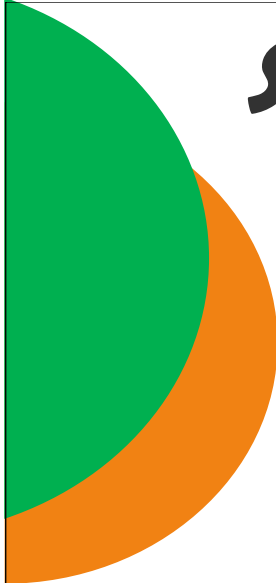


# September 2018 **Menu**



Mon	Tue	Wed	Thu	Fri
<b>SOUTHGATE INDEPENDENT SCHOOL</b>	4 <u>Breakfast</u> Scrambled Eggs w/Toast	5 <u>Breakfast</u> Sausage Biscuit or Parfait	6 <u>Breakfast</u> Cinnamon Roll	7 <u>Breakfast</u> Pizza or Parfait
	<u>Lunch</u> Hamburger/Cheeseburger Green Beans Mandarin Oranges	<u>Lunch</u> Taco Salad Sweet Kernel Corn Diced Pears	<u>Lunch</u> Lasagna Carrot Sticks Banana	<u>Lunch</u> Fish Sticks Mac and Cheese Pineapple Chunks
	10 <u>Breakfast</u> Pancakes or Parfait	11 <u>Breakfast</u> Egg & Cheese Quesadilla	12 <u>Breakfast</u> Bagel or Parfait	13 <u>Breakfast</u> Sausage w/French Toast
<u>Lunch</u> Grilled Cheese Tomato Soup Diced Peaches	<u>Lunch</u> Chicken Rings Green Beans Applesauce	<u>Lunch</u> Chicken Quesadilla Refried Beans Sliced Pears	<u>Lunch</u> Spaghetti and Meatballs Peppers and Dip Raisins	<u>Lunch</u> Pizza Crinkle Fries Seedless Grapes
17 <u>Breakfast</u> Biscuits & Gravy or Parfait	18 <u>Breakfast</u> Scrambled Eggs w/Toast	19 <u>Breakfast</u> Sausage Biscuit or Parfait	20 <u>Breakfast</u> Cinnamon Roll	21 <u>Breakfast</u> Pizza or Parfait
<u>Lunch</u> Chili Cheese Fries Seedless Grapes	<u>Lunch</u> Chicken Nuggets Green Beans Strawberry Cup	<u>Lunch</u> Fiestada Black Beans and Corn Orange Wedges	<u>Lunch</u> Cheese Ravioli Steamed Broccoli Banana	<u>Lunch</u> Chicken Wrap Carrot Sticks Pineapple Chunks
24 <u>Breakfast</u> Pancakes or Parfait	25 <u>Breakfast</u> Egg & Cheese Quesadilla	26 <u>Breakfast</u> Bagel or Parfait	27 <u>Breakfast</u> Sausage w/ French Toast	28 <u>Breakfast</u> Pancake Wrap or Parfait
<u>Lunch</u> Corn Dog Curly Fries Cantaloupe	<u>Lunch</u> Hamburger/Cheeseburger Green Beans Mandarin Oranges	<u>Lunch</u> Taco Salad Sweet Kernel Corn Diced Pears	<u>Lunch</u> Lasagna Carrot Sticks Banana	<u>Lunch</u> Fish Sticks Mac and Cheese Pineapple Chunks

## Daily Breakfast Options:

- Assorted Cereal
- Bagel and Cream Cheese
- Yogurt
- Fresh Fruit
- 1% White Milk and 1% Chocolate Milk

## Daily Lunch Options:

- Entree Salad (Available by Request)
- PBJ Sandwich
- Yogurt, String Cheese and Grain
- Fresh Fruit
- 1% White Milk and 1% Chocolate Milk

### PRICES

Adult Breakfast: \$2.50  
 Adult Lunch: \$3.75  
 Extra Entrée: \$1.50  
 Milk: \$.75