

CROSBY-IRONTON SCHOOLS MEAL MENU -

SEPTEMBER 3-13

2019

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.

2	3	4	5	6
	Pancakes/fruit topping Applesauce,juice,milk Breaded chicken patty on a WW bun Baked beans Caesar salad Peaches Milk HS alternates Chef salad Fajita chicken wrap	Scrambled egg wrap Peaches,Juice,Milk Taco on a WW tortilla, toppings Chips, salsa, bean dip Seasoned Corn Fresh fruits Milk HS alternates Chix Caesar salad Quesadilla	Cereal, Muffin Orange wedges Juice, Milk Popcorn chicken Ginger-soy rice Steamed Broccoli Garden salad Pears Milk HS alternates Chef salad Corn dog	Sausage biscuit Mixed fruit, juice, Milk Pizza California vegetables Grape tomatoes, Carrots, cucumber Cinnamon applesauce Milk HS alternates Taco salad Yogurt boat
9	10	11	12	13
French toast sticks Peaches, Juice, Milk Chicken nuggets Tex Mex bean bake Greek salad Mandarin oranges & pineapple Dinner roll Milk HS alternates Chef salad Yogurt parfait	Breakfast Pizza Applesauce, Juice Milk Ham & cheese sandwich Chicken noodle soup Creamy Coleslaw Peaches Milk HS-alternates Southwest Chix salad Sunbutter-Jelly Sand.	Apple Frudel Banana, Juice, Milk Tuscan herb chicken Brown rice pilaf Green beans Broccoli Parm. salad Banana fruit cup Milk HS alternates Taco salad Teriyaki chicken bowl	Cereal, WW cinn. roll Pears, Juice, Milk Garlic cheese bread Marinara sauce Caesar salad Apple wedges Milk HS alternates Chef salad Pizza burger on a bun	Egg andcheese on a English muffin Pineapple, Juice, Milk Cheeseburger on a WW bun, toppings Tator tots Fresh broccoli/carrots Pears Milk HS alternates Chef salad Fish sandwich
<p>Additional choices of fruits or vegetables are offerd daily at each school.</p> <p>Cereal is available as a breakfast alternate daily at each school.</p>		<p>Looking for Health or Nutrition resources? We have added site links with interactive games, activities, and funfacts.</p> <p>Just go to the Crosby-Ironton website and look under the Wellness tab.</p>		<p>Meal costs</p> <p>Breakfast -\$1.55 at both schools</p> <p>Lunches</p> <p>C.R.E.S. - \$2.45</p> <p>H.S. - \$2.70</p> <p>REMEMBER</p> <p>Each reimbursable meal must contain 1/2 cup of fruit or vegetables.</p>

CROSBY-IRONTON SCHOOLS MEAL MENU -

SEPTEMBER 16-30

2019

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16	17	18	19	20
Pancaakes with fruit topping Applesauce,juice,milk Chicken tender wrap with toppings Corn Southwest salad Peaches Milk HS-alternates Chef salad Hot Ham & cheese	Scrambled egg wrap Peaches,Juice,Milk Walking taco Assorted toppings WW roll Fresh crunchy carrots Pears Milk HS-alternates Chef salad Fajita chicken	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	Cereal, Muffin Orange wedges, Juice, Milk Chicken Stew with a WW biscuit Green Beans Creamy Coleslaw Mixed fruit Milk HS-alternates Chef salad Sunbutter-Jelly Sand.	Sausage biscuit Mixed fruit, juice, Milk Pizza Monte Carlo vege. Garden fresh greens - salad Applesauce Milk HS-alternates Taco salad Yogurt boat
23	24	25	26	27
French toast sticks Applesauce,Juice,Milk 3 Meat pasta bake WW Bread & jelly Steamed broccoli Caesar salad Fresh fruit Milk HS-alternates Chef salad Breakfast bowl	Breakfast pizza Peaches, Juice, Milk Teriyaki chicken Rice Pilaf Glazed Carrots Banana fruit cup Dinner roll Milk HS-alternates Chef salad Tuscan chicken	EARLY RELEASE DAY Apple Frudel Banana, 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	Egg and cheese on a English muffin Pineapple, Juice, Milk Taco Joe on a bun Potato wedges Green beans Garden greens salad Pears Milk HS-alternates Taco salad Caesar chicken wrap
30				
Pancakes with fruit topping Applesauce,juice,milk Breaded chicken patty on a WW bun Baked beans Caesar salad Peaches Milk HS alternates Chef salad Fajita chicken wrap		Additional choices of fruits or vegetables are offerd daily at each school. Cereal is available as a breakfast alternate daily at each school.		Meal costs Breakfast -\$1.55 at both schools Lunches C.R.E.S. - \$2.45 H.S. - \$2.70 REMEMBER Each reimbursable meal must contain 1/2 cup of fruit or vegetables.