

SEPTEMBER 2023

CANNELTON CITY SCHOOLS

BREAKFAST



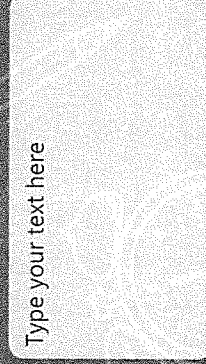
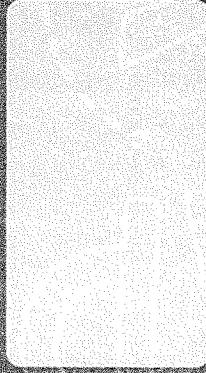
School Information: ALL MENUS ARE SUBJECT TO CHANGE. THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.



September is National Biscuit Month. Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!

MONDAY

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Labor Day

4

Grab and go cereal,
fruit, milk

11

French toast sticks, with
syrup, fruit and milk.

12

Sausage biscuit, fruit,
milk

13

Breakfast pizza, fruit,
milk

14

Muffins, juice, milk

15

Grab and go cereal,
fruit, milk

18

Pancakes with syrup,
fruit, milk.

5

Biscuit and gravy fruit
and milk.

6

Breakfast burrito, fruit,
milk,

7

Banana bread, fruit,
juice, milk.

8

Grab and go cereal,
fruit, milk

25

French toast sticks, with
syrup, fruit and milk

26

Sausage egg biscuit,
fruit, milk

27

Breakfast burrito, fruit,
milk

28

Muffins, juice, fruit,
milk.

29

Grab and go cereal,
fruit, milk

22

Banana bread, fruit,
milk

21

Breakfast pizza, fruit,
milk

20

Breakfast pizza, fruit,
milk

19

Banana bread, fruit,
juice, milk.

22

Grab and go cereal,
fruit, milk

15

Muffins, juice, fruit,
milk.

14

Breakfast burrito, fruit,
milk,

13

Breakfast pizza, fruit,
milk

12

Sausage biscuit, fruit,
milk

11

Grab and go cereal,
fruit, milk

8

Pancakes with syrup,
fruit, milk.

5

Biscuit and gravy fruit
and milk.

6

Breakfast burrito, fruit,
milk,

7

Banana bread, fruit,
juice, milk.

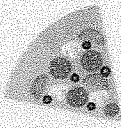
8



School Information: ALL MENUS ARE SUBJECT TO CHANGE. THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day

No school

4

Chicken patty on bun, baked beans, fresh veggies, fruit, milk

5

11

Corn dogs, baked beans, broccoli with cheese, veggies, fruit and milk

18

Chicken Fajita, on wrap, rice, broccoli, Fresh Veggie, fruit milk

25

Salisbury steak, gravy, mashed potatoes, green beans, fruit, roll, milk

12

Walking tacos with chips, lettuce, cheese, tomato, salsa, refried beans, corn, fruit and milk

19

Hot Ham and cheese on bun, baked chips, fresh veggies, fruit, milk

26

B.B. chicken on bun, broccoli and cheese, fresh veggies, fruit, milk

6

Chicken alfredo broccoli, fresh veggies, fruit milk

13

Barbecue chicken on bun, scalloped potatoes, fresh carrots with dip, fruit and milk

20

Chicken nuggets, tots, green beans, fresh veggies, fruit, milk

27

Corn dogs, baked beans, scalloped potatoes, fruit, milk

7

Brunch for lunch, biscuit and gravy, sausage, hash brown, fruit and milk

14

Spaghetti with meat sauce, garlic bread, corn, fruit and milk

21

Hot dog on bun, mac and cheese, corn, fruits fresh veggies, milk

28

Hamburger on bun, baked chips, fresh veggies, cheese, fruit, milk

Type your text here

1
Pizza, salad, fresh veggies, milk

8
Bosco sticks, salad, fresh veggies, fruit and milk

15
Pizza, salad, fresh veggies, fruits, milk

22
Pizza. Salad, fresh veggies, fruit. milk

29
Bosco sticks, salad, fresh veggies, fruit, milk