

MASSEY HILL/RAMSEY HIGH CENTRAL 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 French Fries Baked 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 Apples	9-6 Ham & Cheese Flatbread OR Mini Donuts Seasonal Fresh Fruit Yogurt Parfait OR Meatballs & Gravy w/Hot Roll OR 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 Lettuce, Tomato & Pickles Sourlicious Raisins Fresh Melons 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 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;"><i>Breakfast for Lunch</i></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/Hot 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 Chilled Diced Pears Fresh Apples Fresh Baked 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;"><i>Meat Lovers Monday</i></u> Meat Lovers Pizza OR Taco Salad with Tostito Chips Baby Carrots w/Dip Seasoned Corn 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 Peach 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 California Blend Stir-Fry Spinach & Grape Tomato Salad Fruit Pearls Fresh Apples	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 Green Beans Chilled Strawberries Fresh Plums	9-26 Egg & Cheese Biscuit OR French Toast Sticks Seasonal Fresh Fruit Beefy Tacos OR Chicken Fajitas Mexican Rice Fiesta Black Beans Salsa Variety Shredded Lettuce 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 <b style="text-align: center;">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