





QJHS SEPTEMBER 2022

	<p>30 <i>Biscuits & Gravy or Cereal</i> Fruit, Juice & Milk (A) 4-Cheese Garlic (B) Rib -B-Que on Bun Vegetable Medley Marinara Fruit Variety Milk</p>	<p>31 <i>Bagel & Cream Cheese or Cereal</i> Fresh Fruit/ Juice (A) Chicken Tenders (B) Rib-B-Que on Bun Green Beans Breadsticks & Cheese Fruit Variety Milk</p>	<p>1 <i>Breakfast Torando or Cereal</i> Fresh Fruit /Juice (A) Bar-B- Que Chicken on (B) Rib-B-Que on Bun Coleslaw Baby Carrots Fruit Variety Milk</p>	<p>2 <i>Donut or Cereal</i> Fresh Fruit/Juice (A) Stuffed Crust Pizza (B) Rib-B-Que on Bun Baked Beans Salad Fruit Variety Milk</p>
	<p>6 <i>Mini Pancakes or Cereal</i> Fruit/Juice & Juice (A) Sausage Pizza (B) Saucy Cheeseburger Glazed Carrots Marinara Sauce Fruit Variety Milk</p>	<p>7 <i>Eggs, Bacon, Toast or Cereal</i> Fruit, Juice & Milk (A) Chicken Nuggets (B) Saucy Cheeseburger Green Beans Breadstick Fruit Variety Milk</p>	<p>8 <i>Flapstick or Cereal</i> Fruit, Juice & Milk (A) Beefy Nacho Supreme (B)Saucy Cheeseburger Refried Beans Romaine Salad/Baby Carrots Fruit Variety Milk</p>	<p>9 <i>Donut or Cereal</i> Fruit/Juice & Milk (A) Calzones (B)Saucy Cheeseburger Vegetable Medley Baby Carrots Fruit Variety Milk</p> 
<p>12 <i>Mini Waffles or Cereal</i> Milk/ Fruit/ Juice (A) Sloppy Joe (B) Chicken Patty on Bun French Fries Baby carrots Fruit Variety Milk</p>	<p>13 <i>Sausage & Cheese Slider or Cereal</i> Fruit, Juice, & Milk (A) Wild Mike Bites (B) Chicken Patty Corn Baby Carrots Fruit Variety Milk</p>	<p>14 <i>Blueberry Bread or Cereal</i> Fruit, Juice & Milk (A) Ranch Chicken Wrap (B)Chicken Patty on Bun Baked Beans Salad Fruit Variety Milk</p>	<p>15 <i>Breakfast Torando or Cereal</i> Fruit/ Juice/ & Milk (A)Spaghetti Bake (B)Chicken Patty on Bun Steamed Broccoli Garlic Toast/Baby Tomatoes Fruit Variety Milk</p>	<p>16 <i>French Toast & Sausage</i> Cereal Fruit, Juice, & Milk (A)Big Daddy Pizza (B)Chicken Patty on Bun Green Beans Baby Carrots Fruit Variety Milk</p>
<p>19 <i>Frudel or Cereal</i> Fruit, Milk, Juice (A)Corn Dog (B)Tenderloin on Bun Potato Wedges Baby Carrots Fruit Variety Milk</p>	<p>20 <i>Biscuits & Gravy or Cereal</i> Fruit, Juice, & Milk (A)4-Cheese Garlic Bread (B)Tenderloin on Bun Peas Marinara Sauce Fruit Variety Milk</p>	<p>21 <i>Cinni Mini's or Cereal</i> Fruit, Juice, Milk (A)Chicken Tenders (B)Tenderloin on Bun Mashed Potato & Gravy Green Beans Fruit Variety Milk</p>	<p>22 <i>Breakfast Pizza or Cereal</i> Fruit, Juice, & Milk (A) Meatball Sub (B) Tenderloin on Bun Baked Beans Baby Carrots Fruit Variety Milk</p> 	<p>23 <i>Donut or Cereal</i> Fruit, Juice & Juice Fiestada Pizza Tenderloin on Bun Broccoli & Califlower Salad Baby Carrots Fruit Variety Milk</p>
<p>26 <i>Yogurt & Muffins or Cereal</i> Fruit, Juice & Milk Hotdog Cheeseburger French Fries Baby Carrots Fruit Variety Milk</p>	<p>27 <i>Ham & Cheese Slider or Cereal</i> Fruit, Juice, & Milk (A) Chicken Quesadilla (B) Cheeseburger Taco Beans Romaine Salad Fruit Variety Milk</p>	<p>(28) <i>Mini Pancakes or Cereal</i> Juice, Fruit & Milk (A) Bacon Chicken Twister (B) Cheeseburger Macaroni & Cheese Green Beans Salad Fruit & Milk</p>	<p>29 <i>Breakfast Pizza or Cereal</i> Juice, Fruit, & Milk (A) Chicken Alfredo (B) Cheeseburger Corn/Breadstick Baby Carrots Fruit Variety Milk</p>	<p>30 <i>French Toast & Sausage or</i> Cereal, Fruit, Juice & Milk (A) Wild Milks Pizza (B) Cheeseburger Cheesy Broccoli Baby Tomatoes Fruit Vaariety Milk</p>