

September 2021



Drinks:

BK: plain 1% milk, skim chocolate milk, and 100% juice

L: plain 1% milk and skim chocolate milk

*Serving sizes are dependent on grade level.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BK: Super Donut/Fresh Fruit, Juice L: Chicken Fajita, Lima Beans, Salad, Bread	2 BK: Cinnamon Roll/ Fruit, Juice L: Hot Dog/Bun Macaroni Salad, Cherry Tomatoes	3 BK: Yogurt/Granola Juice/ Fruit L: PBJ/Deli Sandwich Apple Sauce Cheese Sticks, Carrots/Tomatoes	4
5	6 No School – Labor Day	7 BK: Cereal, Fruit, Juice L: Cold Cut Sandwich Broccoli, Fruit, Ranch	8 BK: Pop tart, Fruit, Juice L: Cheeseburger Salad, Cucumber Slices Fresh Fruit	9 BK: Nutri-grain Bar, Fruit, Juice L: Hot Dog, Coleslaw, Fresh Fruit, Cherry Tomatoes	10 BK: Cereal Bar, Fruit, Juice L: Cold Cut Sandwich, Cheese Sticks, Celery/Carrots, apple sauce	11
12	13 BK: Cereal Bars, Fresh Fruit, Juice L: Cheeseburger, salad, macaroni salad, Fresh fruit	14 BK: Apple Ways Bar, Fruit, juice L: Cold Cut Sandwich, Potato chips, cheese sticks, carrots, applesauce	15 BK: Super Donut, Fruit, Juice L: Nachos, Salad, Sliced Cucumbers, Fruit	16 BK: Cereal, Fruit, Juice L: Hot Dog, Vegetarian Beans, Coleslaw, Fruit	17 NO School – Teacher Workday	18
19	20 BK: Pop tart, Fruit, Juice L: Pork Rib Sandwich, salad, potato salad, fruit	21 BK: Cinnamon Roll, Fruit, Juice L: Pasta w/ Marinara, Salad, carrots, rolls	22 BK: Cereal, Fruit, Juice L: Chopped BBQ Sandwich, Cole Slaw, Boiled Potatoes, Fruit	23 BK: Super Donut, Fruit, Juice L: Cheeseburger, sliced cucumber, corn, Fruit	24 BK: Nutri-grain Bar, Fruit, Juice L: Cold Cut Sandwich, Carrots, sliced cucumbers, apple slices, cheese sticks	25
26	27 BK: Nutri-grain bar, Fruit, Juice L: Hot Dog, Baked Chips, Coleslaw, Carrots, Fruit	28 BK: Cinnamon Roll, Fruit, Juice L: Cold Cut Sandwich, cheese stick, salad, tomatoes, fruit	29 BK: Apple Ways Bar, Fruit, juice L: Cheeseburger, salad, potato salad, Fruit	30 BK: Cereal Bars, Fresh Fruit, Juice L: Chicken Sandwich, green beans, carrots, fruit	October 1 BK: BK: Super Donut, Fruit, Juice L: PBJ/Cold Cut Sandwich, Cheese sticks, Carrots, Tomatoes, Fruit	

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Questions? Ideas? Allergy concerns? Contact the School Nutrition Director (jhetrick@hendersoncollegiate.org). Menu subject to change based on product availability. Check website or call for updates.