

SEPTEMBER 2021

Tippy Valley Middle School

LUNCH



Menu Subject to change* Cereal, poptart, or Muffin offered as daily options for breakfast. Salad, wrap, or grab-n-go meals are offered as daily options for lunch. Milk and fruit are offered daily with lunch and breakfast *USDA is an equal opportunity provider and employer*



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Cinni Mini
Backyard BBQ Bowl
Baked Beans
Roll
Fresh Veggies and Dip

1

Breakfast Pizza
Chicken and Waffles
Maple Sweet Potatoes
Snack Mix
Fresh Veggies and Dip

2

Smoothie
Pizza Crunchers
Green Beans
Marinara Sauce

3

**Labor Day
No School**

6

Donuts
Orange Chicken
Banana Bread
Cooked Carrots
Fresh Veggies and Dip

7

Egg Bosco
Walking Taco
Refried Beans
Salsa
Fresh Veggies and Dip

8

Chocolate Croissant
Beef Manhattan
Cheez-its
Fresh Veggies and Dip

9

Strudel
Double Stuffed Crust
Pizza
Broccoli
Corn

10

Donuts
Cheeseburger Sliders
Waffle Fries
Fresh Veggies and Dip

13

Cinnamon Toast Bar
Mini Chicken Wings
Refried Beans
Cookie
Fresh Veggies and Dip

14

Cinni Mini
Chicken Fries
Garlic Twist Stick
Marinara Sauce
Fresh Veggies and Dip

15

Egg Pizza
French Toast
Bacon
Potato Wedges
Fresh Veggies and Dip

16

Bagel
Pepperoni Pizza
Peas
Potato Smiles

17

Donuts
Tenderloins
Baked Beans
Fresh Veggies and Dip

20

Egg Bosco
Chicken Strip Basket
Roll & White Gravy
French Fries
Fresh Veggies and Dip

21

Chocolate Croissant
Breakfast Croissant
Maple Sweet Potatoes
Fresh Veggies and Dip

22

Confetti Pancakes
Viking Bowl
Mashed Potatoes & Gravy
Corn & Roll
Fresh Veggies and Dip

23

Strudel
Personal Pizza
Cooked Carrots
Broccoli

24

Donuts
Chicken Tender Wrap
Waffle Fries
Fresh Veggies and Dip

27

Cinnamon Toast Bar
Beef Dippers
Bosco Stick
Peas
Fresh Veggies and Dip

28

Cinni Mini
Chili
Garlic Twist
Mixed Veggies
Fresh Veggies and Dip

29

Egg pizza
Boneless BBQ Wings
Tostitos Scoops w/ Salsa
Baked Beans
Fresh Veggies and Dip

30