



September 2019



Perkins County Schools Breakfast & Lunch Calendar

SouthWest Mondays

Italian Tuesdays

Sandwich Wednesdays

Chicken Thursdays

Freebie Fridays

MON	TUE	WED	THU	FRI
2	3. Waffles	4. Egg Stravaganza & Biscuit	5. Mini Loaves	6. Powdered Donuts
No School Labor Day	Goulash Garlic Bread Fresh Cauliflower Tropical Fruit	Grilled Ham & Cheese Green Beans Kiwi	Popcorn Chicken Bowl with Mashed Potatoes Country Gravy Corn Apple Slices	Taco Salad w/Tortilla Chips Beef or Chicken Kidney Beans Peach Cups
9. Combo Bars	10. Breakfast Burrito	11. Soft Filled Cereal Bar	12. Super Slice	13. Cook's Choice
Chicken Quesadilla Chips & Queso Refried Beans Blueberries	Italian Dunkers Tri Taters Berry Blend	Sloppy Joes Tater Tots Zucchini Coins Green Grapes	Chicken Drumstick Au Gratin Potatoes Peas Strawberries	Bosco Sticks Marinara Sauce Bell Pepper Sticks Orange Slices
16. Cheese Omelet & Toast	17. English Muffin	18. Filled Donut	19. Breakfast Banana Split	20. Breakfast Pizza
Super Nachos Glazed Breadstick Cauliflower Pineapple	Chicken Alfredo Garlic Toast Zucchini Coins Mandarin Oranges	French Dip Sandwich Au Jus Seasoned Fries Bananas	Chicken Nuggets Corn Casserole Melon Mix	Ham & Scalloped Potatoes Dinner Roll Green Beans Peaches
23. French Toast	24. Muffin & Parfait	25. Breakfast Cookie	26. Uncrustables	27. Cinnamon Roll
Beef Soft Taco Churro Corn Mixed Fruit	Pizza Calzone Marinara Sauce Cucumber Sticks Apple Rings	Chicken Patty Sandwich Cowboy Caviar/Chips Mango	Teriyaki Chicken Rice Carrots Applesauce	Chili Dog w/Cheese California Blend Red Grapes
30. Scone				
Walking Tacos Spanish Rice Broccoli Pears				



Reminder: No breakfast is served on Late Start Days

Breakfast: Cereal, Whole Grain Options, Fruit, Yogurt, Milk, and Juice offered daily

Lunch: Fruit & Veggie Bar, Whole Grain Options, and Milk offered daily

~~~ MENU SUBJECT TO CHANGE WITHOUT NOTICE ~~~

This institution is an equal opportunity provider

