

# September 2017

Hillsboro CUSD #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

This institution is an equal opportunity provider

## Tuesday



## Wednesday



## Thursday

## Friday

Not in Attendance  
In Observance of  
Labor Day

4

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

5

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

6

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

7

Choice of Cereal  
Eggstravaganza  
Fruit/Fruit Juice  
Milk

8

Choice of Cereal  
Breakfast Pizza  
Fruit/Fruit Juice  
Milk

11

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

12

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

13

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

14

Breakfast Buffet  
Manager's Choice  
Fruit/Fruit Juice  
Milk

15

Choice of Cereal  
Pillsbury Frudel  
Fruit/Fruit Juice  
Milk

18

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

19

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

20

Choice of Cereal  
Sausage Cheese Biscuit  
Fruit/Fruit Juice  
Milk

21

Choice of Cereal  
Poptarts  
Fruit/Fruit Juice  
Milk

22

Choice of Cereal  
Sunnyfresh Egg Wrap  
Fruit/Fruit Juice  
Milk

25

Choice of Cereal  
Cinnamon Glazed Toast  
Fruit/Fruit Juice  
Milk

26

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

27

Choice of Cereal  
Breakfast Pizza  
Fruit/Fruit Juice  
Milk

28

Breakfast Buffet  
Manager's Choice  
Fruit/Fruit Juice  
Milk

29