

**CROSBY-IRONTON SCHOOLS MEAL MENU -**

**SEPTEMBER 4-14**

**2018**

Menu items may change due to availability. Cereal is available as a breakfast alternate daily at both schools.

USDA is an equal opportunity provider and employer.

3	4	5	6	7
<p><b>WELCOME BACK!</b></p>	<p>Maple pancakes,syrup Applesauce,juice,milk</p> <p>Breaded chicken patty on a WW bun Baked beans Caesar salad Peaches Milk HS alternates Chef salad Fajita chicken wrap</p>	<p>Scrambled egg wrap Peaches,Juice,Milk</p> <p>Taco on a WW tortilla, toppings Chips, salsa, bean dip Seasoned Corn Fresh fruits Milk HS alternates Chef salad Quesadilla</p>	<p>Cereal, Muffin Orange wedges Juice, Milk Popcorn chicken Ginger-soy rice Steamed Broccoli Garden salad Pears Milk HS alternates Chef salad Corn dog</p>	<p>Egg &amp; cheese biscuit Mixed fruit, juice, Milk</p> <p>Pizza California vegetables Grape tomatoes, Carrots, cucumber Cinnamon applesauce Milk HS alternates Chicken Caesar salad Yogurt boat</p>
10	11	12	13	14
<p>Waffles/fruit topping Applesauce,Juice,Milk Chicken nuggets Tex Mex bean bake Greek salad Mandarin oranges &amp; pineapple Bread stick Milk HS alternates Chef salad Yogurt parfait</p>	<p>Breakfast Pizza Peaches, Juice, Milk</p> <p>Ham &amp; cheese sandwich Chicken noodle soup Creamy Coleslaw Banana fruit cup Milk HS-alternates Southwest Chix salad Sunbutter-Jelly Sand.</p>	<p>Apple Frudel Banana, Juice, Milk Tuscan herb chicken Brown rice pilaf Green beans Broccoli Parm. salad Apple wedges Milk HS alternates Taco salad Teriyaki chicken bowl</p>	<p>Cereal, WW cinn. roll Pears, Juice, Milk</p> <p>Garlic cheese bread Marinara sauce Caesar salad Peaches Milk HS alternates Chef salad Pizza burger on a bun</p>	<p>Turkey sausage bagel Pineapple, Juice, Milk</p> <p>Cheeseburger on a WW bun, toppings Tator tots Fresh broccoli/carrots Pears Milk HS alternates Chef salad Fish sandwich</p>
<p><b>Additional choices of fruits or vegetables are offerd daily at each school.</b></p> <p><b>Cereal is available as a breakfast alternate daily at each school.</b></p>		<p><b>Looking for Health or Nutrition resources? We have added site links with interactive games, activities, and funfacts.</b></p> <p><b>Just go to the Crosby- Ironton website and look under the Wellness tab.</b></p>		<p><b>Meal costs</b> <b>Breakfast -\$1.55</b> <b>at both schools</b> <b>Lunches</b> <b>C.R.E.S. - \$2.45</b> <b>H.S. - \$2.70</b></p> <p><b>REMEMBER</b> <b>Each reimbursable</b> <b>meal must contain</b> <b>1/2 cup of fruit or</b> <b>vegetables.</b></p>

# CROSBY-IRONTON SCHOOLS MEAL MENU -

SEPTEMBER 17-28 2018

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17	18	19	20	21
Maple pancakes,syrup Applesauce,juice,milk  Chicken tender wrap with toppings Corn Southwest salad Pears Milk HS-alternates Chef salad Hot Ham & cheese Grab&Go Grade 9-12	Scrambled egg wrap Peaches,Juice,Milk  Walking taco Assorted toppings WW roll Fresh crunchy carrots Peaches Milk HS-alternates Chef salad Fajita chicken Grab&Go Grade 9-12	Pancake & sausage on a stick Pears, Juice, Milk  Corn dog Tex Mex Bean Bake Broccoli craisin salad Tropical fruit Milk HS-alternates Southwest Chix salad Shredded pork / bun Grab&Go Grade 9-12	Cereal, Muffin Orange wedges, Juice, Milk Turkey Stew with a WW biscuit Green Beans Creamy Coleslaw Mixed fruit Milk HS-alternates Chef salad Sunbutter-Jelly Sand. Grab&Go Grade 9-12	Egg & cheese biscuit Mixed fruit, juice, Milk  Pizza Monte Carlo vege. Garden fresh greens - salad Applesauce Milk HS-alternates Taco salad Yogurt boat Grab&Go Grade 9-12
24	25	26	27	28
Waffles/fruit topping Applesauce,Juice,Milk  Tator-tot hotdish WW Bread & jelly Steamed broccoli Caesar salad Fresh fruit Milk HS-alternates Chef salad Breakfast bowl Grab&Go Grade 9-12	Apple Frudel Banana, Juice, Milk  Teriyaki chicken Rice Pilaf Glazed Carrots Banana fruit cup Dinner roll Milk HS-alternates Chef salad Tuscan chicken Grab&Go Grade 9-12	<b>EARLY RELEASE DAY</b> Breakfast pizza Peaches, Juice, Milk  Beef hot dog on a WW bun, Baked beans Seasoned Corn Applesauce Milk	Cereal, WW cinn. roll Pears, Juice, Milk  Garlic cheese bread Marinara sauce Greek Salad Peaches Milk HS alternates Chef salad Pizza burger on a bun Grab&Go Grade 9-12	Turkey sausage bagel Pineapple, Juice, Milk  Taco Joe on a bun Potato wedges Green beans Garden greens salad Pears Milk HS-alternates Taco salad Caesar chicken wrap Grab&Go Grade 9-12
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