



TREYNOR COMMUNITY SCHOOL

September, 2016 Breakfast & Lunch Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Juice or Fruit Egg Omelet WG Toast	2 Juice or Fruit Cereal Breakfast Bar
(We reserve the right to make changes or substitutions as necessary.)			Deli Sub WG Chips Potato Puffs Hummus—Carrots Banana WG Cookie (4-12 Salad Bar)	Chicken Nuggets Peas & Carrots Garden Salad (6-12) WG Bread Peaches (No 2nd Choice)
5 NO SCHOOL	6 Juice or Fruit WG Pancake on a Stick Syrup	7 Juice or Fruit Cereal K-5 Breakfast Bar K-5 Biscuits/Gravy 6-12	8 Juice or Fruit Eggs Triangle Potato Toast	9 Juice or Fruit Cereal Breakfast Bar
NO SCHOOL	Sloppy Joe on Bun Seasoned Fries Strawberry Spinach Salad 9-12 Fresh Veggies K-8 Peaches & WG Cookie (4-12 Salad Bar)	Walking Taco Refried Beans Peas Peaches Brownie (4-12 Salad Bar)	Savory Chicken Bun Potato Wedges 6-12 Green Beans Pears (4-12 Salad Bar)	Pizza Stick K-5 Fiestada 6-12 Garden Salad Fresh Veggies Pineapple/Oranges (No 2nd Choice)
12 Juice or Fruit (1/2 c. required) Cereal Breakfast Bar	13 Juice or Fruit Pancakes Sausage	14 Juice or Fruit Cereal & Breakfast Bar K-5 Omelet & Toast 6-12	15 Juice or Fruit Breakfast Sandwich	16 Juice or Fruit Cereal Toast
Chicken Wrap Savory Rice Steamed Carrots Green Pepper Strips Pineapple (6-12 Salad Bar)	Pork Fritter on Bun Potato Wedges Broccoli/Cheese Sauce Fresh Fruit (4-12 Salad Bar)	Italian Pasta Bake Green Beans WG Garlic Bread Garden Salad 6-12 Pears (4-12 Salad Bar)	Chicken Fried Steak Mashed Potatoes/Gravy Corn Bread Peaches (4-12 Salad Bar)	Mr. Ribb on Bun Potato Puffs Carrots-Hummus Applesauce WG Cookie (No 2nd Choice)
19 Juice or Fruit (1/2 c. required) Cereal Breakfast Bar	20 Juice or Fruit WG French Toast Sticks	21 Juice or Fruit Cereal K-5 Breakfast Bar Eggs & Toast 6-12	22 Juice or Fruit Breakfast Pizza	23 Juice or Fruit Cereal WG Toast
Hot Dog on Bun Baked Beans WG Chips Peaches (6-12 Salad Bar)	WG Calzone Marinara Sauce Fresh Vegetable Salad Peas & Carrots Orange Smiles (4-12 Salad Bar)	Super Nachos Fiesta Beans 9-12 Corn Pears (4-12 Salad Bar)	Chicken Patty on Bun Potato Wedges Broccoli & Dip Jello with Fruit (4-12 Salad Bar)	Chicken Shapes K-5 Green Beans Stir Fry Seasoned Rice Vegetables Pineapple/Oranges (No 2nd Choice)
26 Juice or Fruit Cereal Breakfast Bar	27 Juice or Fruit WG Pancakes	28 Juice or Fruit Cereal K-5 Breakfast Bar K-5 Biscuits/Gravy 6-12	29 Juice or Fruit Egg Omelet Toast	30 Juice or Fruit Cereal Breakfast Bar
Pancake Stick Tator Tots Fresh Veggies Banana (6-12 Salad Bar)	Chicken Drumsticks Seasoned Broccoli WG Bread Creamy Cucumbers Peaches & WG Cookie (4-12 Salad Bar)	Mr. Ribb on Bun K-5 BBQ Pork 6-12 Baked Beans Cheese Cake Pears (4-12 Salad Bar)	Beefy Taco Potato Rounds Lettuce—Tomato Salsa—Cheese Peaches (4-12 Salad Bar)	Pizza K-5 School Made Pizza Corn Garden Salad Applesauce (No 2nd Choice)

Elementary: \$1.25 Breakfast—\$2.15 Lunch; Extra Milk \$0.50

MS-HS: \$1.25 Breakfast—\$2.30 Lunch; Extra Milk \$0.50

Breakfast includes 100% juice or fruit (1/2 cup required) and a milk choice. All lunches include a fruit choice available each day, whole grain bread and buns are served along with a daily milk choice. Treynor Community School is an equal opportunity provider.