

September 2020

ACGC PK-12 Distant Learning Menu



BREAKFAST
Served with Milk,
Juice, and Fruit

LUNCH
Served with Milk,
Vegetable and Fruit

ALL MENU ITEMS SUBJECT TO CHANGE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



Falcon Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

No School

No School 1

No School 2

No School 3

No School 4

No School Labor Day 7

Benefit Bar, String Cheese, Fruit Cup 8
Sandwich, Chips, Fresh Broccoli, Apple, Treat

Cereal, Granola Bar, Fruit, 9
Pizza, Snack Mix, Veggies, Fruit, Salad

Strawberry Bagel, Fruit 10
French Bread, Marinara Sauce, Pineapple

Breakfast Cookie, Apple 11
Chicken Patty, Fries, Baby Carrots, Fruit

No School 14

Yogurt, Scooby Sticks, Fruit 15
Corn Dog, Baked Beans, Fruit

Cereal, Oatmeal Bar, Fruit 16
Chicken Patty on Bun, Fries, Fruit

Snack Bread, String Cheese, Fruit 17
Pizza Sticks, Marinara Sauce, Salad, Fruit

Cereal, Teddy Grahams, Fruit 18
Cooks Choice

No School 21

Benefit Bar, Fruit 22
Hamburger on Bun, Fries, Fruit

Cereal, Cinnamon Crisp, Fruit 23
Sandwich, Chips, Fresh Veggies, Fruit, treat

Muffin, String Cheese, Fruit 24
Hot Dog, Baked Beans, Fruit

Grape Croissant, Fruit 25
Hot Pocket, Broccoli, Fruit,

No School 28

Snack Bread, Marble Cheese, Fruit 29
Quesadilla, Refried Beans, Fruit

Strawberry Bagel, Fruit 30
Pizza, Mixed Vegetables, Fruit

