

Richfield & Friess Lake Breakfast Menu

Select at least 3 food items – 1 must be ½ cup fruit
(All menu items count as 1 food item)

Monday-Thursday

Select 1 grain item from the following:

Cereal
Banana Bread
Pop Tart
Muffin
Ubr (Oatmeal Bar)

Select 1 meat/meat alternate from the following:

Yogurt
String Cheese

Select at least ½ cup fruit from the following:

Fruit
Dried Fruit
Juice

Breakfast includes a choice of milk

Friday Only

Cinnamon Roll
Fruit
Juice
Choice of milk

\$1.85

Breakfast is offered daily in the café. Daily offerings include: cereal, banana bread, Pop Tart, muffin, Ubr, yogurt, string cheese, fruit, juice, and choice of milk.

SEPTEMBER 2019

HOLY HILL AREA SCHOOL DISTRICT



Menu subject to change. Lunch Price is \$3.00. All meals come with choice of low-fat or skim milk. Ala carte milk is 30¢. Fresh Apples offered as a daily fruit choice for grades 5-8.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2-Sep</p> <p>No School Today</p>	<p>3-Sep</p> <p>Taco Salad Tossed Romaine Salad Seasoned Black Beans Corn Pineapple Tidbits</p>	<p>4-Sep</p> <p>Scrambled Eggs French Toast Sticks Breakfast Potatoes Cinnamon Applesauce Sunset Sip 100% Juice</p>	<p>5-Sep</p> <p>Ham & Cheese on Pretzel Bun Tossed Romaine Salad Tator Tots Assorted Fresh Vegetables Pear Slices</p>	<p>6-Sep</p> <p>Breaded Chicken Sandwich Tossed Romaine Salad Green Beans Peach Slices Birthday Treat</p> <p>HAPPY BIRTHDAY</p> <p>Happy September Birthdays</p>
<p>9-Sep</p> <p>Mini Corn Dogs Tossed Romaine Salad Glazed Carrots Baked Beans Pineapple Tidbits</p>	<p>10-Sep</p> <p>Cheeseburger Mac Tossed Romaine Salad Peas Fresh Strawberries Sliced Wheat Bread</p>	<p>11-Sep</p> <p>Orange Chicken Tossed Romaine Salad Steamed Rice Broccoli Florets Fruit Medley</p>	<p>12-Sep</p> <p>Meatball Sub Tossed Romaine Salad Confetti Pasta Salad Tuscan Blend Vegetables Applesauce</p>	<p>13-Sep</p> <p>Fish Melt Sandwich Tossed Romaine Salad Oven Baked Fries Coleslaw Fresh Cantaloupe</p> <p><i>Harvest of the Month</i></p>
<p>16-Sep</p> <p>Popcorn Chicken Tossed Romaine Salad Country Mixed Vegetables Applesauce Dinner Roll</p>	<p>17-Sep</p> <p>Cheese Dunkers & Marinara Tossed Romaine Salad Assorted Fresh Vegetables Peach Slices Chocolate Pudding</p>	<p>18-Sep</p> <p>Hamburger Tossed Romaine Salad Corn on the Cob Mandarin Oranges Baked Lay's Chips</p>	<p>19-Sep</p> <p>Ahoy Hot Dog Shiver Me Timbers Salad Buccaneer Baked Beans Tropical Fruit Salad White Cheddar Pirate's Booty</p> <p>Arrr!</p> <p>Talk Like A Pirate Day</p> <p></p>	<p>20-Sep</p> <p>Cheese Ravioli Tossed Romaine Salad Green Beans Pear Slices Garlic Bread</p>
<p>23-Sep</p> <p>Pepperoni Calzone Tossed Romaine Salad Roasted Cauliflower Fresh Apple slices Ice Cream Cup</p>	<p>24-Sep</p> <p>Turkey & Cheese Croissant Tossed Romaine Salad Garden Green Peas Pear Slices Pretzels & Hummus Dip</p>	<p>25-Sep</p> <p>Crispy Chicken Drummie Tossed Romaine Salad Mashed Potatoes & Gravy Broccoli Florets Fruit Salad</p> <p><i>Harvest of the Month</i></p>	<p>26-Sep</p> <p>Cheese Pizza Tossed Romaine Salad Assorted Fresh Vegetables Italian 3-Bean Salad Applesauce</p>	<p>27-Sep</p> <p>BBQ Pork Sandwich Tossed Romaine Salad Sweet Potato Tots Peach Slices Carnival Cookie</p>
<p>30-Sep</p> <p>Chicken Strips Tossed Romaine Salad Steamed Rice Peas Mandarin Oranges</p>	<p><i>Harvest of the Month</i></p> <p>Harvest of the Month highlighting seasonal crops in partnering area schools, cafeterias, restaurants, and</p> <p></p> <p></p>			

This institution is an equal opportunity provider.