

# September 2020

Number in each box below the date indicates the 6 day rotation.



<p>1 4</p> <p>Cereal</p> <p>Chicken Nuggets w/CheeZ Its</p> <p>Peaches Broccoli</p>	<p>2 2A</p> <p>Mini Donuts</p> <p>Shrimp Bites w/Goldfish</p> <p>Mixed Fruit Cucumber, Carrots</p>	<p>3 5</p> <p>Apple Cinnamon toast</p> <p>Popcorn Chicken Bowl</p> <p>Apple Ranch Style Beans</p>	<p>4 6</p> <p>Glazed Breakfast Bar</p> <p>Sicilian Cheese Pizza</p> <p>Pears Carrots, Cucumbers</p>
<p>7</p> <p>Labor Day No School</p>	<p>8 1</p> <p>Cereal</p> <p>Mac N' Cheese w/Roll</p> <p>Watermelon Broccoli</p>	<p>9 2P</p> <p>Glazed Breakfast Bar</p> <p>Ham &amp; Cheese Croissant</p> <p>Mixed Fruit Green Beans, Carrots</p>	<p>10 2</p> <p>Cereal</p> <p>Orange Chicken &amp; Rice</p> <p>Apple Slices Garlic Herb Edamame</p>
<p>11 3</p> <p>Pop Tart</p> <p>French Bread Cheese Pizza</p> <p>Pears Carrots, Green Beans</p>	<p>14 4</p> <p>Banana Bread Slice</p> <p>BBQ Rib Sandwich</p> <p>Applesauce Corn</p>	<p>15 5</p> <p>Cereal</p> <p>Chicken Nuggets w/CheeZ Its</p> <p>Blueberries Broccoli</p>	<p>16 3A</p> <p>Mini Donuts</p> <p>Cheeseburger Meatloaf w/Roll</p> <p>Mixed Fruit Cucumber, Carrots</p>
<p>17 6</p> <p>Blueberry Mini Waffles</p> <p>Cheese Quesadilla w/Salsa</p> <p>Apple Refried Beans</p>	<p>18 1</p> <p>Cinnamon Breakfast Round</p> <p>Personal Pan Cheese Pizza</p> <p>Pears Carrots, Cucumbers</p>	<p>21 2</p> <p>Bagel w/Cream Cheese</p> <p>Chili Dog</p> <p>Applesauce Peas</p>	<p>22 3</p> <p>French Toast Sticks</p> <p>Bean Chalupa w/Goldfish</p> <p>Watermelon Broccoli</p>
<p>23 3P</p> <p>Cinnamon Breakfast Round</p> <p>Bean &amp; Cheese Burrito w/Salsa</p> <p>Mixed Fruit Zucchini, Carrots</p>	<p>24 4</p> <p>Cereal</p> <p>Mini Corn Dogs</p> <p>Apple Vegetarian Baked Beans</p>	<p>25 5</p> <p>Glazed Breakfast Bar</p> <p>Stuffed Crust Cheese Pizza</p> <p>Pears Carrots, Zucchini</p>	<p>28 6</p> <p>Pop Tarts</p> <p>Meatball Sub</p> <p>Applesauce Mexicali Corn</p>
<p>29 1</p> <p>Bagel w/Cream Cheese</p> <p>Chicken Nuggets w/CheeZ Its</p> <p>Peaches Broccoli</p>	<p>30 4A</p> <p>Blueberry Muffin</p> <p>Mini Cheeseburger</p> <p>Mixed Fruit Cucumbers, Carrots</p>	<p>1 2</p> <p>Cereal</p> <p>Pull Apart Cheesy Bread w/Marinara</p> <p>Apple Black Beans</p>	<p>2 3</p> <p>Apple Cinnamon Toast</p> <p>Sicilian Cheese Pizza</p> <p>Pears Carrots, Cucumbers</p>



## Featured Fruit:



### Tajin Fruit Salad

#### INGREDIENTS

- 1 mini Watermelon
- 1 c assorted fruit (tropical suggested)
- Tajin (chili, lime spice), to taste
- Lime juice (to taste)

#### INSTRUCTIONS

Cut all fruit into bite size pieces and toss in a bowl with lime and Tajin. To use the watermelon rind as a bowl, cut 1/2" of the rounded end so it lays flat on the surface. Makes 4, 1/2 cup servings.

#### Fun Fact

In 2013, the heaviest watermelon was grown in TN, weighing in at 350.5 lbs. That's one big watermelon!

## Meal Prices:

#### Breakfast

Student Meal: \$1.50  
Reduced Price: \$0.30  
Adult Meal: \$1.75

#### Lunch

Student Meal: \$2.50  
Reduced Price: \$0.40  
Adult Meal: \$3.75

**Breakfast:** Hot options available for pick up on site.  
**Lunch:** Hot options offered daily for delivery and curbside.

Please contact your school cafeteria for more info.

Menu items are subject to change without notification. Substitutions will be made.  
PB&J not served at peanut-free schools.  
This institution is an equal opportunity provider.

= Vegetarian Option

BEC = Bacon, Egg & Cheese

HEC = Ham, Egg & Cheese

SEC = Sausage, Egg & Cheese

@PUSDFeedsDreams



Last Updated: 8/10/20

