





WIS SEPTEMBER 2022 Breakfast Menu

Fruit, Juice & Choice of Milk are served with every breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Scrambled Eggs Biscuit & Jelly or Buttermilk Bar & Yogurt	2 Sausage & Cheese Bagel or Cereal & Graham Cracker
5 	6 Cardinal Breakfast Burrito or Buttermilk Bar & String Cheese	7 Muffin & Scrambled Eggs or Cinnamon Roll & Yogurt	8 Egg Bites & Croissant or Bagel & Cream Cheese	9 Sausage & Cheese Bagel or Muffin & Parfait
12 Ham & Cheese Bagel or Cereal Graham Crackers	13 Cardinal Breakfast Burrito or Buttermilk Bar & Yogurt	14 Biscuit & Gravy or Parfait & Graham Cracker	15 Scrambled Eggs & Biscuit or Buttermilk Bar & Yogurt	16 Ham & Cheese English Muffin or Muffin & Yogurt
19 Fresh Baked House Made 	20 Cardinal Breakfast Burrito or Honey Bun & String Cheese	21 Muffin & Scrambled Eggs or Baked Blueberry Oatmeal & Yogurt	22 Pigs in a Blanket or Buttermilk Bar & String Cheese	23 Breakfast Pizza Bagel or Cinnamon Roll & Yogurt
26 Ham & Cheese Bagel or Cereal Graham Crackers	27 Cardinal Breakfast Burrito or Buttermilk Bar & Yogurt	28 Scrambled Eggs & Biscuit & Gravy or Muffin & String Cheese	29 French Toast Casserole & Berries or Muffin & Parfait	30 Ham & Cheese English Muffin or Cereal & Graham Cracker

ALL STUDENTS RECEIVE FREE BREAKFAST AND LUNCH DAILY





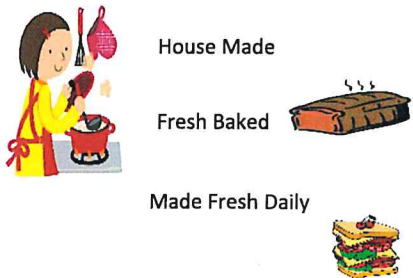
WIS Lunch

SEPTEMBER 2022



**Fruit and Veggie
and Choice of Milk
are served with
every lunch**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Nachos Supreme (Homemade Chili) Corn	2 Bacon Cheeseburger Potato Wedges
5 	6 Taco Fix-ins Mexican Rice	7 Pork Burrito Refried Beans	8 Calzone Pizza Mixed Salad	9 Hamburgers Potato Wedges
12 Beef Stroganoff Dinner Roll	13 Spaghetti Garlic Bread	14 Chicken Enchilada Refried Beans Mexican Rice	15 Cheese Chicken Sub Sandwich Potato Wedges	16 Chicken Parmesan Garlic Bread
19 	20 Giant Meatball Mash Potatoes Dinner Roll	21 Chicken Alfredo Garlic Bread	22 Turkey Gravy Mashed Potatoes Dinner Roll	23 Chicken Street Tacos Mexican Rice Refried Beans
26 Popcorn Chicken Bowl Biscuit	27 Pulled Pork Sandwich Potato Wedges	28 Chicken Curry Casserole Pita Bread	29 Chicken Pozole Tortilla Chips	30 Lasagna Garlic Bread



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