

September 2016

Hillsboro School District #3

BREAKFAST

We have the right to substitute items without notice.
 Breakfast - \$1.50, Reduced \$.30
 Lunch - \$2.65, Reduced \$.40
This menu may contain peanuts or nut products



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

This institution is an equal opportunity provider



5
Not in Attendance
 In Observance of
 Labor Day

6
 Choice of Cereal
 Mel-O-Cream Donut Clusters
 Fruit/Fruit Juice
 Milk

7
 Choice of Cereal
 Biscuit & Sausage Gravy
 Fruit/Fruit Juice
 Milk

8
 Choice of Cereal
 French Toast Sticks w/Syrup
 Fruit/Fruit Juice
 Milk

9
 Choice of Cereal
 Eggstravaganza
 Fruit/Fruit Juice
 Milk

12
 Choice of Cereal
 Breakfast Pizza
 Fruit/Fruit Juice
 Milk

13
 Choice of Cereal
 Pancake/Sausage on a Stick
 Fruit/Fruit Juice
 Milk

14
 Choice of Cereal
 Biscuit & Sausage Gravy
 Fruit/Fruit Juice
 Milk

15
 Choice of Cereal
 Mini Pancakes w/Syrup
 Fruit/Fruit Juice
 Milk

16
 Breakfast Buffet
 Manager's Choice
 Fruit/Fruit Juice
 Milk

19
 Choice of Cereal
 Pillsbury Frudel
 Fruit/Fruit Juice
 Milk

20
 Choice of Cereal
 Fresh Baked Cinnamon Roll
 Fruit/Fruit Juice
 Milk

21
 Choice of Cereal
 Biscuit & Sausage Gravy
 Fruit/Fruit Juice
 Milk

22
 Choice of Cereal
 Sausage Cheese Biscuit
 Fruit/Fruit Juice
 Milk

23
 Choice of Cereal
 Poptarts
 Fruit/Fruit Juice
 Milk

26
 Choice of Cereal
 Sunnyfresh Egg Wrap
 Fruit/Fruit Juice
 Milk

27
 Choice of Cereal
 Cinnamon Glazed Toast
 Fruit/Fruit Juice
 Milk

28
 Choice of Cereal
 Biscuit & Sausage Gravy
 Fruit/Fruit Juice
 Milk

29
 Choice of Cereal
 Breakfast Pizza
 Fruit/Fruit Juice
 Milk

30
 Breakfast Buffet
 Manager's Choice
 Fruit/Fruit Juice
 Milk