

# Auburn K-8 Menu



# SEPTEMBER 2013



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL

2

Oatmeal/Fruit  
BBQ Pork Rib on Bun  
Cheese Quesadilla  
Baked Beans  
Carrots/Dip  
Grapes  
Apricots

3

Fruit/Yogurt Parfait  
Taco in A Bag  
Cheesy Bread  
Sweet Potato Fries  
Green Peppers/Dip  
Apple Slices  
Mandarin Oranges

4

French Toast Sticks  
Cheese Pizza  
Salisbury Steak/Roll  
Mashed Potatoes  
Salad with Cucumbers  
Banana  
Pineapple  
Peach Crisp

5

MANAGER'S CHOICE

6

Pancakes

BBQ Chicken Wings  
Hamburger on Bun  
Baked Beans  
Carrots/Dip  
Watermelon  
Mixed Fruit

9

Yogurt/Graham Crackers

Turkey Bacon Flatbread  
Lasagna/Roll  
Corn  
Broccoli/Dip  
Kiwi  
Applesauce

10

Muffin

Hot Ham and Cheese  
Grilled Chicken  
Green Beans  
Marinated Veg Salad  
Orange Slices  
Peaches  
Triple Berry Buckle

11

Breakfast Wrap

Chicken Strips/Gravy/1/2 Biscuit  
Soft Taco  
French Fries  
Red Peppers/Dip  
Cantaloupe  
Pears

12

Nutrigrain Bar

Baked Fish Shapes  
Turkey Deli Wrap  
Peas  
Celery/Dip  
Strawberries  
Mandarin Oranges

13

Scrambled Eggs/Hashbrown

Chicken Nuggets  
Ravioli/Roll  
Carrots  
Mixed Greens Salad  
Apple Slices  
Pineapple

16

Oatmeal/Fruit

Cheesy Bread  
Sliced Turkey  
Mashed Potatoes/Gravy  
Marinated Veg Salad  
Banana  
Apricots  
Oatmeal Cookie

17

Fruit/Yogurt Parfait

Nachos Grandes  
BBQ Pork on Bun  
Baked Beans  
Peppers/Tomatoes/Dip  
Grapes  
Mixed Fruit

18

French Toast Sticks

Chicken Fajitas  
Cheese Pizza  
Corn  
Salad With Cucumbers  
Watermelon  
Applesauce

19

Breakfast Bagel

Early Dismissal  
No Lunch Served

20

Pancakes

Chicken Nuggets  
Corn Dog/Mac and Cheese  
Green Beans  
Marinated Veg Salad  
Orange Slices  
Pears

23

Yogurt/Graham Crackers

Grilled Ham and Cheese  
Chicken and Noodles/Roll  
Carrots  
Red/Green Peppers/Dip  
Cantaloupe  
Mandarin Oranges

24

Muffin

Horseshoe  
Chicken Strips/Gravy/1/2 Biscuit  
French Fries  
Celery/Dip  
Strawberries  
Pineapple

25

Breakfast Wrap

Sloppy Joe  
BBQ Chicken Wings  
Corn  
Mixed Greens Salad  
Apple Slices  
Apricots  
Brownie

26

Nutrigrain Bar

Chili/Crackers  
Baked Fish Shapes  
Peas  
Peppers/Tomatoes/Dip  
Banana  
Mixed Fruit

27

Scrambled Eggs/Hashbrown

Chicken Dumplings  
Pork Tenderloin on Bun  
Mixed Vegetables  
Salad With Cucumbers  
Grapes  
Applesauce

30

## DID YOU KNOW?

September comes from the Latin words septem, meaning seven and septimus, meaning seventh. In ancient Rome, September was the seventh month of the year.

Milk is available daily at lunch Breakfast items available on a daily basis include four varieties of cereal, nonfat milk (flavored or unflavored) or 1% milk (unflavored), toast and juice. Nonfat milk (flavored or unflavored) or 1% (unflavored) is available daily at lunch