

SEPT 2017

**SOUTHGATE CAFETERIA MENU**

ALL SCHOOL FREE LUNCH AND  
BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 FISH SHAPES MAC AND CHEESE TOMATO/CARROTS/BROCCOLI DIP SLICED PEARS/FRESH FRUIT MILK CHOICE
4 NO SCHOOL	5 PEPPERONI/CHEESE PIZZA MARINARA SAUCE SIDE SALAD W/DRESSING PEPPER SLICES & BABY CARROTS CUP W/DIP GRAPES MANDARIN ORANGES MILK CHOICE	6 CHICKEN RINGS W/ROLL SWEET POTATO FRIES GREEN BEANS PINEAPPLE RINGS APPLES MILK CHOICE	7 CHEESEBURGER/HAMBURGER TATER TOTS CAULIFLOWER, BABY CARROTS, CUCUMBERS CUP W/DIP BANANA SLICED PEACHES MILK CHOICE	8 MINI CORN DOGS BAKED BEANS BROCCOLI, TOMATO & CUCUMBER CUP W/DIP APPLESAUCE FRESH ORANGE MILK CHOICE
11 BOSCO STICKS MARINARA SAUCE PEPPER SLICES & BABY CARROTS CUP W/DIP SLICED PEARS FRESH FRUIT CHOICE MILK CHOICE	12 HOT HAM & CHEESE OR TURKEY & CHEESE SUB BAKED BEANS PEPPER SLICES & BABY CARROTS CUP W/DIP BAKED LAYS GRAPES/MANDARIN ORANGES MILK CHOICE	13 FIESTADA PIZZA CORN SIDE SALAD W/DRESSING PINEAPPLE RINGS APPLES MILK CHOICE	14 SLOPPY JOE'S ON WHOLE GRAIN BUN COLE SLAW CAULIFLOWER, BABY CARROTS, CUCUMBER CUP W/DIP BANANA/SLICED PEACHES MILK CHOICE	15 MEATY CHEESY NACHOS CORN SIDE SALAD W/DRESSING APPLESAUCE FRESH ORANGE MILK CHOICE
18 BREADED CHICKEN SAND. BROCCOLI W/CHEESE BELL PEPPER STRIPS & BABY CARROTS CUP W/DIP SLICED PEARS FRESH FRUIT CHOICE MILK CHOICE	19 CHICKEN FAJITAS LETTUCE/TOMATO SALSA REFRIED BEANS GRAPES MANDARIN ORANGES MILK CHOICE	20 BREAKFAST FOR LUNCH FRENCH TOAST SAUSAGE LINKS HASHBROWNS PEPPER SLICES & BABY CARROTS W/DIP PINEAPPLE RINGS APPLES MILK CHOICE	21 CHICKEN NUGGETS W/ROLL BROCCOLI W/CHEESE CAULIFLOWER, CARROTS, CUCUMBERS CUP W/DIP BANANA SLICED PEACHES MILK CHOICE	22 HOT DOG ON WG BUN BAKED BEANS BAKED sCHIPS BROCCOLI, TOMATO, & CUCUMBER CUP W/DIP APPLESAUCE FRESH ORANGE MILK CHOICE
25 FISH SHAPES MAC AND CHEESE TOMATO/CARROTS/BROCCOLI DIP SLICED PEARS FRESH FRUIT MILK CHOICE	26 PEPPERONI PIZZA CHEESE PIZZA MARINARA SAUCE SIDE SALAD W/DRESSING PEPPER SLICES & BABY CARROTS CUP W/DIP GRAPES MANDARIN ORANGES MILK CHOICE	27 CHICKEN RINGS W/ROLL SWEET POTATO FRIES GREEN BEANS PINEAPPLE RINGS APPLES MILK CHOICE	28 CHEESEBURGER HAMBURGER TATER TOTS CAULIFLOWER, BABY CARROTS, CUCUMBERS CUP W/DIP BANANA SLICED PEACHES MILK CHOICE	29 MINI CORN DOGS BAKED BEANS BROCCOLI, TOMATO & CUCUMBER CUP W/DIP APPLESAUCE FRESH ORANGE MILK CHOICE

**WEEKLY BREAKFAST MENU**

Monday SAUSAGE GRAVY / BISCUIT FRUIT/MILK / O.J.	Tuesday BREAKFAST PIZZA FRUIT/MILK / O.J.	Wednesday FRENCH TOAST FRUIT/MILK / O.J.	Thursday WHOLE GRAIN CINNAMINI FRUIT/MILK / O.J.	Friday BREAKFAST BAGEL FRUIT/MILK / O.J.
--	---	--	--	--

\*DAILY BREAKFAST OPTIONS: CEREAL AND TOAST, BAGEL AND CREAM CHEESE, ANIMAL CRACKERS AND YOGURT, POPTART, GLAZED DONUTS  
\*DAILY LUNCH OPTIONS: YOGURT, GRANOLA, STRING CHEESE, GOLDFISH OR UNCRUSTABLE, STRING CHEESE GOLDFISH