



RAYMOND-KNOWLES UNION SCHOOL DISTRICT



September 2018 Breakfast and Lunch Menus

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
	Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk Lunch: WGR Chicken Nuggets, Baked Potato Fries, Baby Carrots, Fruit, Milk	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk Lunch: Beef & Cheese Taco, Refried Beans, Lettuce & Salsa, Fruit, Milk	Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk	Breakfast: WRG Muffin / Scrambled Egg / Fruit / Juice / Milk Lunch: WGR Cheese Pizza, Romaine Lettuce Salad, Green Beans, Fruit, Milk
10	11	12	13	14
Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk Lunch: Orange Chicken, Brown Rice, Broccoli, Baby Carrots, Fruit, Milk	Breakfast: WGR French Toast Sticks / Fruit / Juice / Milk Lunch: Hamburger with WGR Bun, Baked Beans, Fruit, Milk	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk Lunch: Beef & Cheese Tostado, Refried Beans, Lettuce & Salsa, Fruit, Milk	Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk	Breakfast: WRG Mini Cinnis / Fruit / Juice / Milk Lunch: Cheese-Stuffed Breadsticks w/ Marinara, Romaine Lettuce Salad, Green Beans, Fruit, Milk
17	18	19	20	21
Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk Lunch: WGR Chicken Nuggets, Baked Potato Fries, Baby Carrots, Fruit, Milk	Breakfast: Egg & Bacon Tornado / Fruit / Juice / Milk Lunch: Chili Con Carne, Baked Potato Fries, Crackers, Fruit, Milk	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk Lunch: Beef & Cheese Taco, Refried Beans, Lettuce & Salsa, Fruit, Milk	Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk	Breakfast: WRG Muffin / Scrambled Egg / Fruit / Juice / Milk Lunch: WGR Cheese Pizza, Romaine Lettuce Salad, Green Beans, Fruit, Milk
24	25	26	27	28
Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk Lunch: WGR Pasta & Meat Sauce, WGR Roll, Baby Carrots, Fruit, Milk	Breakfast: WGR Breakfast Bar / Fruit / Juice / Milk Lunch: Hamburger with WGR Bun, Baked Beans, Fruit, Milk	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk Lunch: Beef & Cheese Tostado, Refried Beans, Lettuce & Salsa, Fruit, Milk	Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk	Breakfast: WRG Breakfast Bar / Fruit / Juice / Milk Lunch: Pepperoni Pizza, Romaine Lettuce Salad, Green Beans, Fruit, Milk

WGR = whole grain rich

"This institution is an equal opportunity provider."

08/31/2018