on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	<b>October 1</b> <b>HOT HAM &amp; CHEESE SANDWICH</b> on Whole Grain Bun Steamed Broccoli Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>October 2</b> <b>CHICKEN SANDWICH</b> on Whole Grain Bun Baked Beans Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk	<b>October 3</b> <b>ZITI PASTA with MEAT SAUCE</b> Garden Romaine Salad Whole Grain Dinner Roll (9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>October 4</b> <b>MEXICAN PIZZA</b> French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk

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