



September

M	Tu	W	Th	F
			1 BREAKFAST: Muffins, Cereal, Muffins, Milk LUNCH: Cheeseburger Casserole, Peas, Fruit Veggie, Milk	2 BREAKFAST: Pancakes, Sausage Patties, Scrambled Eggs, Syrup. Fruit, Milk LUNCH: Pork BBQ Sandwich Oven Potatoes, Green Beans, Fruit or Veggie, Milk
5 No School	6 BREAKFAST: Cinnamon rolls, Cereal, Fruit, Milk LUNCH: Turkey & Cheese Sandwich, Steamed Broccoli, Graham Crackers, Fruit or Veggie, Milk	7 BREAKFAST: Ham & Cheese Quiche, Scrambled Eggs, Hash Brown Casserole, Fruit, Milk LUNCH: Chicken Spaghetti Casserole, Fresh Carrots, Fruit or Veggies, Milk	8 BREAKFAST: Yogurt, fruit, granola or breakfast bar, Milk LUNCH: Popcorn Chicken, Mashed Potatoes, Corn, Gravy, Fruit or Veggie, Milk	9 BREAKFAST: French Toast, Scrambled Eggs, Syrup, Fruit, Milk LUNCH: Riblet Sandwich, French Fries, Peas, Fruit or Veggie, Milk
12 BREAKFAST: Muffins, Cereal, Fruit, Milk LUNCH: Chili Con Carne, Garlic Bread, Fruit or Veggie, Milk	13 BREAKFAST: Scrambled Eggs, Hash browns, Toast, Fruit, Milk LUNCH: Grilled chicken Sandwich, Baked Beans, Oven Potatoes, Fruit or Veggies, Milk	14 BREAKFAST: Sausage, Egg & Cheese Biscuit, Fruit, Milk, LUNCH: Ham & Cheese Sliders, Fresh Carrots, Graham Crackers, Fruit or Veggie, Milk	15 BREAKFAST: Cereal, Oatmeal, Fruit, Milk LUNCH: Crispitos, Taco Rice, Mexican Corn, Fruit or Veggie, Milk	16 BREAKFAST: Waffles, Sausage Links, Fruit, Milk LUNCH: Hamburgers, French Fries, Baked Bean, Milk
19 BREAKFAST: Biscuits & Sausage Gravy, Fruit, Milk LUNCH: Spaghetti w/ Meat Sauce, Carrots, Garlic Bread, Tossed Salad, Fruit or Veggie, Milk,	20 BREAKFAST: Yogurt, Fruit, Oatmeal, Milk LUNCH: French Bread Pizza, Green Beans, Fruit, milk	21 BREAKFAST: Pancakes, Sausage Patties, Scrambled Eggs, Syrup, Fruit, Milk LUNCH: Peanut Butter & Jelly Sandwich, Fresh, Carrots, String Cheese, Fruit, Milk	22 BREAKFAST: Donuts, Oatmeal, Fruit, Milk LUNCH: Burritos, Refried Beans, Mexican Rice, Fruit or Veggie, Milk	23 BREAKFAST: Eggs in a Hole, Sausage Links, Yogurt, Fruit, Milk LUNCH: Hot Dogs w/ Chili, Chips, Fruit or Veggie, Milk
26 BREAKFAST: Cereal, Oatmeal, Breakfast Bar, Fruit, Milk LUNCH: Pancakes, Syrup, Sausage Patties, Fruit or Veggie, Milk	27 BREAKFAST: Bacon, Egg & Cheese Biscuit, Fruit, Milk LUNCH: Ranch Diced Chicken, Wild Rice, Steamed Broccoli, Fruit or Veggie, Milk	28 BREAKFAST: Scrambled Eggs, Hash Brown Casserole, Bacon, Toast, Fruit, Milk LUNCH: Walking Tacos Fresh Carrots, String Cheese Fruit or Veggie, Milk	29 BREAKFAST: Pancake on a Stick, Syrup, Oatmeal, Fruit, Milk LUNCH: Corn Dog, Mac & Cheese, Peas, Fruit or Veggie, Milk	30 BREAKFAST: Muffins, Cereal, Fruit, Milk LUNCH: Cheeseburger Casserole, Green Beans, Fruit or Veggie, Milk

An alternate lunch option will still be available for 3rd-8th grades. Lunch items will be:

2 slices whole wheat bread, 2 oz. peanut butter, applesauce, carrot sticks, cheese sticks

This institution is an equal opportunity provider.

Swedeborg Elementary

Up Dated 9/01/2021

Menu Subject to Change Based on Product Availability