

# September 2020

## ACGC 5-12 Building Menu



**BREAKFAST**  
Served with Milk,  
Juice, and Fruit

**LUNCH**  
Served with Milk, Salad  
Bar, Vegetable and Fruit

**ALL MENU ITEMS SUBJECT TO CHANGE**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



**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**

Breakfast Cookie, String Cheese, Apple **8**  
Pizza, California Blend, Peaches

Cereal, Granola Bar, Craisins **9**  
French Bread, Marinara Sauce, Pineapple

Strawberry Bagel, Orange **10**  
Hamburger, Fries, Pears

Benefit Bar, Pear **11**  
Chicken Patty, Broccoli, Fruit Cocktail

No School **14**

Cereal, Granola Bar, Fruit **15**  
Chicken Nuggets, Mashed Potatoes, Corn, Fruit

Yogurt, Scooby Stick, Fruit **16**  
Bosco Sticks, Marinara Sauce, Fruit

Cereal, Oatmeal Bar, Fruit **17**  
Quesadilla with Fixings, Broccoli, Fruit

Snack Bread, String Cheese, Fruit **18**  
Hot Dog, Baked Beans, Fruit

No School **21**

Benefit Bar, Fruit **22**  
Corn Dog, Baked Beans, Fruit

Cereal, Cinnamon Crisp, Fruit **23**  
Orange Chicken, Rice, Broccoli, Fruit, Fortune Cookie

Muffin, String Cheese, Fruit **24**  
Tator Tot Hotdish, Bread, Corn, Fruit, Cookie

Cereal, Granola Bar, Fruit **25**  
Pizza, Carrots, Fruit

No School **28**

Snack Bread, Marble Cheese, Fruit **29**  
Pulled Pork Sandwich, Fries, Fruit

Strawberry Bagel, Fruit **30**  
Spaghetti with meat sauce, Breadstick, Corn, Fruit

