

# SEPTEMBER 2019

## MISSOURI VALLEY ELEMENTARY BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  <b>NO SCHOOL</b>	3 Cereal Graham Crackers Fruit/Juice Milk	4 Pancakes/Syrup Cereal Fruit/Juice Milk	5 Egg Patty/Sausage Patty Cereal Fruit/Juice Milk	6 Cereal Teddy Grahams Fruit/Juice Milk
9 Cereal Goldfish Crackers Fruit/Juice Milk	10 Apple Strudel Cereal Fruit/Juice Milk	11 Mini Donuts Cereal Fruit/Juice Milk	12 Sausage Gravy/Biscuits Cereal Fruit/Juice Milk	13 Cereal Yogurt Fruit/Juice Milk
16 Cereal Graham Crackers Fruit/Juice Milk	17 Omelet/Sausage Patty Cereal Fruit/Juice Milk	18 French Toast Sticks Cereal Fruit/Juice Milk	19 Tri Tatar/Sausage Patty Cereal Fruit/Juice Milk	20 Cereal Teddy Grahams Fruit/Juice Milk
23 Cereal Goldfish Crackers Fruit/Juice Milk	24 Breakfast Pizza Cereal Fruit/Juice Milk	25 Muffin Cereal Fruit/Juice Milk	26 Sausage Gravy/Biscuits Cereal Fruit/Juice Milk	27 Cereal Yogurt Fruit/Juice Milk
30  <b>NO SCHOOL</b>				


# SEPTEMBER 2019

## MISSOURI VALLEY MIDDLE/HIGH SCHOOL BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  <b>NO SCHOOL</b>	3 Pancakes/Syrup Or Cereal Bar Fruit/Juice Milk	4 Muffin Or Cereal Bar Fruit/Juice Milk	5 Sausage Gravy/Biscuits Or Cereal Bar Fruit/Juice Milk	6 Egg Patty/Sausage Patty Or Cereal Bar Fruit/Juice Milk
9 Muffin Or Cereal Bar Fruit/Juice Milk	10 Tri-Tatar/Sausage Patty Or Cereal Bar Fruit/Juice Milk	11 Strudel Or Cereal Bar Fruit/Juice Milk	12 Sausage Gravy/Biscuits Or Cereal Bar Fruit/Juice Milk	13 Breakfast Pizza Or Cereal Bar Fruit/Juice Milk
16 Muffin Or Cereal Bar Fruit/Juice Milk	17 Omelet/Sausage Patty Or Cereal Bar Fruit/Juice Milk	18 Mini Donuts Or Cereal Bar Fruit/Juice Milk	19 Sausage Gravy/Biscuits Or Cereal Bar Fruit/Juice Milk	20 French Toast Sticks Or Cereal Bar Fruit/Juice Milk
23 Strudel Or Cereal Bar Fruit/Juice Milk	24 Breakfast Bites Or Cereal Bar Fruit/Juice Milk	25 Muffin Or Cereal Bar Fruit/Juice Milk	26 Sausage Gravy/Biscuits Or Cereal Bar Fruit/Juice Milk	27 Scramble Eggs/Sausage Or Cereal Bar Fruit/Juice Milk
30  <b>NO SCHOOL</b>				

## September 2019

### Missouri Valley Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  No School	3 Sloppy Joe/Bun 30g Broccoli 8g Banana 30g Milk 11g  Alt: Egg Salad Sandwich 28g	4 Turkey/Ham/Cheese Bun 38g Lettuce 2g Pears 20g Milk 11g  Alt: Grilled Cheese 29g	5 BBQ Pork/Bun 30g Baked Beans 24g Mixed Fruit 15g Milk 11g  Alt: Ham/Cheese Wrap 27g	6 Cheese Pizza 46g Celery 4g Apple 34g Milk 11g  Alt: Chx&Chz Cripitos 22g
9 Teriyaki Chicken/Bun 33g Green Beans 4g Peaches 14g Milk 11g  Alt: Turkey/Cheese/Bun 33g	10 Popcorn Chicken 18g Baked Beans 24g Banana 30g Milk 11g  Alt: Chicken Salad Sand. 34g	11 Grilled Chicken/Bun 47g Lettuce 2g/Romaine 2g Grapes 23g Milk 11g  Alt: Egg Salad 28g	12 Chicken Fried Steak 16g Mashed Potatoes/Gravy 42g Oranges 19g Milk 11g Biscuit 35g Alt: Meat Loaf 15g	13 Pork Patty/Bun 40g French Fries 28g Applesauce 12g Milk 11g  Alt: Crispy Chicken Wrap 27g
16 Cheese Burger/Bun 33g Corn 17g Pears 20g Milk 11g  Alt: Big Red Rib/Bun 50g	17 Chicken Fajita Wrap 25g Lettuce 2g/Romaine 2g Banana 30g Milk 11g  Alt: Grilled Cheese 29g	18 Burrito 38g/Cheese Sauce 8g Carrots 8g Pineapple 19g Milk 11g  Alt: Three Meat Calzones 33g	19 Mini Corn Dogs 26g Broccoli 4g Grapes 23g Milk 11g  Alt: Diced Ham Wrap 30g	20 Meatball Sub 47g Tatar Tots 12g Oranges 19g Milk 11g  Alt: Teriyaki Chx/Bun 33g
23 Chicken Nuggets 14g Broccoli and Cheese 12g Pineapple 19g Milk 11g  Alt: Sloppy Joe/Bun 30g	24 Ravioli/Meat/Cheese 32g Celery 4g Banana 30g Milk 11g  Alt: Pork Patty/Bun 40g	25 Ham/Cheese/Bun 38g Lettuce 2g/Romaine 2g Peaches 14g Milk 11g  Alt: Chx Fajita Wrap 25g	26 Chicken Gravy 8g Mashed Potatoes 34g Pears 20g Milk 11g  Alt: Egg Salad 28g	27 Pepperoni Pizza 35g Carrots 8g Apples 34g Milk 11g  Alt: Fiestada Pizza 38g
30  NO SCHOOL				

## September 2019

### Missouri Valley Middle and High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  No School	3 Sloppy Joe/Bun 30g Carrots 8g/Broccoli 8g Banana 30g/Applesauce 12g Milk 11g  Alt: Egg Salad Sandwich 28g	4 Turkey/Ham/Cheese Bun 38g Lettuce 2g/Tomatoes 5g Pears 20g/Oranges 19g Milk 11g  Alt: Grilled Cheese 29g	5 BBQ Pork/Bun 30g Baked Beans 24g/ Mixed Fruit15g/Apples34g Milk 11g  Alt:Ham/Cheese Wrap 27g	6 Cheese Pizza 46g Cauliflower5g/Celery4g Apple34g/Oranges19g Milk 11g  Alt:Chx&Chz Cripitos 22g
9 Teriyaki Chicken/Bun 33g Green Beans 4g/Broccoli 8g Apples 19g/Peaches 14g Milk 11g  Alt: Turkey/Cheese/Bun33g	10 Popcorn Chicken 18g Baked Beans24/Cucumbers2g Banana 30g/Pears 20g Milk 11g  Alt: Chicken Salad Sand. 34g	11 Grilled Chicken/Bun 47g Lettuce 2g/Romaine 2g Pineapple 19g/Grapes23g Milk 11g  Alt: Egg Salad 28g	12 Chicken Fried Steak 16g Mashed Potatoes/Gravy42g Oranges 19g/Fruit Mix 15g Milk 11g Biscuit 35g Alt: Meat Loaf 15g	13 Pork Patty/Bun 40g French Fries 28g Apples 34g/Oranges 19g Milk 11g  Alt: Crispy Chicken Wrap 27g
16 Cheese Burger/Bun 33g Corn 17g/Tomatoes 5g Pears 20g/ Oranges13 Milk 11g  Alt: Big Red Rib/Bun 50g	17 Chicken Fajita Wrap 25g Lettuce 2g/Romaine2g Peaches 14g/Banana30g Milk 11g  Alt: Grilled Cheese 29g	18 Burrito 38g/Cheese Sauce8g Carrots 8g/Cucumbers2g Apples 34g/Pineapple19g Milk 11g  Alt: Three Meat Calzones 33g	19 Mini Corn Dogs Celery 1g/Broccoli4g Grapes 23g/Mixed Fruit15g Milk 11g  Alt: Diced Ham Wrap 30g	20 Meatball Sub 47g Tatar Tots 12g Apples 34g/Oranges19g Milk 11g  Alt: Teriyaki Chx/Bun 33g
23 Chicken Nuggets 14g Broccoli and Cheese 12g Pineapple 19g/Apples34g Milk 11g  Alt: Sloppy Joe/Bun 30g	24 Ravioli/Meat/Cheese 32g Celery 4g/Cucumbers 2g Banana 30g/Applesauce 12g Milk 11g  Alt: Pork Patty/Bun 40g	25 Ham/Cheese/Bun 38g Lettuce2g /Romaine2g Peaches14g/Grapes 23g Milk 11g  Alt: Chx Fajita Wrap 25g	26 Chicken Gravy 8g Mashed Potatoes 34g Clementine 13g/Pears20g Milk 11g  Alt: Egg Salad 28g	27 Pepperoni Pizza35g Carrots 8g/Broccoli 8g Oranges19g /Apples34g Milk 11g  Alt: Fiestada Pizza 38g
30  NO SCHOOL				

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