

# Bishop Garrigan Schools September 2018 Breakfast & Lunch Menu

**Breakfast:** Served with 8 oz Milk, 4 oz. juice Cereal and Toast option available daily

**Lunch: Milk Options Available Daily**

Lettuce/Veggie Bar available daily for grades 5-12

**Menus Subject to Change**

Monday	Tuesday	Wednesday	Thursday	Friday
3  No School  Labor Day	4 B) Omelet, Toast, Applesauce  L) Breaded Pork Patty w/Bun Baked Beans Green Beans Tomato Slices Banana	5 B) Egg, Sausage, Toast, Banana  L) Hot Dog or Cheddar Brat w/Bun Tri-Tator Coleslaw Fresh Fruit Jello	6 B) French Toast Sticks, Peaches  L) Mandarin Orange Chicken Broccoli / Peas Fortune Cookie Seasoned Rice Mandarin Oranges	7 B) Mini Doughnuts, Yogurt, Fresh Fruit  L) Mini Corn Dogs Glazed Carrots California Blend Veggies Peaches
10 B) Omelet, Toast, Applesauce  L) Cheeseburger w/Bun French fries Mixed Vegetables 7 – 12 Tomato Slices Apple Sauce	11 B) Mini Pancakes, Sausage Links, Apple Half  L) Scalloped Potatoes w/Ham Green Beans Broccoli Dinner Roll Banana	12 B) Egg, Sausage, Toast, Banana  L) Crisпитos Cheese Sauce Refried Beans Corn Spanish Rice Orange Slices	13 B) Breakfast Pizza, Oranges  L) Sub Sandwich Lettuce/Tomato/Onions Baked Beans Potato Salad & Pasta Salad Apple half 9-12 Grade Cookie	14 B) Fruit & Yogurt Parfait, Muffin  L) Chicken Strips Mashed Potatoes with Gravy Glazed Carrots Dinner Roll Strawberries
17 B) Omelet, Toast, Applesauce  L) French Dip w/Au Jus (Roast Beef Sandwich) Green Beans Corn Pineapple	18 B) Scrambled Egg Bake, Toast, Pears  L) Soft or Hard Shell Taco Tomato/Lettuce/Cheese Refried Beans Banana Cookie	19 B) Egg, Sausage, Toast, Banana  L) Beef Burger w/Bun Tri-Tator Baked Beans Apple Slices	20 B) French Toast Sticks, Peaches  L) Chicken Alfredo Broccoli / Green Beans 9-12 Baby Carrots w/Hummus Dip Garlic Breadstick Peaches	21 B) Muffin, Yogurt, Applesauce  L) BBQ Pork w/Bun Mashed Sweet Potatoes Corn Orange Slices
24 B) Omelet, Toast, Applesauce  L) Chicken Patty w/Bun Mixed Veggies Mashed Potatoes Pears	25 B) Mini Pancakes, Sausage Links, Apple Half  L) Hot Meatball Sub w/Bun Green Beans Corn Banana	26 B) Egg, Sausage, Toast, Banana  L) Chicken Fajita (Chicken Wrap) Black Beans / Carrots Roasted Peppers & Onions Spanish Rice Rosey Applesauce	27 B) Breakfast Pizza, Oranges  L) Riblet or Hamburger w/ WG Bun Tri-Tator Green Beans 7-12 Tomato & Onion slices Orange	28 B) Fruit & Yogurt Parfait, Muffin  L) Macaroni & Cheese Broccoli Peas Strawberries

**Iowa Non-Discrimination Statement:**

“It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the Iowa Civil Rights Commission, Grimes State Office building, 400 E. 14<sup>th</sup> St. Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; website: <https://icrc.iowa.gov/>.”