





Kannapolis City Schools – School Nutrition Menu

SEPTEMBER 2018 9-12



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Labor Day No School</p> 	<p>4</p> <p>Breakfast Choc Chip Muffin/Cheese String Choice of Low Sugar Cereal Applesauce Cups / Juice/LF Milk Lunch Cheeseburger Quesadilla w/ sour cream Seasoned Gr Beans or Seasoned Pintos Applesauce Cups or Cling Peaches Choice of LF Milk</p>	<p>5</p> <p>Breakfast Cinnamon Bun Choice of Low Sugar Cereal Pineapple Tidbits/Juice/LF Milk Lunch WG Pepperoni Pizza Corn Dog California Blend or Baked French Fries Pineapple Tidbits or Orange Wedges Choice of LF Milk</p>	<p>6</p> <p>Breakfast Pancake Wrap Choice of Low Sugar Cereal Bananas/Juice/LF Milk Lunch Buffalo Chicken Sub Meatball Sub Toss Salad or Savory Carrots Applesauce Cups or Bananas Choice of LF Milk</p>	<p>7</p> <p>Breakfast Cinnamon Crumb Cake Choice of Low Sugar Cereal Applesauce Cups/Juice/LF Milk Lunch Macaroni & Cheese w/ Dinner Roll Chicken Tenders w/ Biscuit Toss Salad or Seasoned Corn Applesauce Cups or Mixed Fruit Choice of LF Milk</p>
<p>10</p> <p>Breakfast Sausage Biscuit Choice of Low Sugar Cereal Mandarin Oranges / Juice/LF Milk Lunch Beef Fiesta Pizza Beefy Nachos Baked Beans or Steamed Broccoli Pear Halves or Mandarin Oranges Choice of LF Milk</p>	<p>11</p> <p>Breakfast Choc Chip Muffin/Cheese String Choice of Low Sugar Cereal Applesauce Cups / Juice/LF Milk Lunch Cheeseburger Quesadilla w/ sour cream Seasoned Gr Beans or Seasoned Pintos Applesauce Cups or Cling Peaches Choice of LF Milk</p>	<p>12</p> <p>Breakfast Cinnamon Bun Choice of Low Sugar Cereal Pineapple Tidbits/Juice/LF Milk Lunch WG Pepperoni Pizza Corn Dog California Blend or Baked French Fries Pineapple Tidbits or Orange Wedges Choice of LF Milk</p>	<p>13</p> <p>Breakfast Pancake Wrap Choice of Low Sugar Cereal Bananas/Juice/LF Milk Lunch Buffalo Chicken Sub Meatball Sub Toss Salad or Savory Carrots Applesauce Cups or Bananas Choice of LF Milk</p>	<p>14</p> <p>Breakfast Cinnamon Crumb Cake Choice of Low Sugar Cereal Applesauce Cups/Juice/LF Milk Lunch Macaroni & Cheese w/ Dinner Roll Chicken Tenders w/ Biscuit Toss Salad or Seasoned Corn Applesauce Cups or Mixed Fruit Choice of LF Milk</p>
<p>17</p> <p>Breakfast Sausage Biscuit Choice of Low Sugar Cereal Mandarin Oranges / Juice/LF Milk Lunch Beef Fiesta Pizza Beefy Nachos Baked Beans or Steamed Broccoli Pear Halves or Mandarin Oranges Choice of LF Milk</p>	<p>18</p> <p>Breakfast Choc Chip Muffin/Cheese String Choice of Low Sugar Cereal Applesauce Cups / Juice/LF Milk Lunch Cheeseburger Quesadilla w/ sour cream Seasoned Gr Beans or Seasoned Pintos Applesauce Cups or Cling Peaches Choice of LF Milk</p>	<p>19</p> <p>Breakfast Cinnamon Bun Choice of Low Sugar Cereal Pineapple Tidbits/Juice/LF Milk Lunch WG Pepperoni Pizza Corn Dog California Blend or Baked French Fries Pineapple Tidbits or Orange Wedges Choice of LF Milk</p>	<p>20</p> <p>Breakfast Pancake Wrap Choice of Low Sugar Cereal Bananas/Juice/LF Milk Lunch Buffalo Chicken Sub Meatball Sub Toss Salad or Savory Carrots Applesauce Cups or Bananas Choice of LF Milk</p>	<p>21</p> <p>Breakfast Cinnamon Crumb Cake Choice of Low Sugar Cereal Applesauce Cups/Juice/LF Milk Lunch Macaroni & Cheese w/ Dinner Roll Chicken Tenders w/ Biscuit Toss Salad or Seasoned Corn Applesauce Cups or Mixed Fruit Choice of LF Milk</p>
<p>24</p> <p>Breakfast Sausage Biscuit Choice of Low Sugar Cereal Mandarin Oranges / Juice/LF Milk Lunch Beef Fiesta Pizza Beefy Nachos Baked Beans or Steamed Broccoli Pear Halves or Mandarin Oranges Choice of LF Milk</p>	<p>25</p> <p>Breakfast Choc Chip Muffin/Cheese String Choice of Low Sugar Cereal Applesauce Cups / Juice/LF Milk Lunch Cheeseburger Quesadilla w/ sour cream Seasoned Gr Beans or Seasoned Pintos Applesauce Cups or Cling Peaches Choice of LF Milk</p>	<p>26</p> <p>Breakfast Cinnamon Bun Choice of Low Sugar Cereal Pineapple Tidbits/Juice/LF Milk Lunch WG Pepperoni Pizza Corn Dog California Blend or Baked French Fries Pineapple Tidbits or Orange Wedges Choice of LF Milk</p>	<p>27</p> <p>Breakfast Pancake Wrap Choice of Low Sugar Cereal Bananas/Juice/LF Milk Lunch Buffalo Chicken Sub Meatball Sub Toss Salad or Savory Carrots Applesauce Cups or Bananas Choice of LF Milk</p>	<p>28</p> <p>Breakfast Cinnamon Crumb Cake Choice of Low Sugar Cereal Applesauce Cups/Juice/LF Milk Lunch WG Pizza Seasoned Corn Applesauce Cup Choice of LF Milk EARLY RELEASE </p>