

## CUMBERLAND POLYTECHNIC HIGH SCHOOL MENUS – SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9-1 Pizza Bagel Or School Spirit Ring Seasonal Fresh Fruit  Buffalo Chicken Flatbread OR Rib-B-Que On Bun French Fries Bake Beans Fresh Bananas Chilled Mandarin Oranges
9-4 NO SCHOOL	9-5 Belgium Waffles OR Fruit Frudel Seasonal Fresh Fruit  Beefy Tacos OR Chicken Fajitas Mexican Rice Fiesta Black Beans Shredded Lettuce Salsa Chilled Diced Peaches Fresh Apple	9-6 Ham & Cheese Flatbread OR Mini Donuts Seasonal Fresh Fruit  Yogurt Parfait OR Meatballs & Gravy w/Hot Roll Chicken Nuggets w/Hot Roll Seasoned Collard Greens Mashed Potatoes Glazed Carrots Chilled Pineapple Fresh Grapes	9-7 Sausage Biscuit OR Banana/Berry/Pumpkin Bread Seasonal Fresh Fruit  Beef Fiestada OR Spaghetti & Meat Sauce w/Breadstick Seasoned Corn Farm Fresh Seasoned Cabbage Sourlicious Raisins Fresh Melon  Deli Lunch Box	9-8 Mini Pancakes OR School Spirit Ring Seasonal Fresh Fruit  Supreme Personal Pizza OR BBQ Sandwich Sweet Potato Fries Baked BBQ Beans Creamy Coleslaw Fresh Bananas Chilled Mandarin Oranges
9-11 Pancake/Sausage on a Stick OR Cinnamon Roll Seasonal Fresh Fruit  Beefy Nachos OR Spicy Chicken Sandwich Lettuce & Tomato Corn & Tomato Salad Spicy Pintos Fresh Pears American Hero Fruit Ice	9-12 Chicken Biscuit OR Honey Bun Seasonal Fresh Fruit  <u style="text-align: center;">Breakfast for Lunch</u> Sausage, Egg & Cheese Biscuit OR Chicken Tenders & Waffles Steamed Broccoli Farm Fresh Summer Squash Chilled Applesauce Fresh Plums	9-13 Breakfast Parfait OR Mini Donuts Seasonal Fresh Fruit  Sweet Thai Chili Chicken w/Rice OR Deli Turkey & Ham On Flatbread California Blend Stir Fry Sweet Potato Chunks Chilled Pineapple Fresh Melons  Popcorn Chicken Salad w/Roll	9-14 Egg & Cheese Biscuit OR French Toast Sticks Seasonal Fresh Fruit  Ultimate Chicken Sandwich OR Fish Sandwich French Fries Savory Carrots Lettuce Leaf & Sliced Tomato Fresh Apples Fresh Bake Cookie	9-15 Breakfast Pizza Or School Spirit Ring Seasonal Fresh Fruit  Lasagna Roll-Ups w/Breadsticks OR Pork Chop On Bun Mixed Garden Salad Green Beans Fresh Bananas Chilled Mandarin Oranges
9-18 Breakfast Bites OR Banana/Berry/Pumpkin Bread Seasonal Fresh Fruit  <u style="text-align: center;">Meat Lovers Monday</u> Meat Lovers Pizza OR Taco Salad with Tostito Chips Seasoned Corn Baby Carrots w/Dip Chilled Strawberries Fresh Pears	9-19 Sausage Biscuit OR French Toast Sticks Seasonal Fresh Fruit  Meatball Sub OR Cheese Dunkers w/Mariana Sauce French Fries Broccoli Salad Chilled Pineapple Fresh Peaches  Southwest Chicken Salad w/Chips	9-20 Egg/Cheese/Sausage Breakfast Taco OR Mini Donuts Seasonal Fresh Fruit  Teriyaki Chicken w/Rice OR Ham & Cheese On Ciabatta Bread Stir Fry California Blend Spinach & Grape Tomato Salad Fresh Apples Fruit Pearls	9-21 Chicken Biscuit OR Cinnamon Roll Seasonal Fresh Fruit  Corn Dog Nuggets OR Salisbury Steak & Gravy w/Hot Roll Sweet Potato Chunks Green Beans Chilled Mixed Fruit Fresh Cantaloupe w/Blueberries	9-22 Pizza Bagel Or School Spirit Ring Seasonal Fresh Fruit  Buffalo Chicken Flatbread OR Rib-B-Que On Bun French Fries Baked Beans Fresh Bananas Chilled Mandarin Oranges
9-25 Belgium Waffles OR Fruit Frudel Seasonal Fresh Fruit  Chicken & Rice Casserole OR Carolina Burger with or without Chili French Fries Creamy Coleslaw Sliced Onion Rings Glazed Carrots Chilled Strawberries Fresh Plums	9-26 Belgium Waffles OR Fruit Frudel Seasonal Fresh Fruit  Beefy Tacos OR Chicken Fajitas Mexican Rice Fiesta Black Beans Shredded Lettuce Salsa Chilled Diced Peaches Fresh Apples	9-27 Ham & Cheese Flatbread OR Mini Donuts Seasonal Fresh Fruit  Yogurt Parfait OR Ham & Cheese On Ciabatta Bread OR Turkey & Cheese On Ciabatta Bread Broccoli Salad Baby Carrots w/Dip Applesauce Cups Fresh Pears  EARLY RELEASE	9-28 Sausage Biscuit OR Banana/Berry/Pumpkin Bread Seasonal Fresh Fruit  Beef Fiestada OR Spaghetti & Meat Sauce w/Breadstick Seasoned Corn Farm Fresh Seasoned Cabbage Sourlicious Raisins Fresh Pears  Deli Lunch Box	9-29 Mini Pancakes OR School Spirit Ring Seasonal Fresh Fruit  Supreme Personal Pizza OR BBQ Sandwich Sweet Potato Fries Baked Beans Creamy Coleslaw Fresh Bananas Chilled Mandarin Oranges Chilled Pudding

Cereal, graham crackers, juice, fruit variety are available daily for breakfast  
Check with the cafeteria for the availability of assorted muffins and toaster pastries

Flavored and unflavored skim milk is available daily for breakfast and lunch

This institution is an equal opportunity provider