

September 2016 Three Forks School

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know...

Shakespeare did not mention September in any of his plays?

5

NO SCHOOL

6

BREAKFAST
Biscuits & Gravy
7-Grain Hot Cereal
LUNCH
Chili
Crackers & Cheese
Cinnamon Roll
Applesauce

7

BREAKFAST
French Toast Stix / Bacon
Cold Cereal
LUNCH
Hot Dog
With or without Chili
Chips/Fruit

8

BREAKFAST
Croissant Ham & Egg
7-Grain Hot Cereal
LUNCH
Chicken Fried Steak
Mashed Potatoes & Gravy
Green Beans / Fruit

9

BREAKFAST
WG Long John
Cold Cereal
LUNCH
Touchdown Pizza
Salad Mix
Veggie Pinwheels
Grapes

12

BREAKFAST
Waffle Stick / Sausage
Cold Cereal
LUNCH
Oriental Chicken
Rice/ Chow Mein Noodles
Egg Roll / Pineapple
Fortune Cookie

13

BREAKFAST
Sausage & Egg McMuffin
7-Grain Hot Cereal
LUNCH
Ravioli Bake
Corn /Fruit
Homemade Roll

14

BREAKFAST
French Toast Stix / Bacon
Cold Cereal
LUNCH
Chicken Tenders
Macaroni & Cheese
Fruit & Veggie COMBOS

15

BREAKFAST
Croissant Ham & Egg
7-Grain Hot Cereal
LUNCH
Three Forks Bean Soup
Corn Bread & Honey
Fruit / Treat

16

BREAKFAST
Muffins / Yogurt
Cold Cereal
LUNCH
Chicken Quesadilla
Salad Mix
Fresh Fruit

19

BREAKFAST
Waffle Stick / Sausage
Cold Cereal
LUNCH
Hawaiian Haystacks
Aloha fixin's
Fruit Salad

20

BREAKFAST
Biscuits & Gravy
7-Grain Hot Cereal
LUNCH
Grilled Chicken Sandwich
Lettuce & Tomato
French Fries
Fruit

21

BREAKFAST
French Toast Stix / Bacon
Cold Cereal
LUNCH
Corn Dogs
Chips
Fruit/ Veggie COMBOS
Cheese Stick

22

BREAKFAST
Croissant Ham & Egg
7-Grain Hot Cereal
LUNCH
"Just like KFC Bowl"
Popcorn Chicken
Mashed Potatoes& Gravy
Corn / Fruit

23

BREAKFAST
Bagel / Yogurt
Cold Cereal
LUNCH
Super Oles'
Fixin's
Fruit

26

BREAKFAST
Waffle Stick / Sausage
Cold Cereal
LUNCH
Chicken Alfredo
California Blend Veggies
Fruit
WG Roll

27

BREAKFAST
Sausage & Egg McMuffin
7-Grain Hot Cereal
LUNCH
Soft Shell Taco
Fixin's
Refried Beans
Fruit

28

BREAKFAST
French Toast Stix / Bacon
Cold Cereal
LUNCH
Hamburgers
Lettuce & Tomato
Chips
Fruit

29

BREAKFAST
Croissant Ham & Cheese
7-Grain Hot Cereal
LUNCH
Ground Beef Stroganoff
Noodles
Green Beans
Fruit

30

BREAKFAST
Breakfast Pizza
Cold Cereal
LUNCH
Cluckers
Lettuce & Tomato
French Fries
Fruit

Sandwich Bar

Available Monday - Thursday

Elementary

Monday - Ham & Cheese
Tuesday - Tuna & Cheese
Wednesday - PB & Jelly
Thursday - Turkey & Cheese

6th - 12th & Adults

Whole Grain Bread Choices
Turkey, Ham, Tuna & Roast Beef
Assorted Cheeses & Toppings

Meal Pricing

Breakfast

\$2.50

Lunch

k-5th \$2.50

6th - 12th Grade \$2.75

Adults \$3.50

Salad Bar

Is offered 3rd Grade to Adults

With every meal choice!

Romain Lettuce Salad

Spinach & Cabbage Salads

Cottage Cheese

Fruits & Veggies

Dressings & Toppings

Menu subject to Change
Notice given when Possible