SPIRIT LAKE COMMUNITY SCHOOLS

This institution is an equal opportunity provider.

SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Breakfast Pancakes w/ Syrup Sausage Links Sliced Peaches Lunch Chicken Crispito Spanish Rice Corn Pears Chocolate Chip Cookie (9-12) 2nd Choice Sub	4 Breakfast Whole Wheat Bagel w/ Toppings Strawberries Lunch Spaghetti w/ Meat Sauce Garlic Breadstick Garden Salad Green Beans Mandarin Oranges 2nd Choice Sub	5 Breakfast Breakfast Wrap w/ Salsa Sliced Pears Lunch Taco Fiesta Tortilla Chips Lettuce & Tomato Refried Beans Apple Cinnamon Roll (6-12) 2nd Choice Sub	6 Breakfast Whole Grain Cinnamon Roll Mandarin Oranges Lunch Chicken & Noodle Hot Dish Mashed Potatoes Fresh Baby Carrots Grapes Dinner Roll w/Butter (6-12) 2nd Choice Sub
9 Breakfast Breakfast Sandwich on Croissant Peaches Lunch Meatball Sub Ranch Potato Wedges Tossed Salad Apple 2nd Choice Sub	10 Breakfast Biscuit & Gravy Pineapples Lunch Chicken Tenders Roll w/ Butter (6-12) Baked Beans Creamy Cole Slaw Orange 2nd Choice Sub	11 Breakfast Long John Tropical Fruit Lunch White Chicken Chili Sliced Bread w/ Butter Cherry Tomatoes Cucumber Slices Blueberries 2nd Choice Sub	12 Breakfast Omelet Salsa Fresh Grapes Lunch Cheese Pizza Steamed Broccoli Fresh Baby Carrots Peaches 2nd Choice Sub	13 Breakfast French Toast Sticks w/Syrup Fruit Cocktail Lunch Biscuits & Gravy Sausage Patty (6-12) Hashbrown Patty Peas Strawberries 2nd Choice Sub
16 Breakfast Waffles w/ Syrup Pears Lunch Pork Rib on a Bun Lettuce & Tomato Sweet Potatoes Puffs Applesauce 2nd Choice Sub	17 Breakfast Whole Grain Cinnamon Roll Banana Lunch Soft Shell Taco Tortilla Chips w/ Salsa Lettuce and Tomatoes Refried Beans Pears 2nd Choice Sub	18 Breakfast Breakfast Pizza Peaches Lunch Corn Dog Green Beans Tater Tots Fruit Cocktail Cookie 2nd Choice Sub	19 Breakfast Egg Taco w/ Salsa Grahm Cracker Grapes Lunch Goulash Carrots Fresh Broccoli Roll w/ Butter Apple Slice 2nd Choice Sub	20 Breakfast Muffin Applesauce Lunch Chicken Crispito Tortilla Chips (9-12) Salsa Corn Garden Salad Grapes 2nd Choice Sub
23 NO SCHOOL	24 Breakfast Biscuit & Gravy Fresh Oranges Lunch Chili Tortilla Chips (9-12) Red Pepper Strips Sliced Cucumbers Banana Dinner Roll w/ Butter 2nd Choice Sub	25 Breakfast Pancake w/ Syrup Apple Lunch Chicken Nuggets Mashed Potatoes w/ Gravy Tossed Salad Blueberries Cinnamon Roll 2nd Choice Sub	26 Breakfast Chicken Biscuit Breakfast Sandwich Fruit Cocktail Lunch Chicken Sandwich Baked Beans Sweet Potatoes Fries Peaches Apple Crisp (9-12) 2nd Choice Sub	27 Breakfast Pancake on a Stick w/ Syrup Mandarin Oranges Lunch Macaroni & Cheese Meatballs Breadstick (6-12) Green Beans Baby Carrots Strawberries 2nd Choice Sub
30 Breakfast Waffles w/ Syrup Pineapples Lunch Hot Dog on a Bun Potato Wedges Broccoli w/ Cheese Fruit Cocktail 2nd Choice Sub			BREAKFAST IS SERVED EVERYDAY! JOIN US TO START YOUR DAY OFF RIGHT!!! ALL STUDENTS MUST TAKE A SERVING OF FRUIT OR JUICE FOR BREAKFAST AND A FRUIT OR VEGETABLE FOR LUNCH SKIM, CHOCOLATE SKIM & 1% MILK AVAILABLE AT ALL MEALS 100% FRUIT JUICE AVAILABLE AT BREAKFAST MEALS	Lunch Prices PK-4th $2.95 5th-12th $3.25 Adult $4.85 Breakfast Prices TK/K-12 $2.45 Adult $3.10 MENU SUBJECT TO CHANGE