



# Jennings School District

## September 2015

**31**

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*side items*

**1**  
**Glazed Cinnamon Roll**  
Cheesy Ham, Egg & Potato Taco

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*side items*  
Sliced Peaches; Fruit Juice, 1% Milk

**2**  
**Pancakes w/ Maple Syrup**  
Cheese & Bacon Breakfast Roll

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*side items*  
Pineapple Chunks; Fruit Juice, 1% Milk

**3**  
**Turkey Pancake Wrap**  
Ham, Egg and Cheese Bagel

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*side items*  
Sliced Pears; Fruit Juice, 1% Milk

**4**  
**Grilled Ham & Cheese Sandwich**  
Pumpkin Muffin Square

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*side items*  
Fresh Apple, Fruit Juice, 1% Milk

**7**  
NO SCHOOL  
LABOR DAY

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*side items*

**8**  
**Chicken, Egg & Cheese Breakfast Wrap**  
Glazed Cinnamon Roll

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*side items*  
Fresh Apple, Fruit Juice, 1% Milk

**9**  
**Sausage & Cheese Biscuit**  
Apple Stick

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*side items*  
Fresh Oranges, Fruit Juice; 1% Milk

**10**  
**Ranchero Breakfast Pizza**  
Blueberry Muffin

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*side items*  
Fresh Banana; Fruit Juice; 1% Milk

**11**  
**French Toast w/ Maple Syrup**  
Ham & Potato Strata

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*side items*  
Diced Pears; Fruit Juice, 1% Milk

**14**  
**Cheesy Egg Breakfast Burger**  
Cinnamon Raisin Bagel w/Cream Cheese

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*side items*  
Fresh Oranges, Fruit Juice; 1% Milk

**15**  
**Country Chicken Biscuit**  
Cinnamon Biscuit

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*side items*  
Pineapple Chunks; Fruit Juice, 1% Milk

**16**  
**French Toast w/ Maple Syrup**  
Egg & Sausage Breakfast Burger w/ BBQ Salsa

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*side items*  
Applesauce; Fruit Juice; 1% Milk

**17**  
**Sausage, Egg & Cheese Burrito**  
Banana Muffin Square

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*side items*  
Fresh Banana; Fruit Juice; 1% Milk

**18**  
**Grilled Ham & Cheese Sandwich**  
Apple Stick

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*side items*  
Diced Pears; Fruit Juice, 1% Milk

**21**  
**Denver Frittata**  
French Toast w/ Maple Syrup

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*side items*  
Fresh Oranges, Fruit Juice; 1% Milk

**22**  
**Glazed Cinnamon Roll**  
Country Chicken & Cheese English Muffin

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*side items*  
Pineapple Chunks; Fruit Juice, 1% Milk

**23**  
**Egg, Bacon & Cheddar Flatbread Sdw**  
Waffles w/Maple Syrup

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*side items*  
Applesauce; Fruit Juice; 1% Milk

**24**  
**Cheesy Ham, Egg & Potato Taco**  
Apple Stick

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*side items*  
Fresh Banana; Fruit Juice; 1% Milk

**25**  
**Country Chicken Biscuit**  
Banana Muffin Square

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*side items*  
Diced Pears; Fruit Juice, 1% Milk

**28**  
**Waffles w/Maple Syrup**  
Egg & Cheese English Muffin

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*side items*  
Fresh Oranges, Fruit Juice; 1% Milk

**29**  
**Scramble Eggs w/Cheese; Hashbrowns Patty**  
Blueberry Muffin

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*side items*  
Pineapple Chunks; Fruit Juice, 1% Milk

**30**  
**Breakfast Nachos**  
Pumpkin Chocolate Chip Muffin Square

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*side items*  
Applesauce; Fruit Juice; 1% Milk

**1**

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*side items*

**2**

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*side items*

### High School Breakfast

#### Served Daily

Hot & Cold Cereal



Smoothies/Parfiats  
Toast/Breakfast Bars



Assorted Muffins

**Made with Healthy Whole Grains**

**Local ingredients are always used when in season**

*Nutritional Messages may vary by school.*

**Ovo-Lacto Vegetarian, may contain Egg & Milk**

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**31**

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*side items*

**1** Salisbury Steak

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*side items*  
Green Beans, Fresh Oranges

**2** Orange Popcorn  
Chicken w/ Broccoli

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*side items*  
Cilantro Lime Rice; Cinnamon Sweet Potato, Fresh Apples

**3** Penne Alfredo  
w/Chicken

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*side items*  
Applesauce, Vegetarian Baked Beans

**4** Fish Taco

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*side items*  
Garden Salad, Diced Pears

**7** No School  
Labor Day

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*side items*

**8** Chicken Mashed  
Potato Bowl

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*side items*  
Green Beans, Fresh Oranges

**9** Baked Lasagna

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*side items*  
Cinnamon Sweet Potatoes, Banana, Dinner Roll (WG), Fresh Oranges

**10** Ranch Chicken  
Flatbread

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*side items*  
Tater Tots, Steamed Carrots, Applesauce

**11** Lime Chipotle  
Chicken Burrito

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*side items*  
Steamed Spinach, Diced Pears

**14** Spaghetti Meatballs  
w/ Spaghetti Sauce

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*side items*  
Steamed Carrots, Applesauce

**15** Chili Cheese Dog

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*side items*  
Green Beans, Fresh Oranges

**16** Chicken Pot Pie

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*side items*  
Cinnamon Sweet Potatoes, Banana

**17** Philly Cheesesteak

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*side items*  
Tater Tots, Steamed Carrots, Applesauce

**18** Sweet & Sour  
Popcorn Chicken  
w/Broccoli

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*side items*  
Garden Salad, Diced Pears, Vegetarian Fried Rice (WG), Fresh Assorted Fruit

**21** Meatloaf w/ Beef  
Gravy

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*side items*  
Mashed Potatoes, Fresh Apples, Dinner Roll

**22** Rotini w/Italian  
Meatsauce

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*side items*  
Green Beans; Fresh Orange, Dinner Roll

**23** Broccoli & Cheese  
Baked Potato

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*side items*  
Steamed Carrots, Banana, Dinner Roll

**24** Chicken Tacos

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*side items*  
Mexican Spice Rice, Vegetarian Baked Beans, Applesauce

**25** Grilled Cheese  
Sandwich

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*side items*  
Tomato Soup, Diced Pears

**28** Meatball Pizza Sub

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*side items*  
Tater Tots, Steamed Carrots, Applesauce

**29** Chicken Mashed  
Potato Bowl

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*side items*  
Steamed Carrots, Cucumber Slice, Dinner Roll

**30** Cheesy Baked Penne

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*side items*  
Breadstick, Campfire Beans, Celery Sticks, Banana

**1**

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*side items*

**2**

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*side items*

### High School Lunch

#### Served Daily

Salad Bar/Fresh Fruit



Deli/Tritilla/Pizza



**Made with Healthy Whole Grains**

**Local ingredients are always used when in season**

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