



# VARNUM PUBLIC SCHOOLS SEPTEMBER 2017



| Monday 4  | Tuesday 5   | Wednesday 6   | Thursday 7  | Friday 8  |
|---|---|---|---|---|
| <b>NO SCHOOL<br/>Labor Day</b>  | <b>Breakfast</b> – Cereal, Wheat Toast, Sausage Links, Fruit, Milk, Juice<br><br><b>Lunch</b> - Meatballs w/Gravy, Mashed Potatoes, Whole Grain Roll, Green Beans, Apple Crisp, Trail Mix, Milk | <b>Breakfast</b> – Biscuits w/Gravy, Sausage Links, Fruit, Milk, Juice<br><br><b>Lunch</b> – Nachos w/ Meat, Corn, Refried Beans, Fried Rice, Salsa, Rosy Applesauce, Raisins, Milk                         | <b>Breakfast</b> – Pancakes w/Syrup, Bacon, Fruit, Milk, Juice<br><br><b>Lunch</b> - Hamburger Goulash, Romaine Salad, Broccoli w/ Cheese, Mini Carrots, Whole Grain Roll, Pineapple Tidbits, Mix Fruit, Milk | <b>Breakfast</b> –Long John, Yogurt, Fruit, Milk, Juice<br><br><b>Lunch</b> – Hamburgers, Lettuce & Pickles, Tater Tots, Mini Carrots, Apple or Orange, Cookie, Milk                  |
| Monday 11   | Tuesday 12  | Wednesday 13  | Thursday 14   | Friday 15   |
| <b>Breakfast</b> – Cereal, Cinnamon Toast, Sausage Links, Fruit, Milk, Juice<br><br><b>Lunch</b> - Chicken Pot Pie, Cheese Stick, Tri Tater, Mini Carrots, Broccoli, Diced Peaches, Trail Mix, Milk     | <b>Breakfast</b> –Cheese Toast, Bacon, Fruit, Milk, Juice<br><br><b>Lunch</b> – Ham, Mashed Potatoes, Whole Grain Roll, Green Beans, Tropical Fruit, Pears, Milk                                | <b>Breakfast</b> – Biscuits w/Gravy, Sausage Links, Fruit, Milk, Juice<br><br><b>Lunch</b> – Burrito, Romaine Salad, Corn, Salsa, Rosy Applesauce, Raisins, Milk  | <b>Breakfast</b> –Pancake on a Stick, Fruit, Juice, Milk<br><br><b>Lunch</b> - Fish, Cole Slaw, Black-eyed Peas, Mini Carrots, Cornbread, Pineapple Tidbits, Mixed Fruit, Milk                                | <b>Breakfast</b> –Long John, Yogurt, Fruit, Milk, Juice<br><br><b>Lunch</b> – Hot Turkey and Cheese Sandwich, French Fries, Pickle Spears, Baked Beans, Apple or Orange, Cookie, Milk |
| Monday 18   | Tuesday 19  | Wednesday 20  | Thursday 21   | Friday 22   |
| <b>Breakfast</b> – Cereal, Wheat Toast, Sausage Links, Fruit, Milk, Juice<br><br><b>Lunch</b> – Spaghetti w/Meat Sauce, Romaine Salad, Broccoli, Corn, Garlic Bread, Pineapple Tidbits, Mix Fruit, Milk | <b>Breakfast</b> –Scrambled Eggs, Wheat Toast, Bacon, Fruit, Milk, Juice<br><br><b>Lunch</b> - BBQ Wieners, Mashed Potatoes, Green Beans, Wheat Roll, Diced Peaches, Trail Mix, Milk            | <b>Breakfast</b> – Biscuits w/Gravy, Sausage Links, Fruit, Milk, Juice<br><br><b>Lunch</b> – Soft Taco, Lettuce & Cheese, Chili Beans, Mini Carrots, Fried Rice, Salsa, Rosy Applesauce, Raisins, Milk      | <b>Breakfast</b> –Long John, Yogurt, Fruit, Milk, Juice<br><br><b>Lunch</b> -Chicken Sandwich, French Fries, Lettuce & Pickle, Mini Carrots, Apple or Orange, Cookie, Milk                                    | <b>NO SCHOOL</b>  |
| Monday 25   | Tuesday 26  | Wednesday 27  | Thursday 28   | Friday 29   |
| <b>Breakfast</b> – Cereal, Whole Grain Toast, Sausage Links, Fruit, Milk, Juice<br><br><b>Lunch</b> - Pizza, Romaine Salad, Corn, Broccoli, Diced Pineapple, Trail Mix, Milk                            | <b>Breakfast</b> – Breakfast Pizza ,Fruit, Milk, Juice<br><br><b>Lunch</b> - Baked Chicken, Mashed Potatoes, Green Beans, Whole Grain Rolls, Mix Fruit, Diced Peaches, Milk                     | <b>Breakfast</b> – Biscuits w/Gravy, Sausage Links, Fruit, Milk, Juice<br><br><b>Lunch</b> –Chicken Fajita, Lettuce & Cheese, Chili Beans, Mini Carrots, Fried Rice, Salsa, Rosy Apple Sauce, Raisins, Milk | <b>Breakfast</b> –Pancake W/ Syrup, Bacon, Fruit, Milk, Juice<br><br><b>Lunch</b> -Mini Corndogs, Scalloped Potatoes, Carrot Coins, Baked Beans, Diced Pears, Tropical Fruit , Milk                           | <b>Breakfast</b> –Long John, Yogurt, Fruit, Milk, Juice<br><br><b>Lunch</b> – Hamburger, Lettuce & Pickles, Tater Tots, Mini Carrots, Apple or Orange, Cookie, Milk                   |

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