

September

West County Charter Middle School

COLD BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> cinnamon chex/ zac attack strawberry bar cheesy bagel sandwich <p>1</p>
<p>Labor Day No School</p> <p>4</p>	<ul style="list-style-type: none"> multigrain cheerios/ mini dipperdoodle bar yogurt/ educational snacks <p>5</p>	<ul style="list-style-type: none"> apple muffin zac omega blackberry bar <p>6</p>	<ul style="list-style-type: none"> plain bagel w/ cream cheese corn chex/ mini dipperdoodle <p>7</p>	<ul style="list-style-type: none"> zee zeos berry apple crisp bar honey buttons cereal <p>8</p>
<ul style="list-style-type: none"> mini dipperdoodle/ string cheese apple cinna-grins cereal <p>11</p>	<ul style="list-style-type: none"> cinnamon crumble blueberry bagel w/ cream cheese <p>12</p>	<ul style="list-style-type: none"> banana muffin cheerios/ zac attack apple bar <p>13</p>	<ul style="list-style-type: none"> zee zeos berry apple crisp bar cocoa critters cereal <p>14</p>	<ul style="list-style-type: none"> dipperdoodle bar blueberry muffin <p>15</p>
<ul style="list-style-type: none"> corn chex/ mini dipperdoodle bar zee zeos berry apple crisp bar <p>18</p>	<ul style="list-style-type: none"> string cheese/ skeeter cinnamon grahams plain bagel w/ cream cheese <p>19</p>	<ul style="list-style-type: none"> cinnamon crumble multigrain cheerios/ zac attack strawberry bar <p>20</p>	<ul style="list-style-type: none"> lemon muffin dipperdoodle bar <p>21</p>	<ul style="list-style-type: none"> blueberry bagel w/ cream cheese snow flurries cereal <p>22</p>
<ul style="list-style-type: none"> zac omega blackberry bar cocoa critters cereal <p>25</p>	<ul style="list-style-type: none"> string cheese/ skeeter cinnamon grahams french toast muffin <p>26</p>	<ul style="list-style-type: none"> blueberry bagel w/ cream cheese dipperdoodle bar <p>27</p>	<ul style="list-style-type: none"> zee zeos berry apple crisp bar apple cinna-grains cereal <p>28</p>	<ul style="list-style-type: none"> cinnamon crumble plan bagel w/ cream cheese <p>29</p>

What's New?

If you didn't try them in August – theres still time!

Introducing new kid-favorite breakfast cereals; corn chex, cinnamon chex, cheerios and multigrain cheerios! With no added sugars and whole grains, they are sure to be a crowd-pleaser!

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

Orange Juice Available Wednesday and Friday



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LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> revolution hot dog (df) southwest veggie wrap (vg) o coleslaw <p style="text-align: right;">1</p>
<p>Labor Day No School</p> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> chicken enchiladas egg salad sandwich (vg) (df) o steamed corn <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> *NEW* jerk drumsticks w/ carrot rice (df) *NEW* italian "sausage" calzoni (vg) o glazed carrots <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> cheesy chicken quesadilla cheddar cheese sandwich (vg) o sliced cucumber <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> *NEW* pepper jack cheeseburger veggie taco salad (vg) o chopped lettuce/ sliced tomatoes w/ ranch <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ omelet (vg) turkey and cheddar sandwich o steamed carrots <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> fiesta scoops w/ three layer bean dip (vg) sesame chicken wrap o steamed corn <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> revolution hot dog (df) cheese pizza (vg) o coleslaw <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> *NEW* general tso's chicken (df) egg salad sandwich (vg) (dg) o broccoli florets w/ ranch <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> bbq chicken wrap veggie chef's salad (vg) o edamame/ baby carrots <p style="text-align: right;">15</p>
<ul style="list-style-type: none"> cheese pizza panada pie (vg) honey mustard salad w/ chicken bites o steamed corn <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> crispy chicken sandwich (df) sunny sandwich kit (sunbutter & jelly) (vg) o glazed carrots <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> uncle ted's bbq chicken taco dippers kit (vg) o black bean/ baby carrots <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> flame broiled cheeseburger veggie taco salad (vg) o chopped lettuce/ sliced tomatoes w/ ranch <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> *NEW* italian "sausage" calzoni (vg) honey mustard chicken wrap o green beans <p style="text-align: right;">22</p>
<ul style="list-style-type: none"> buffalo chicken pizza sunny sandwich kit (sunbutter & jelly) (vg) o steamed corn <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> baked mac & cheese w/ bbq chicken egg salad sandwich (df) (vg) o broccoli florets <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> classic spaghetti & meatballs (df) cheese pizza (vg) o glazed carrots <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> southern bbq chicken sandwich veggie chefs salad (vg) o pinto beans/ baby carrots <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> chicken bites (df) cheddar cheese sandwich (vg) o celery sticks w/ ranch <p style="text-align: right;">29</p>

What's New?

Love the BBQ Drumstick? We are introducing a new flavor! **Jerk Drumstick** with traditional spices –but not too spicy! Served on a bed of sweet and tangy pineapple carrot rice! Also we have a new **general tso's chicken, pepper jack cheeseburger** and a meatless **Italian "sausage" calzoni**.

Try them all this month!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Non-fat Chocolate milk available every Wednesday and Friday

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

